

Sandwiches

Sandwiches may be made from one of three or four kinds of bread: whole wheat bread, Boston brown or oatmeal bread, white bread, and rye bread made into square, deep loaves. All bread used for sandwiches should be made especially for this purpose so that the slices may be in good form and sufficiently large to cut into fancy shapes.

The butter may be used plain, slightly softened, or it may be seasoned and flavored with just a suspicion of paprika, a little white pepper, and a few drops of Worcestershire sauce.

For ordinary sandwiches, use the bread without toasting. For canapés, toast is preferred. Sandwiches are principally used for buffet lunches or evening sociables where only a light, substantial lunch is required. They are made in great varieties. Almost all sorts of meat, if properly seasoned, may be made into delicious sandwiches. If the meat is slightly moistened with cream or olive oil, the sandwiches will keep fresh for three or four days if each one is carefully wrapped in oiled paper. The small French rolls may have the centers scooped out, the spaces filled with chicken salad or chopped oysters, and served as sandwiches. The rolls may be made especially for that purpose, not more than two inches long and one and a half inches wide; with coffee, they make an attractive meal easily served.

Ordinary sandwiches may be made either square, triangular, long, narrow, round, or crescent-shaped. One slice of bread will usually make one round sandwich and one crescent if the cutting is done economically. Meat used for sandwiches should be chopped very fine and slightly moistened with cream, melted butter, olive oil, or mayonnaise dressing that is well-seasoned. Fish should be rubbed or pounded in a mortar; then add enough sauce tartare to make it sufficiently moist to easily spread.

Turkey, chicken, game, tongue, beef, and mutton with their proper seasonings, moistened with either mayonnaise or French dressing, make exceptionally nice sandwiches.

To Keep Sandwiches

It is frequently necessary to make sandwiches several hours before they are needed. Because they dry quickly, they must be carefully wrapped, or they will be unpalatable. Wring out two ordinary tea towels from cold water; put one on top of the other. An old tablecloth will serve the purpose very well. As fast as the sandwiches are made, put them on top of the damp towel; when you have the desired quantity, cover the top with moist lettuce leaves; fold over the towels, and put a perfectly dry, square cloth on the outside. Sandwiches will keep in this way for several hours and remain in perfectly good condition. On a very warm day, they may be covered all over with moist lettuce leaves; use the green ones that are not as palatable or slightly for garnishing.

Bread

To make good sandwiches, especially when one is far from a city, it is necessary to know how to make sandwich bread, which should differ from ordinary bread. Compressed yeast is always preferred, but if unavailable, the next best option is good homemade yeast. Bread for sandwiches must be baked in rather large square pans and must be just a little lighter and softer than bread for the table. The following recipes will help "out of town" housewives. Nut bread is usually made into simple bread and butter sandwiches; the nuts in the bread are a sufficient filling.

Yeast

- 4 good-sized potatoes
- 1 quart of boiling water
- 2 tablespoonfuls of sugar
- 1 tablespoonful of salt

Pare and grate the potatoes into the hot water, stir over the fire until it reaches a boiling point, and simmer gently for five minutes. Remove from the fire, add the sugar and salt, and when lukewarm, add a cupful of yeast or two dry yeast cakes that have been moistened in a little water, or one cake of compressed yeast. Turn the mixture into a jar and cover with a saucer. Stir it down as it rises to the top of the jar. When it falls or ceases to be very light, which will be five or six hours, pour it into a bottle, put the cork in very loosely, and store it in a cold place. Use one cupful of this for every two loaves of bread.

German Potato Bread

Boil one potato until tender; mash it through a sieve. Add to it a half pint of warm water and a teaspoonful of sugar. Stir in one cupful of flour and one cupful of yeast; let this stand for two hours or until very light. Scald a pint of milk, add to it a pint of water, beat in a quart and a pint of flour. The batter should be thick enough to drop rather than pour from the spoon. Add the potato starter and let it stand in a place about 65°F overnight. Knead thoroughly, adding flour. Put this aside until very light, about two hours, then mold into loaves and put into square greased pans. When light, bake in a moderately quick oven for three-quarters of an hour. This recipe will make two box loaves and a dozen rolls.

