

Sandwiches and Wraps

CUASW401

Prepare sandwiches and wraps

Competence



Learning hours: 40

Credits: 4

Sector: Hospitality and Tourism

Sub-sector: Hospitality

Module Note Issue date: July, 2020

Purpose statement

This module describes the performance outcomes, skills and knowledge required to prepare and present a variety of sandwiches in a commercial kitchen or catering operation. Sandwiches may be classical or modern, hot or cold, and use a variety of fillings and types of bread. Sandwiches may be prepared or made on demand according to customer requests.

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Learning Unit 1: Prepare ingredients, equipment and tools for a variety of sandwiches and wraps

LO 1.1: Identify sandwich and wraps

- **Topic 1. Suitable breads**

1.1. **Definition:** Sandwich is two or more slices of bread or a split roll having a filling in between

1.2. **Types of suitable breads for sandwiches**

1. **White bread** is bread that is light in colour, made with flour that has been through a refining process:



2. **Whole Wheat bread:** a bread made of a combination of white and whole wheat flours as distinguished from bread made entirely of white or whole wheat flour



3. **Buns:** a sweet, salt or plain small bread

Baguette: A **baguette** is a type of long, thin, white bread which is traditionally made in France.



Topic 2: Types of wraps

1. **Chapattis:** is a round flat unleavened bread of that is usually made of whole wheat flour and cooked on a griddle or pan.

2. **Pancakes:** a flat cake made of thin batter and cooked (as on a griddle) on both sides

Topic 3: Suitable fillings

3.1. **Fillings:** An edible mixture used to fill pastries, sandwiches, such as meat, cream, vegetables, fruits, eggs, cheese...

3.1.1. Cheese:

Introduction

Like meats, cheese dries out rapidly when unwrapped and sliced. When slicing is done ahead, the slices should remain covered until service time.

The most popular sandwich cheeses are: Cheddar types, Process cheese , Cream cheese, mascarpone, Swiss types, Provolone and Cheese spreads

Types of cheese

1. **Hard (or firm) cheese** Is pigeon-holed as they are used as grating cheese. It takes hard cheese years to mature, and once it's ripe, these cheeses require extra care. Below there is different kinds of hard cheeses



2. **Semi-hard cheeses** is slightly firmer. They have very little humidity in them and taste a bit salted (most of them). And as these semi-hard cheeses mature, they start to get firmer. Below, there are different kinds of semi-hard cheese



Swiss



Mahon

Gouda



Smoked Gouda



Comté

3. Semi-Soft Cheeses

Semi-soft cheeses are a bit firmer than the soft types. They contain about 62 to 67 percent of moisture, thus making the texture. Below, we will see all different kinds of semi-soft cheeses in our cheeses' list.

Chèvre



Mozzarella

4. Soft Cheeses

Soft cheeses have a high percent of water while production and thus makes the texture.

These cheeses are meant to be consumed in 1 or 2 months after produced



Cottage



Gorgonzola



Feta

Cream



3.1.2. Ham

3.1.2.1. Definition Ham is one of the go-to dishes for big family celebrations and holidays, and there are a number of varieties that are cured, smoked, and aged for different flavors and textures.

3.1.2.2. Types of Ham

Hams are sold according to a few different criteria, all of which will help you when selecting one from the store:

1. **Cut:** Hams are sold bone-in, partially boned, or boneless. The shank end of the ham is typically fattier while the butt end is leaner and easier to slice.
2. **Cure:** Unless the ham is sold as fresh, the hams are cured, which can mean wet-cured (brined) or dry-cured. Brine-cured ham is soaked in a liquid-salt mixture before being smoked and is the most common variety of ham. Dry-cured ham is where the entire surface of the meat is thoroughly covered with salt and then stored until the salt permeates the meat, thereby preserving it.
3. **Cook:** Another distinction you will find is whether the ham is fully cooked, partially cooked, or uncooked. To be considered fully cooked, the ham needs to

have been heated to an internal temperature of at least 148 F; partially cooked should reach at least 137 F.

Uncooked and partially cooked hams need to be baked before serving while fully cooked hams just need to be heated.

