

Lesson 7

Application of Culinary Skills – Preparation of sandwiches

Sandwich

A **sandwich** refers to a typical dish consisting of various combination of ingredients such as cheese, eggs, chicken and vegetables used as filling placed between two slices of bread.

There are various types of sandwiches

- Homemade sandwiches and croque monsieur
- Mauritian 'panini', 'pain fourée', hotdog and 'kebab' are popular street foods also known as sandwiches.

Activity 1- Different types of sandwiches

Observe the pictures and share your views.



Homemade sandwiches



dipin 'zasar legim'



chicken kebab



egg sandwiches



chicken sandwich



cheese and tomato sandwiches



chicken shawarma



stuffed pita bread



tuna sandwiches



'dipin katles'



vegetarian hot dog



croque monsieur



panini

A sandwich usually consists of:

1. **Bread** (either sliced, toasted, or fresh) (bread bun, pain baguette, pitta bread, or wrap)
2. **Binding ingredients** (Butter, mayonnaise or mixture of ingredients). This gives moistness to the sandwich.
3. **Fillings** (various ingredients like meat, cheese, vegetables, herbs and condiments). When preparing the filling, make sure that it is not crumbly or difficult to spread. Slice meat thinly, flake tuna fish or chop finely the herbs.





- Sandwiches can be:
 1. Classic (e.g., egg and cheese, chicken, ham and cheese)
 2. Gourmet (e.g., paninis, wraps)
 3. Customized (prepared according to preferences)
- Sandwiches are convenient, delicious and used as finger food.
- Sandwiches can be cut in various shapes such as **triangular, circular, square, oval and rectangular**.

In this lesson, you will learn how to prepare simple sandwiches.

Activity 2: Matching on types of sandwich bread

Match the sandwich bread shown in column A to its corresponding name in column B.

Column A sandwich bread	Column B name
	bun

	sliced bread
	baguette
	wholemeal sandwich bread
	Pitta bread

BENEFITS OF EATING SANDWICHES

- Quick and easy to prepare
- Tasty
- Nutritious and balanced meals



1. Bread & butter – These are foods for energy. They provide the body with energy to carry out the daily activities.
2. Cheese / tuna / boiled eggs – These are foods for growth, they are needed by the body for growth and repair of body tissues.
3. Cucumber, carrot, parsley, lettuce leaves, tomatoes – These are foods for health. They are rich in dietary fibre & vitamins thus preventing constipation.

Activity 3- Practical

Recipe: Cheese and Cucumber Sandwhich

No of servings: 2

Ingredients	Quantity
Sandwich bread slices	4 (2 pairs)
Cucumber	8-10 slices
Carrot (finely grated)	30 g
Parsley (chopped)	1 Tbsp
Butter	2 Tbsp
Cheese	50 g
Mustard	1 tsp
Salt	¼ tsp
Pepper	A pinch



Variations:

- Add 2-3 lettuce leaves and slices of tomato.
- For Tuna sandwiches: Replace cheese by 50 g of flaked tuna and 2 drops of lemon juice and 1 small onion, chopped. Use mayonnaise instead of butter/margarine.
- For egg sandwiches: Add 1 boiled and mashed egg to the butter and cheese mixture.

Equipment needed for the practical class:



1 mixing bowl



1 teaspoon



1 tablespoon



1 electronic scale



1 chopping board



1 vegetable knife



2 plates



1 wooden spoon



1 butter knife



1 breadknife



1 fork



1 small bowl



1 grater

Materials needed for the practical class:

apron



hair net



dish towel














hand towel



Optional:
gloves



Step-by-step method	
<p>1. Top and tail carrot. Scrape and grate the carrot.</p>	
<p>2. Grate the cheese.</p>	
<p>3. Chop the parsley.</p>	
<p>4. Soften butter in a mixing bowl using circular movement with a wooden spoon.</p>	
<p>5. Add grated cheese, carrots and chopped parsley. Mix well.</p>	
<p>6. Add salt, pepper and mustard. Mix well.</p>	

<p>7. Spread the filling evenly on the 2 pairs of bread.</p>	
<p>8. Place the slices of cucumber on only two slices of bread.</p>	
<p>9. Top with the other two slices of bread and press slightly to sandwich them together.</p>	
<p>10. Cut according to desired shapes.</p>	
<p>11. Your sandwiches are now ready to be served.</p>	

Activity 4: Identifying the ingredients used in the preparation of sandwiches

Label the ingredients you have used in the preparation of sandwiches. Using the words given below.

bread slices, butter, cheese, carrot, parsley, cucumber, mustard paste, mayonnaise, salt, pepper



Graphic artist present the above picture in a way to facilitate students to label the names of the ingredients

Activity 5- Summary

Now that you have prepared your sandwiches, you can attempt the following questions:

- a. list 3 basic ingredients that are used in the making of sandwiches.

.....
.....
.....

- b. Name another ingredient which can be added to sandwiches to make them healthier.

.....

- c. Which herb was used in the recipe?

.....

- d. List two basic culinary skills used in the making of sandwiches.

.....
.....

- e. Name two occasion where sandwiches can be served.

.....
.....