

1927

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Recommended Citation

Marnette, Margaret L. (1927) "Sandwiches for Your Spring Menu," *The Iowa Homemaker*: Vol. 7 : No. 10 , Article 7.
Available at: <http://lib.dr.iastate.edu/homemaker/vol7/iss10/7>

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Sandwiches for Your Spring Menu

By Margaret L. Marnette

SANDWICHES have been accepted for so long as a simple-to-prepare, always-appropriate-to-serve food, that they are usually the first thing we think of when we plan a spring entertainment where food is to be served. The name of this type of dish originated with the Earl of Sandwich, who, it is said, was so fond of the gaming table that he had his cook prepare this "portable food" in order that he might play and eat at the same time.

A sandwich should be attractive in appearance as well as pleasing in flavor. Exactness in slicing, neatness in filling and careful trimming of rough edges will add to the appearance.

Bread about twenty-four hours old makes the best sandwiches. The bread should be fine grained, free from large air spaces, and of such shape that there will be little waste result by trimming or shaping.

When your bread knife refuses to cut clean slices of bread, regardless of how sharp it is, try passing the blade quickly through a flame, which will cause the steel to warm and cut clean. One-eighth to one-fourth inch thick is the proper size for sliced bread. If it is desired, the loaf may be cut lengthwise rather than across. Slice from the right hand to the left, and keep the slices in the order in which you cut them. This will make more even sandwiches.

Sandwich filling should be smooth and not too cold. Work the butter in a bowl until it is creamy and it will be easier to spread. Fillings are classed as salad, savory or sweet fillings. Salad fillings may be vegetables with cream, mayonnaise or Russian dressings. The vegetables may be either pulp or chopped fine. When salad dressing is used it should be thick enough to prevent its running over the edges of the bread. Fillings should be in fine pieces, well mixed and carefully seasoned.

Savory fillings include pastes and potted meats. Cream cheese with nuts or olives may be included in this list. Sweet sandwiches may be any kind of jam, jelly or preserves, and fruit with nuts or cream cheese.

The kind of sandwich made depends upon the occasion, the time for pre-

paration, and the length of time between the making and the eating. Some sandwiches are far better when they are allowed to stand for a few hours, but others should be eaten al-



most immediately. When lettuce is used in sandwiches, they should be eaten soon after preparing since lettuce will wilt rapidly when put between slices of bread.

Some sandwiches are elaborate enough to be used in place of cake or pastry with hot or cold tea, coffee or chocolate. Some dainty fruit sandwiches are often served in place of cake with ice cream. These are usually made of nut bread. Picnic sandwiches should be substantial and nourishing. Left over meats, fish, olives, nuts, fruit, cheese and vegetables such as peppers, tomatoes and lettuce make savory fillings. An unusually tasty sandwich may be made by using cucumbers, chopped with a small amount of onion and mixed with salad dressing. The cucumbers must have the seeds removed and be well drained before mixing with the salad dressing.

Brown bread makes delicious and unusual sandwiches. Try using cottage cheese, chopped olives, peanuts and lemon juice well mixed with a small amount of cream as a filling for brown bread.

Have you ever wondered how those tempting "checkerboard" sandwiches were made? Alternating white and brown bread or three different colors of fillings will give a good appearance. The sandwiches are sliced after being put together. Sometimes sandwiches are made like jelly rolls and when

sliced give a festive note to an otherwise simple menu. Or if preferred, individual slices are rolled and tied with a narrow colored ribbon. These sandwiches are better if kept in the ice box for an hour before serving.

Here are examples of the three types of sandwiches which you might find appropriate for your spring entertaining menu:

Russian Salad Sandwich

1 cup cream cheese
 ¼ tsp salt
 1 tsp chopped pimento
 1 tsp chopped green pepper
 2 tsp chopped stuffed olives
 1 egg, hard boiled and chopped
 Russian dressing
 Graham bread

Savory Sandwich Filling

Dates, chopped or ground
 Nut meats
 Cottage cheese
 Moisten with fruit juice or cream

Sweet Sandwiches

Use nut or raisin bread spread with any fruit preserves

Sandwiches should be cut in attractive shapes. The use of sharp cutters which are simple and yet pleasing in shape will improve the taste as well as the appearance of the sandwich. Diamonds, triangles, oblongs and squares are easily cut without any other utensil than a sharp knife. Round cutters, hearts or shamrock shaped ones may be purchased. If it is difficult to cut thru the bread with the cutter, use a pointed knife to cut around the shape.

Additional garnishing for the top of sandwiches or the plate is an added improvement. Sliced stuffed olives, pickles in thin slices, crisp celery or stripes of pimento or peppers may be used.

Keep your sandwiches neat and not too full. Wrap them in oiled paper or in a damp towel and serve them on attractive plates. They taste twice as good when well-prepared and daintily served!

"Ideals are like stars; you will not succeed in touching them with your hands, but like the sea-faring man on the desert of waters, you choose them as your guides, and, following them, you reach your destiny."—Carl Schurz.