

UNIT - 1

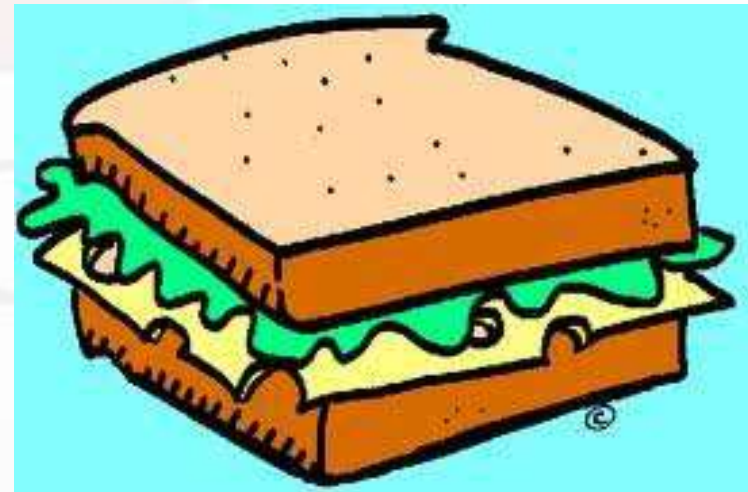
Appetizers, Garnishes and Sandwiches

Topic 4: Sandwiches

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DEFINITION

- Two slices of bread enclosed with a filling that could be meat, vegetables, or cheese.



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HISTORY

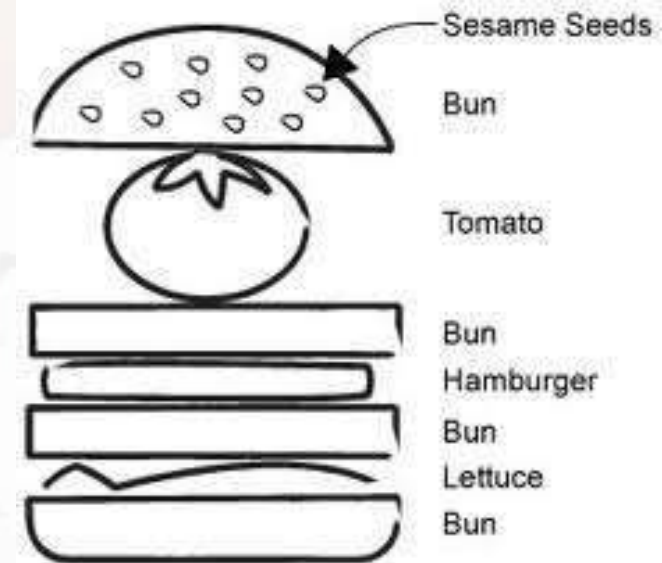
- Named after the fourth Earl of Sandwich a chronic gambler who acquired the habit of eating his meal of sliced cold meat pressed between two slices of bread, while gambling.
- It was a customary practice in France to feed the labourers with sliced cold meat sandwiched between crusty slices of brown bread.



PARTS OF A SANDWICH

There are 4 parts of any sandwich:

- Bread
- Spread
- Filling
- Garnish



BREAD

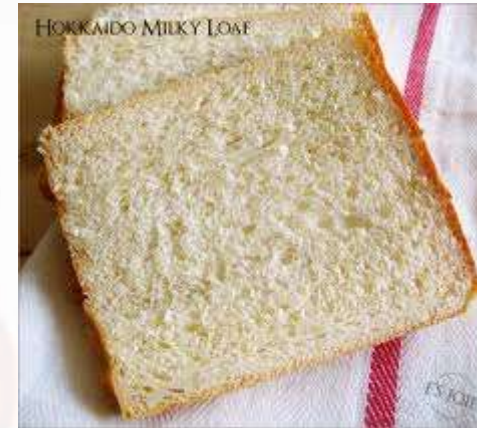
- Usage of white plain bread made in large rectangular moulds.
- Usage of speciality breads, such as German sour dough.
- Breads can be toasted, grilled, or plain.



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TYPES OF BREAD

- Sandwich Loaf
- French Baguette
- Rye Bread
- Whole-wheat Bread



- Pita



- Soft Roll



- Bagel

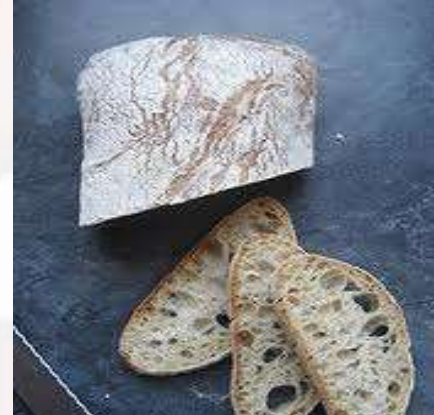


- Multigrain



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- Focaccia
- Sourdough
- Ciabatta
- Pumpernickel