4. **Smoke:** Smoked hams are typically cold smoked at under 100 F for days or even weeks.
5. **Age:** Some hams are aged for deeper flavor, meaning they are heavily cured, smoked, and hung to age from one to seven years. They are covered in a mold which must be scraped and washed off prior to eating. These aged hams have a strong, developed flavor and tend to be expensive.

3.1.2.3 Styles of Ham

A wide variety of ham is available for purchase.

1. Bayonne Ham

A salty boneless French ham, it is named after the southwestern France port city Bayonne. This boneless ham is salted and dry-cured for six months. Aficionados enjoy slices on buttered peasant bread.

2. Black Forest Ham

This ham gets its name from the area of Germany where it was first produced as well as its blackened exterior. The boneless ham is salted and seasoned with juniper berries, coriander, pepper, and garlic before being cured and cold smoked.

3. Boiled or Cooked Ham

This non-smoked ham is bland in flavor as it is simply boiled or steamed. It is most often used for lunch meat.

4. Canadian Bacon

This pre-cooked smoked meat is made of a lean cut taken from the loin rather than the leg or rump. Canadian bacon is much more akin to ham than to bacon and is traditionally skillet-fried and served at breakfast.

5. Capicola

Also called *capocollo*, *coppa*, or *capicola*, this Italian cured ham is similar to prosciutto but is made from the pork shoulder or neck whereas prosciutto is made from the buttocks or thighs.

6. Country

Country ham is popular in the southern United States and must be cured, aged, and dried at least 70 days. They are usually dry-cured in salt, smoked over fragrant hardwoods, and aged at least six months. Most country-cured hams are uncooked and need to be cooked.

7. Culatello

A popular component of antipasto platters, this Italian cured ham is soaked in wine during aging. It is lean and rosy red with a clean, delicate flavor.

8. Gammon

This ham's name comes from an Old Northern French word "gambe" for the hind leg of the pig and is popular in Great Britain. It may or may not be smoked and must be cooked before eating.

9. Honey or Maple Ham

Wet-cured, this type of ham uses honey or maple syrup as at least half of the sweetener in the curing mixture. These sweet-savory hams are frequently pre-cooked and only require reheating.

10. Irish Ham

Belfast, Ireland is famous for its pickled or brined hams, but what gives them their own unique flavor is the process of smoking over peat fires. They must be soaked, scrubbed, simmered, and then baked before eating.

11. Jamon Iberico

This luxury ham comes from Spain and is offered in three different grades. Also known as *jamón de pata negra*, it is dry-cured for two years, resulting in a sweet and nutty taste. The higher grade, higher the price.

12. Picnic Ham

Meat from the upper part of the foreleg of the hog, including a portion of the shoulder, is considered a picnic ham. It is not a true ham technically speaking and is a less expensive and less tender than regular ham. It can be fresh or smoked.

13. Prosciutto (Italian Ham)

Prosciutto, which means "ham" in Italian, is seasoned, salt-cured, air-dried, and pressed to form a dense, firm texture. It is not smoked. Pricey *Prosciutto di Parma* is true prosciutto from the Parma region of Italy. Prosciutto is generally eaten as-is or added at the end of cooking.

14. Scotch Ham

Once made in Scotland, this term now refers to uncooked, boneless, mildly cured hams sold in casings.

15. Serrano Ham

This dry-cured Spanish ham is served thinly sliced similar to prosciutto. Serrano ham has a strong, concentrated flavor.

16. Smithfield Ham

In order to be labeled a Smithfield, this specially aged country ham must be cured in this specific manner within the city of Smithfield, VA. The meat is deep red in color and salty with a pungent flavor. Considered a gourmet's choice, they are expensive and need to be cooked long and slow before eating.

17. Speck

Another Italian ham, speck is dry-cured in a similar manner to prosciutto and then lightly smoked. It is made from a deboned hind thigh and is available mass-produced or as a specialty item like *speck alto Aldige*, a PDO-protected variety from northern Italy.

18. Westphalia Ham

Made from pigs fed with acorns in the Westphalia forest of Germany, this prized ham is cured and then slowly smoked over a mixture of beech wood and juniper woods. The result is a very dark brown, dense ham with a light smoky flavor.