Nineteenth Century Bread

Scald a pint of milk, add a pint of water, a teaspoonful of salt, and when lukewarm, one compressed yeast cake moistened in a little warm water. Add sufficient whole wheat flour to make a batter, beat thoroughly, cover, and let it stand for two and a half hours. Stir, add more whole wheat flour until you have a dough. Knead quickly, separate into loaves, put each in a square greased pan, cover, and let it rise in a warm place for about one hour until very light. Slash the top with a sharp knife, brush with water, and bake in a moderate oven for three-quarters of an hour.

White Bread

Add a pint of water to a pint of scalded milk; when lukewarm, add one compressed yeast cake, moistened, and a teaspoonful of salt. Add sufficient flour gradually, beating all the while, to make a dough. Knead this dough until it is soft, elastic, and free from stickiness. Put it into a greased bowl and let it rise in a warm place for three hours. Separate it into loaves, knead for five minutes, put the loaves in square greased pans, and let them rise until very light. Slash the top with a sharp knife, brush with water, and bake in a moderate oven for three-quarters of an hour. This should make two loaves or a dozen bread sticks and a dozen rolls.

Nut Bread

- 1 quart of flour
- 4 level teaspoonfuls of baking powder
- 1 teaspoonful of salt
- 1 cupful of chopped nuts

- 1½ cupfuls of milk

Add the baking powder and salt to the flour and sift them together. Add the nuts, mix thoroughly, and gradually add the milk. Knead this into a loaf, put it into a square pan, brush the top with melted butter, let it stand for twenty minutes, and bake in a moderate oven for three-quarters of an hour.

Sandwich Recipes

Anchovy Sandwiches

Beat a quarter of a pound of butter to a cream, adding gradually two tablespoonfuls of lemon juice, a saltspoonful of paprika, and two tablespoonfuls of anchovy paste. Spread this on thin slices of bread, put two together, trim off the crusts, and cut into triangles.

Anchovy and Egg Sandwiches

Mash the yolks of four hard-boiled eggs with two tablespoonfuls of melted butter or olive oil, add a half teaspoonful of salt, a dash of paprika, and a tablespoonful of anchovy paste or two mashed anchovies. Spread this between thin slices of buttered bread, press the slices together, trim off the crusts, and cut into triangles. Sardines may be used instead of anchovies.

Cold Beef Sandwiches

Take the remains of cold roasted beef, and chop very fine; put it into a bowl. To each half pint of meat, add a half teaspoonful of salt, a tablespoonful of tomato catsup, a teaspoonful of Worcestershire sauce, and a teaspoonful of melted butter; mix well. Cut the crust from the ends of a loaf of whole wheat bread; butter lightly and slice. Continue until you have the desired number of slices; spread each slice with a layer of the seasoned meat; put two slices together and cut into desired shapes.

Caviar Sandwiches No. 1

Beat a quarter of a pound of butter to a cream; add two tablespoonfuls of onion juice, the same of lemon, a saltspoonful of paprika, and gradually four tablespoonfuls of caviar. Spread this on thin slices of brown bread or pumpernickel, put two together, press lightly, and cut into long, narrow shapes.

Caviar Sandwiches No. 2

Cut slices of bread into crescent-shaped pieces, butter one side, and toast. Have ready two hard-boiled eggs, remove yolks, put them through a sieve, chop whites very fine, and spread toast with a layer of caviar; then sprinkle over first a little of whites, then a little of the yolks of the eggs. Put over in the form of a ring a piece of onion, the onion having first been cut into thin slices, and then separated.

Celery Sandwiches

Cut slices of bread, butter one side, and toast. Cut the white part of celery into thin slices, cover it over the bread, then cover this with a layer of mayonnaise dressing, cover with another piece of toast, cut into squares, and serve. All sandwiches of this kind must be used as soon as made.

