

# **How to Make a Sandwich**

*Tae Surh's quick and easy way to make sandwiches*

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# About Sandwiches

Sandwiches are a quick, easy, and nutritious meal that appeals to both children and adults. Since their reputed invention in England by the Earl of Sandwich, they have become a popular mainstay of lunches all over the world.

## Origins

Before the advent of the sandwich, people would eat their breads, meats, and cheeses as separate parts of their meal. While this was perfectly acceptable to most, during the 1700's John Montagu the 4<sup>th</sup> Earl of Sandwich found this to be an inconvenience when he was at the gambling table and ordered that his meat be placed between bread slices. His fellow gamblers followed suite and the "sandwich" as a meal was invented.

## Types

Today there are many varieties of sandwiches from the common peanut butter and jelly to the Vietnamese banh mi. Sandwiches may be grilled, toasted, or just made "as-is" with a variety of spreads, sauces, meats, cheeses, and vegetables. The distinguishing characteristic of a sandwich is often the shape of the bread:

- Slices – Most sandwiches are made from the rectangular slices of standard bread loaves.
- Submarines – Named for its conical, cylindrical shape reminiscent of the submersible watercraft, these are large enough to be an entire meal for most diners. Depending on the region, these are also known as hoagies or bombers.
- Rolls – Because of their round shape, these buns are well suited for cold cuts, onions, and tomatoes.

There is considerable controversy as to whether hamburgers or wraps are considered sandwiches, but that debate is not covered here.

## Making a Great Sandwich

This document provides instructions on how to make two of the most common types of sandwiches:

- [Peanut butter and jelly](#) – Quickly made from spreadables
- [Italian submarine](#) – Built solidly from meat, cheese, and vegetables

The techniques you learn with these two provide the basis for most sandwiches you need to make.

### Before you start

1. Buy the best ingredients you can afford.
2. Make sure your food preparation surface, dishes, and utensils are clean.
3. Wash your hands.

If you are working in a commercial environment, wear gloves and a hair net.

### After you finish

- Clean up after yourself.
- Return all food items to the refrigerator or pantry.

## Using Spreadables for a Quick Lunch

A favorite of kids, enough peanut butter and jelly sandwiches can be made in minutes to feed a mob.

### To make a peanut butter and jelly sandwich

1. Get the following items and ingredients:
  - A plate
  - A butter knife

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- Two slices of Wonder bread

**Note:** Optionally, you can toast the bread to improve flavor and increase resistance to sogginess.

- A jar of Skippy peanut butter
- A jar of Smuckers grape jelly

2. Put the bread slices on the plate.
3. Open the Skippy jar and use the knife to spread about a tablespoon onto each slice of bread.  
**Note:** Having peanut butter on both slices helps prevent the jelly from making the bread soggy.
4. Open the Smuckers jar and spread about two tablespoons on one of the slices over the peanut butter.
5. Take the remaining slice of bread and put it peanut butter side down over the jelly.
6. Use the knife to cut the sandwich in half as a nice touch.

## Building Big with Meats, Cheeses and Vegetables

An Italian submarine sandwich is a savory meal that can feed the biggest of appetites

### To build an Italian sub

1. Get the following items and ingredients:
  - A plate
  - A butter knife
  - A submarine roll
  - Jars of mayonnaise, mustard, or Italian dressing
  - A few different cold cuts, such as salami, ham, prosciutto, or pepperoni
  - Some vegetables, such as lettuce, tomato, onions, avocado, or hot peppers
  - Cheese slices
2. Put the roll on its side on the plate and cut it in half lengthwise using the knife.
3. Optionally you can do both, one, or neither of the following:
  - Open the mayonnaise jar and use the knife to spread about two tablespoons onto one of the roll halves.
  - Do the same with the mustard on the other half.
4. Cover the bottom half of the roll with assorted cold cut slices to make a layer several slices thick.
5. Add a layer of vegetables over the cold cuts.
6. Optionally, drizzle Italian dressing over the vegetables.
7. Cover the vegetables with a layer or two of cheese slices.
8. Use the knife to cut the sub in half as a nice touch.