19. York Ham

From England, this mild-flavored type of ham has delicate pink meat and must be cooked like country-cured ham before eating. It is traditionally served with Madeira sauce

Egg dishes:

Eggs play a major role in cooking as it can be served as a main dish, as an accompaniment to other dishes or as an ingredient in an item. Due to its versatility in nature eggs are considered as a primary ingredient in most of the culinary preparations, Eggs also provide moisture, richness, texture and also structure to the dishes.

All egg recipes are normally referred to chicken eggs unless otherwise specified in the menu or preparation. Below are commonly done egg preparation

1. Soft Boiled Egg

Soft Boiled eggs have a firm white and warm, runny egg yolk. Prepared by gently lowering the egg into boiling water for around 5 to 6 minutes.

2. Hard Boiled Egg

Hard Boiled eggs have a firm white and firm egg yolk. Prepared by gently lowering the egg into boiling water for around 10 to 15 minutes.

A hard-boiled egg can be served both cold or hot and served to guests after peeling off the eggshell.

3. Scrambled Egg

Scrambled eggs is a dish made from eggs stirred or beaten together in a pan while being gently heated, typically with salt and butter and variable other ingredients.

Also, scrambled eggs can be prepared with or without the addition of milk. Served with bread toast, cooked ham, bacon, toasted mushroom etc

4. Fried Egg

There are four types of fried egg preparation:

1. **Over easy** - Egg is cooked until the white is set and then flipped over to cook until the white is firmly set but the yolk should be soft.
2. **Sunny Side Up** - Egg is cooked without flipping until the white is set firmly and the yolk is cooked softly.
3. **Hard Fried** - Egg is cooked until the white is set then punctures the yolk, flip the egg over and cook until both white and/or yolk is cooked firmly or yolk is still soft.
4. **Basted** - Egg is cooked without flipping and the yolk is basted with hot fat or butter and covers the pan to steam slightly. The egg yolk is slightly whitened and the white is firmly set and yolk is thoroughly heated by soft.

5. **Omelettes:** are popular breakfast items and also served at other times of the day. Omelet can be served plain or with different garnishes like ham, cheese, onion, tomato, sliced sausages etc. the combinations are never-ending.

Whichever type of omelette is prepared the method remains the same. Eggs are either beaten in a separate bowl or begin as you would for scrambled eggs in a pan but as the egg set up stop stirring and shake the pan to let the egg set. When the eggs are just soft or like a runny stage adds the toppings and then either fold or roll etc. as per the technique used.

Different Types of Omelets:

1. **Plain Omelet:** is prepared plain only with seasonings.
2. **Flat Omelet:** Add garnish to the egg before making the omelets, turn out without folding, colored side uppermost. Spanish TORTILLAS and Italian FRITTATAS are examples of this open-faced pancake style omelet.
3. **Stuffed and folded Omelet:** Place fillings in the centre of omelet before folding.
4. **Folded and stuffed:** Slit the turned out omelet along with the centre of the top surface, place in the fillings.
5. **Folded Omelet:** Add garnish to the egg before cooking and then folded after making it.

6. Poached Eggs:

Poached eggs are difficult to prepare as keeping the form of the egg in the cooking process is difficult, The Freshest the eggs the easier to prepare poached eggs.

Prepared by boiling a sufficient amount of water in a pan and add a small amount of salt and vinegar as this would help to hold the white around the egg yolk.

After the water is boiled bring it to simmer and crack your eggs into a dish and slide it to the simmering water.

Cook the egg until the desired degree of doneness is reached and carefully removes it from the water using a slotted spoon.

7. Shirred Eggs

Shirred eggs are prepared in special dishes made with chinaware or metal skillets in a variety of sizes; the prepared egg is also served in the same dish.

Prepared by buttering the dish and placing on a hot stove top, crack and slide into the shirred dish when the butter begins to brown. Finish the egg in a hot oven till the egg white is set and yolk is still liquid.