Celery Salad Sandwiches

Put four eggs into warm water; bring to the boiling point, and keep there, without boiling, for fifteen minutes. Take the white portion from one head of celery; wash and chop it very fine. Remove the shells from the hard-boiled eggs, and either chop them very fine or put them through a vegetable press, and mix with them the celery; add a half teaspoonful of salt and a dash of pepper. Butter the bread before you cut it from the loaf. After you have a sufficient quantity cut, put over each slice a layer of the mixed egg and celery; put a teaspoonful of mayonnaise dressing right in the center, and smooth it all over. Put two pieces together and press them lightly. Trim off the crusts and cut the sandwiches into pieces about two inches wide and the length of the slices.

Rolled Bread and Butter Sandwiches

Beat the butter to a cream. Remove the crusts from the loaf, butter each slice before you cut it off, and roll at once. These may be tied with narrow baby ribbon or wrapped at once in waxed paper, fringing, and twisting the ends.

Rolled Chicken Sandwiches

Trim the crusts from the entire loaf, butter each slice, and cut it off as thin as possible; spread it quickly with the mixture, roll, and wrap it at once in waxed paper. If the bread is homemade and cracks in the rolling, put a colander over a kettle of boiling water, throw a few slices at a time in it; as soon as they have softened, spread them with soft butter, then cover with the mixture, roll, and wrap in waxed paper.

To make the mixture, chop sufficient cold boiled chicken to make a pint. Rub together two level tablespoonfuls of butter and two of flour, add slowly a half cupful of hot milk, and stir over the fire for a minute; then add the chicken, a level teaspoonful of salt, a half teaspoonful of celery seed, a saltspoonful of white pepper, a dash of red pepper, a teaspoonful of onion juice, and a grating of nutmeg; mix and cool. This will make four dozen rolled sandwiches.

Sandwiches à la Rorer

Chop sufficient white meat of cooked chicken to make a half pint. Select two fine bunches of cress, and with a sharp knife shave it very fine. Wash and dry the crisp portion from a head of lettuce. Put the yolks of two eggs into a saucepan, add the juice from two lemons, and stir over hot water until the mixture is thick; take from the fire and add slowly two tablespoonfuls of olive oil; add this to the chicken and season with a half teaspoonful of salt and a dash of pepper. Butter a slice of white bread, put over a rather thick layer of the chicken mixture, then a slice of brown bread, buttered on both sides; cover this with a thick layer of cress, dust it lightly with salt and pepper, then another slice of white bread, buttered; press these firmly together, trim the crusts, and cut into fingers.

Chicken and Almond Sandwiches

Chop sufficient cold-cooked chicken to make a half pint. Chop a quarter of a pound of blanched almonds, add them to the chicken, add four tablespoonfuls of cream,

a half teaspoonful of salt, and a dash of pepper; mix thoroughly, put between thin slices of buttered bread, and cut into crescents or rounds.

Chicken and Lettuce à la Kendall

Put sufficient cold boiled chicken through the meat chopper to make a half pint, pound it in a mortar or rub it in a bowl with the hard-boiled yolks of four eggs, four tablespoonfuls of thick cream, a half teaspoonful of salt, a dash of pepper, and if you have it, two saltspoonfuls of celery seed; in the winter you may add a half cupful of finely chopped celery. Butter thin slices of white bread, cover them with this mixture, place on top a slice of brown bread buttered on both sides, then a thick layer of shredded celery with a tablespoonful of mayonnaise in the middle, then another slice of buttered white bread; press together, trim the crusts, and cut into fingers.

Princess Sandwiches

Chop sufficient cold chicken to make a half pint, add the juice of half a lemon, two tablespoonfuls of melted butter or olive oil, twelve walnuts chopped very fine, a half teaspoonful of paprika, and a half teaspoonful of salt. Put this mixture between thin slices of buttered bread, trim the crusts, and cut into fingers.

Windsor Sandwiches

Chop sufficient cold-boiled chicken to make a half pint, add a half cupful of finely chopped celery, a half teaspoonful of salt, a dash of pepper, and four tablespoonfuls of cream; mix. Chop sufficient cold-boiled ham or tongue to make a half pint, add a tablespoonful of tomato catsup, a few drops of Worcestershire sauce, and a dash of pepper. Trim the crusts from an entire loaf of bread, butter the end of the loaf, and cut off a thin slice. Continue until you have the desired quantity of bread.