SPREAD

- It provides:
 - moistness.
 - flavours
 - preservation

FAT CONTENT



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TYPES OF SPREAD

- Plain Butter
- Compound Butter
- Mayonnaise
- Cheese Spread

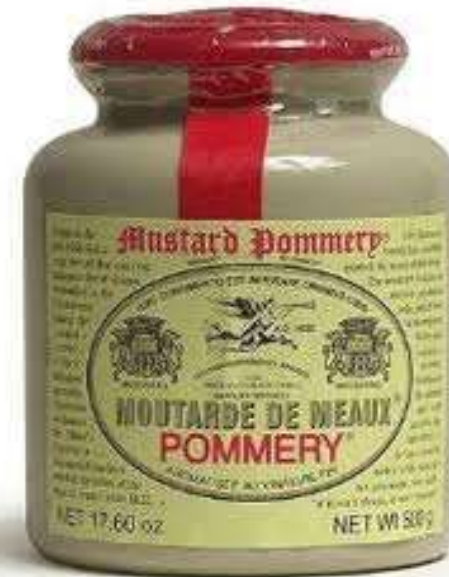


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Course Code : BSCH3001

Course Name: Food Production Management

- Mustard
- Herb and Spice Pastes
- Tomato Ketchup



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FILLING

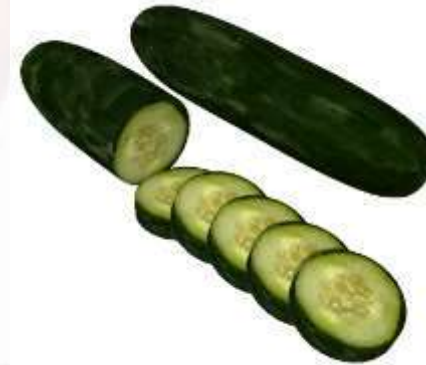
- It provides:
 - taste
 - texture
 - flavour
 - name to the sandwich



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TYPES OF FILLING

- Meat
- Vegetable
- Seafood



- Cheese



- Egg



- Salad



GARNISH

- Should be fresh and eye appealing.
- Mostly done in case of open-faced sandwiches.



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TYPES OF GARNISH

- Olives
- Capers Gherkins
- Sundried Tomatoes



- Herbs



- Lettuce



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TYPES OF SANDWICHES

- Basic classification: HOT or COLD
- Further division based on method of preparation.

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COLD SANDWICHES

- These sandwiches are served cold or at room temperature

The logo of Galgotias University is a circular emblem with a stylized 'G' in the center. The 'G' is composed of three curved segments in yellow, blue, and red. The background of the emblem is a light purple/pinkish hue.

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- Conventional



- Buffet-fancy, small



- Continental-French bauquettes



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- Open Faced



- Rolled



- Pinwheel



- Ribbon



HOT SANDWICHES

- 3 methods of preparation:

- grilling

- toasting

- bevelling

- Fried

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GRILLED

- Conventional Grillers

- known as contact grills

- helps to seal the sandwich

- gives a uniform colouring



- Grilled Ham and Cheese



- Croque Monsieur(fried), chimichanga



- Croque Madame



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- Strammer max



- Hot Dog



- Gyro



- Burger



- Panini
- -Italian sandwich
- Focacia



TOASTED

- Can be served HOT or COLD
- Served with crusts ON or OFF
- Usage of toaster or salamander

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- Club Sandwich



- Bookmarker



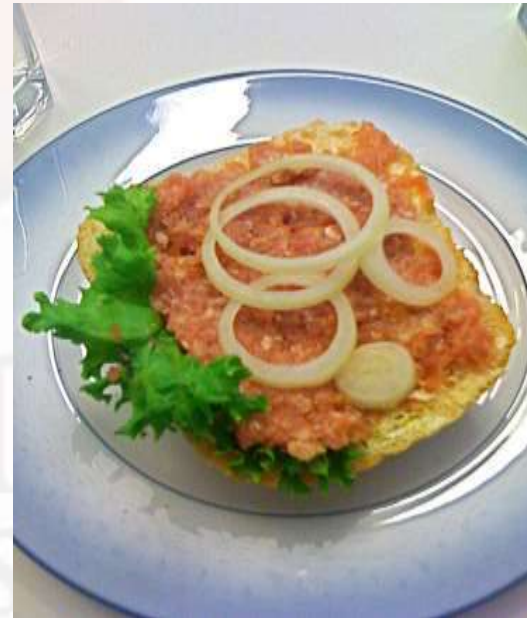
- Denver(toasted)



- Western Sandwich



- Danish Hot Tartar



BEVELLED

- Usage of bevelled toaster.
 - seals the edges of the sandwich
- There are two kinds of models available:
 - electrical
 - hand held sandwich griddle



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MAKING SANDWICHES

- Emergence of Sandwich Bars.
- Bulk Production.
- Sandwiches in hotels



Guidelines for the Use of Bread:

- Selection of bread.
- Processing of bread.
- Usage of toaster, griller, salamander etc.
- Presentation.

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Guidelines for the Use of Spread

- Selecting and preparing the spread.
- Application.
- Storage.

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Guidelines for the Use of Filling

- Selecting and preparing filling:
 - freshness
 - hygiene
- Application

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Guidelines for the Use of Garnish

- Selecting garnish:
 - crisp
 - fresh
 - complementary colour and flavour
- Storing garnishes.

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STORING SANDWICHES

- Plain Sandwiches.
- Toasted Sandwiches.
- Storing sandwiches for later use.
- Gourmet Sandwiches.
- Modern packaging.

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MODERN APPROACH

- Use of speciality breads:
 - Pumpernickel
 - Ciabatta
- New approach to traditional sandwiches.
- Innovative fillings.



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THANK YOU

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References :

1. International Food Production -By Chef Bali
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3. The Larder Chef by Leto and Mojo
4. Garde Manger by D.D. Sharma
5. On Cooking –Sarah Labensky
6. Basic Training Kitchen- Chef Vikas Singh

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