3.1.3. Vegetables:

The following vegetables are used in sandwich cooked or uncooked

1. Carrot
2. Eggplant
3. Cabbage
4. Onions
5. Lettuce
6. Zucchini
7. Green pepper

3.1.4. Cooked meat

1. Sausage products
2. Salami
3. Frankfurters
4. Bologna
5. Liverwurst
6. Luncheon meats
7. Grilled sausages

Beef

1. Sliced roast beef
2. hot or cold Hamburger patties
3. Small steaks
4. Corned beef
5. Pastrami Tongue,
6. fresh or smoked

Poultry

1. Turkey breast
2. Chicken breast

Pork products

1. Roast pork
2. Barbecued
3. Pork Ham,
4. All kinds Bacon
5. Canadian bacon

Fruits

1. Apple
2. Orange
3. Pineapple
4. Banana
5. Avocado

LO 1.2 : Identify equipment, tools and material

• Topic 1: Types of equipments used in preparing wraps and sandwich

1. Cutting tools

1. **Scissors** : Use to cut customized edges on bread for tea sandwiches.
2. **Spatula**: A long flexible blade with a rounded end.
3. **Lettuce knife**: Plastic serrated edged knife that is designed to slice lettuce.
4. **Serrated knife**: A knife with a sharp edge that has saw-like notches or teeth.
5. **Sandwich spatula**: A small flat, round bladed utensil that is serrated on one side and smooth on the other.
6. **Cookie cutters**: Small, medium and large small ones are perfect for cutting out the thinner breads for tea sandwiches.
7. **Grater and shredder**: Grating cheese and meat and other ingredients allows flavor to mix.
8. **Butter knife**: a Small knife with a blunt edged blade that is used to apply spreads.
9. **Paring knife** Small knife with a straight sharp blade that is generally three to five inches long. (for peeling)

10. **Sandwich knife:** Sharp-bladed kitchen utensils used to slice through a medium amount of food ingredients.
11. **Butter Knife:** A small knife with a blunt edged blade that is used to apply spreads, such as butter, peanut butter, and cream cheese, on bread or dinner rolls.
12. **Chef's Knives:** Come in various lengths of 6, 8, 10, and 12 inches. The smaller sized knives are typically referred to as mini chef's knives while the longer lengths are known as traditional chef's knives.
13. **Cutting Board:** Comes in wood and plastic, use to protect the table when slicing bread.

2. Cooking tools and equipment

1. **Grills / Griddles.** These are flat heated surfaces where food is directly cooked.
2. **Ovens.** These are equipment which is enclosed in which food is heated by hot air or infrared radiation.
3. **Microwave Ovens.** Special tubes generate microwave radiation, which creates heat inside the food
4. **Bread toaster :** Is a tool for browning bread to be used in sandwich preparation
5. **Serving tools:** plat used for serving sandwich, serviettes /napkins,
6. **Filling containers:** containers with varieaties of ingredient to be filled in sandwiches
7. **Mixing Bowls**
8. **Bowls:** that is large enough to hold ingredients while they are being mixed.
9. **Rubber Scraper:** A pliable rubber scraper used to scrape down sides of bowl and get mixture of fillings from pans.
10. **Measuring Cups:** Graduated Measuring Glass - a transparent glass with fractions [1, 3/4, 2/3, 1/2, 1/3, ¼ Is used for measuring liquids
11. Individual Cups - with fractional parts [1, 3/4, 1/2, 1/4,] is used for solids or dry ingredients.
12. **Utility Tray** - Used to hold food in place.
13. **Strainer** - Used to separate liquid from solid.
14. **Mixing Spoon** - Used to combine ingredients.
15. **Can Opener** - Used to open cans.
16. **Measuring Spoons** - A set of individual measuring spoons used to measure small quantities of ingredients.

- **Topic 2: Wrapping materials**

1. **Sandwich Wrap Paper**

Laminated grease-resistant microwavable paper sheets used to wrap **deli sandwiches**, basket liners for French fries, chicken, sandwiches, burgers, doughnuts, bagels and baked goods for fast food franchises, restaurants, coffee houses, bakeries and patisseries.