Shred one head of Romaine or a bunch of cress. This, of course, must be crisp and dry. Put a layer of the chicken mixture on the buttered side of a slice of bread, put on top another slice of buttered bread, then a thick layer of the shredded cress or Romaine. Put a thick layer of the tongue mixture on another slice of bread and cover it over the cress. Press firmly together and cut the slices directly into halves the long way. Wrap in waxed paper or tie with baby ribbon. Served at afternoon teas. If well made, they are the most elaborate and dainty of all sandwiches.

Tea Biscuit Sandwiches

Put one quart of flour into a bowl; add four level teaspoonfuls of baking powder, a teaspoonful of salt, and sift. Rub in two level tablespoonfuls of butter and add sufficient milk to make a dough. This dough must not be soft, but must be sufficiently stiff to handle quickly. Knead quickly and roll into a sheet a quarter of an inch thick. Cut into good-sized round biscuits; they must be at least two and a half to three inches in diameter. Brush them with milk and bake in a quick oven. When done, cut the center from each biscuit, leaving a wall one inch thick; take out the crumb. Fill this space with deviled chicken. Chop sufficient cold-cooked chicken to make a pint; add gradually eight tablespoonfuls of melted butter, cream, or olive oil, a dash of cayenne, a saltspoonful of white pepper, a saltspoonful of celery seed, and a saltspoonful of paprika. When thoroughly mixed, fill the spaces just even and serve immediately. These are nice for porch suppers and may be served with either tea, coffee, or chocolate or may be used as an accompaniment to mayonnaise of tomatoes.

Cheese Sandwiches No. 1

Butter thin slices of pumpernickel or brown bread; put between each two slices a very thin layer of Swiss cheese, put two together, and cut into triangles; garnish with cress.

Cheese Sandwiches No. 2

Chop fine a quarter of a pound of soft American cheese; put it into a saucepan, add the yolk of one egg beaten with two tablespoonfuls of cream, a saltspoonful of salt, a dash of red pepper, and half a teaspoonful of Worcestershire sauce. Have ready cut and buttered a sufficient number of slices of bread, either white or whole wheat. Stir the cheese over the fire until it is thoroughly melted; take from the fire and when cool, spread it between the slices of bread and butter; that is, spread it on one slice and cover it with the other; press two together and cut into forms.

Cheese Sandwiches No. 3

Rub or pound until perfectly smooth or well mixed one tablespoonful of butter, two tablespoonfuls of soft club-house cheese, a tablespoonful of grated Parmesan, a saltspoonful of salt, and a teaspoonful of anchovy paste; add a teaspoonful of tarragon vinegar and a half saltspoonful of pepper. Cut the bread into thin slices, and toast it until it is crisp, not hard; spread this mixture on one slice, cover it with another, and cut into shapes.

Workman's Cheese Sandwiches

Cut slices of brown bread about a half inch thick. Do not remove the crusts. Take a half pint of cottage cheese; press it through a sieve; add to it two tablespoonfuls of melted butter, a half teaspoonful of salt, and two tablespoonfuls of thick cream. Beat until smooth and light. Spread each slice of bread thickly with the cheese mixture, then put a very thin slice of white bread on top of the cheese, then cheese and brown bread, press together. Have the outside brown bread with a layer of cheese on each, and between the layers of cheese, a slice of white bread. These are palatable and are much better for the average workman than bread and ham.

German Sandwiches

Put a half pound of Swiss cheese through a meat grinder; add to it the yolks of two eggs, four tablespoonfuls of olive oil, a dash of cayenne, and a half teaspoonful of salt. Rub until you have a perfectly smooth paste. Put this mixture between layers of buttered rye bread and serve. Do not trim the crusts nor cut.

Honolulu Sandwiches

Put two Spanish sweet peppers (pimientos), one Neufchâtel cheese, one peeled and quartered apple, and twelve blanched almonds through the meat grinder. These may be put through alternately or mixed as you grind. Rub