Typically used to wrap sandwiches, but can be used to wrap sides and desserts. Often features bright colors or a festive pattern, making it ideal for wrapping foods or lining baskets

Sometimes features a double open design, perfect for wrapping flat items

Grease-resistant varieties, as well as in many different colors, patterns, and sizes

LO 1.3: Perform basic maintenance of tools and equipment

- **Topic 1: Maintenance procedures**

Dismantling and assembling techniques of equipment and tools

1. Moving parts, exposed blades, and nip points are the major hazards of working with kitchen equipment (such as mixers, mincers, processors, and slicers).
2. Cuts, bruises, fractures, and amputations to hands can occur from mincing or cutter plates, and rotating blades.
3. Preparation Read manufacturer's directions and safety precautions in operations manual Use a cart or trolley to lift or move heavy items
4. Follow the manufacturer's instructions to install attachments Make sure all guards are in place before using the equipment
5. Equipment should be installed or placed on a level, hard surface that is attached to a sturdy platform

6. All machines permanently wired to a power source must have a lockout-type disconnect switch
7. All food processing machines should be electrically grounded
8. Do not reach into any part of a machine when it is operating in order to add, guide, or adjust food
9. Do not clean any blades or attachments while the machine is running
10. Do not operate any equipment without proper instruction and training
11. Sometimes they do not have an interlocked guard to prevent them from working when open
12. If lockout is not used during cleaning and maintenance, the machine may start up unexpectedly

Threat: Serious injury to your hands, arms and death

- **Topic 2: Cleaning and sterilizing techniques**

When you are cooking for a family or commercial operation. Clean your wooden, metal, stone and plastic kitchen equipment and surfaces right after cooking, and by removing harmful microorganisms through periodic sanitization.

Proper storage of kitchen equipment can help ensure the maintenance of a clean, safe kitchen.

1. Getting Soapy

Kitchen equipment and surfaces, including pots, pans, utensils, countertops and cutting boards, can be washed with water and dish detergent.

After removing detachable parts, scrub these items with warm soapy water and a brush or sponge, making sure to remove any food debris and residual organic matter.

Air dry, or dry with a clean paper towel.

2. Sanitize for Safety

Sanitizing, which is the process of reducing bacteria to a safe level, can be achieved by applying a solution of one tablespoon of bleach and warm water to reduce harmful bacteria. Soak your kitchen equipment in the solution for two minutes, rinse with hot water, then air-dry. To protect your skin, wear rubber gloves when working with bleach.

3. Going Green

Because exposure to bleach can be harmful to our health and the environment, you may want to consider sanitizing kitchen equipment with a product with milder environmental effects, such as vinegar or hydrogen peroxide.

4. Kitchen Equipment Cleaning and Sanitising:

5. All equipment used in the kitchen area should be washed, rinsed, and sanitized after each use to ensure the safety of food served to customers.
6. Make sure to disassemble removable parts from equipment.
7. Use the three-sink method to wash, rinse, and sanitize all parts.
8. Verify sanitizer concentration for each meal period and as necessary per policy.
9. Wash, rinse, and sanitize all food contact surfaces of the equipment that is stationary.
10. Allow all parts of the equipment to air dry.
11. Make sure to re-assemble the equipment once dried.

- **Topic. 4. Maintenance materials and greasing techniques**

1. Storage equipment properly after use includes refrigeration equipment for cold ingredients and a steam table for hot ingredients, such as roasted meats.
2. Storage properly Hand tools are basic requirements for sandwich making and are often the only tools necessary, These include spreaders, spatulas, and knives, including a serrated knife and a sharp chef's knife for cutting the finished sandwich A cutting board, of course, is also required, A power slicer may be necessary for any slicing not done ahead.
3. Store Portion control equipment after use includes scoops for fillings and a portion scale for other ingredients.
4. Store properly cooking equipment is necessary for most hot sandwiches. Griddles, grills, broilers, and deep fryers are all used for cooking sandwich ingredients to order. Microwave ovens are sometimes used to heat ingredients or finished sandwiches.
5. floor supervisor cleanliness
6. Inspect kitchen tools and equipment fat
7. grease kitchen equipment after used by referring to the manufacture instruction

Learning Unit 2: Prepare sandwiches and wraps

LO .2.1: Prepare ingredients for sandwiches and wraps

Introduction

1. Prepare ingredients.

Mix fillings, prepare spreads, slice sandwich meats and cheeses, separate lettuce leaves, slice tomatoes, prepare garnishes, and so on. In other words, have everything ready ahead of time, so nothing is left to do but assemble the ingredients.

2. Arrange or store ingredients for maximum efficiency.

To reduce your movements to a minimum, the ideal setup has everything you need within easy reach of both hands. Depending on the kitchen layout, this may not be possible, especially if the sandwich menu is large. But try to get as close to it as possible. Arrange ingredients so you can use both hands. For example, while the left hand reaches for the bread, the right hand reaches for the butter spreader. Then, while the right hand puts the spreader back, the left reaches for the sliced ham. The right hand, on its way back from the butter, picks up a slice of cheese and so on. On a busy sandwich station, every second counts. Two other considerations are important while we're talking about ingredients:

3. Sanitation.

Because cold sandwiches are subjected to a lot of handling and are not cooked, it is especially important that ingredients be properly refrigerated and protected at all times. A refrigerated table, sort of a cold version of a steam table, is usually used. Refrigerated drawers or under-the-counter reach-ins are used for less frequently needed items. Wash hands carefully and thoroughly before beginning work. In addition, be aware of local sanitation requirements. In some places, laws require that workers wear gloves when handling ready-to-eat food

4. Portion control.

Sliced items are portioned by the count and by weight. If portioning is by the count, you must take care, during pre-prep, to slice to the proper thickness. If done by weight, each portion can be placed on squares of waxed paper and stacked in a container.

• Topic 1. Types of fillings

Cheese

Filling cheese must be prepared in different shape as follow.

1. Toasted cheese
2. Sliced cheese
3. Grated cheese
4. Melted cheese

Ham

1. Cold sliced ham

Egg dishes

1. Hard boiled eggs
2. Fried eggs
3. Scrambled
4. Plain omelet
5. Etc.....

Vegetables

1. Uncooked mixed vegetables
2. Cooked spiced vegetables
3. Grilled spiced/seasoned vegetables
4. Fried vegetables
5. Toasted vegetables
6. Sauté vegetable

Cooked meat

1. Fried meat
2. Grilled meat
3. Roasted meat

Fruits

1. Fresh fruits cut
2. Cooked fruit
3. Fruits preserved

Some sauces or dressings for spreading in bread

1. Mayonnaise sauce
2. Ketchup sauces
3. Florentine sauce or pesto sauce
4. French sauces

5. Cocktail sauce

• **Topic 2: Preparation techniques :**

1. Spreading

The following tips must be respected while spreading bread for sandwich

a) Butter

Butter should be soft enough to spread easily without tearing the bread. It may be softened by whipping in a mixer or by simply letting it stand at room temperature for half an hour. Whipping gives the butter greater volume, and this cuts food cost. However, whipped butter does not keep as well because the incorporated air speeds the development of rancidity. Some operators whip a small amount of water or milk into the butter. This increases both spread ability and volume. However, it adds nothing to the quality of the sandwich and increases the likelihood of soaking the bread.

Margarine is sometimes used instead of butter, if food costs require it or if customers request it, flavored butters.

b) Mayonnaise

Mayonnaise is often preferred to butter as a spread because it contributes more flavor. However, it does not protect the bread from moisture as well as butter does. Because of the danger of food-borne disease, sandwiches made with mayonnaise should be served immediately or refrigerated at once and kept refrigerated until served.

c) Other Spreads

Although butter and mayonnaise are the most widely used spreads, almost any food of a spreadable consistency can be used to add flavor interest to sandwiches, including Pesto Tapenade, Liver Pâté, Hummus, Babaganouj, Guacamole and Romesco. Be aware, however, that most of these do not protect the bread from soaking up moisture from the filling. Moist spreads are best if applied just before serving.

Importance of spread bread of sandwich

1. To protect the bread from soaking up moisture from the filling.
2. To add flavor.
3. To add moisture or mouth feel.

d) layering

Layering is the loading of the sandwich with the requested fillings. All sandwiches of the same type should be layered in the same way, every time. Always use the designated quantity of ingredients and take care the filling remains within the sandwich. Sandwiches may require multiple layers of bread and different types of bread.

The seven layers for sandwiches preparation

Layer 1: Bread

1. Toast or plain bread for a sturdier base.
2. Cut in half, aim the knife straight across rather than diagonally.
3. A straight cut provides thicker, stronger corners that make it difficult for fillings to slip out.

Layer 2: Lettuce and avocado

1. Dry lettuce with a paper towel to protect the bread from getting soggy.
2. Place at the top for crispiness.
3. Put on avocado .

Layer 3: Cheese

Layer cheese near the top: It protects the bread from the moist middle layer of vegetables and reinforces the sandwich's structure

Layer 4: Crunchy layer

Place crispy ingredients such as bacon, walnuts, or celery in the center. This layer offers mouthwatering texture and stays in place surrounded by pillowy layers.

Layer 5: Vegetables

Salt tomato and cucumber slices and place on a paper towel for 10 minutes. This drains excess moisture, increasing flavor.

Layer 6: Meat

Deli meat is round, and sandwich bread is usually square.
To avoid bare sandwich corners, cut each circle in half.
Align the four straight edges with the bread edges.

Layer 7: Condiments

Add spreads (e.g., mayonnaise, mustard, or pesto) to both pieces of bread for flavor and just the right amount of moisture.

e) Portioning

Portioning refers to the preparation of a given number of sandwiches for a given number of customers.

Tips for sandwich portioning

1. Plat size serving

2. Recipe of sandwich
3. Selling price

f) Moulding

Moulding is not common in the preparation of sandwiches. It refers more accurately to cutting and is the process of cutting sandwiches into shapes, Example for children's parties and special events.

g) Cutting

This is the process of cutting the made sandwiches., Some sandwiches will require the crust to be removed for presentation purposes. Commonly sandwiches may be cut into fingers, halves and quarters. The accepted shape for halves and quarters is 'triangles' but customers may request square or rectangular shapes:

1. A 'two-point' sandwich is one that has been cut diagonally into two triangles A four-point sandwich is one that has been cut diagonally into four triangles.
2. Precision and accuracy is vital poor cutting can ruin the appeal of an otherwise attractive sandwich.

A golden rule when cutting is to make sure:

1. Sandwiches are cut all the way through
2. Sandwiches are all the same size when cut.

h) Garnishing

Garnishing is the addition of items to the individual plate, take-away container or platter of sandwiches to enhance presentation and make the sandwiches visually more appealing.

The role of the garnish is to supplement the sandwiches, not dominate them. For this reason, less is more.

The two standard requirements are that all garnishes should be:

Edible Be of high quality.

Example of garnishes: Herbs, Fruits, Dried breads, Vegetables cut into shape

7. Toasting

The following points should be observed when toasting a sandwich

1. Allow the sandwich to spend a few extra seconds in the press or the toaster
2. Don't over-cook sandwiches on the toast, If this happens throw it out and make another one

3. Never serve a sub-standard sandwich
4. Clean the grill or toaster regularly
5. Turn off toaster after using it

i) Cooking

This stage also involves cooking or mixing of fillings which may require:

Boiling and mashing eggs, allowing sufficient lead time to enable the egg to cool and the adding of mayonnaise etc., as required Making (for example) avocado filling, chicken and walnut, tuna and onion fillings Boiling and shredding chicken again, ensuring sufficient time for cooling

LO 2. 2: Prepare sandwiches and wraps

- **Topic 1. Types of Sandwiches and wraps**

Introduction

Generally Sandwich is classified into two main types as follow:

1. Cold Sandwiches

1. **Simple cold sandwiches** are those made with two slices of bread or two halves of a roll, a spread, and a filling. They are called simple because they are made with just two slices of bread, not because they are necessarily simple in construction. Simple cold sandwiches range from a single slice of cheese or meat between two slices of buttered bread to complex constructions like the submarine sandwich (also called a hero sandwich or grinder), a long Italian roll filled with salami, ham, capocollo, mortadella or bologna, provolone cheese, peppers, onions, olives, tomatoes, and more. Most popular sandwiches fall into this category.

2. **Multidecker sandwiches** are made with more than two slices of bread (or rolls split into more than two pieces) and with several ingredients in the filling. The club sandwich is a popular multidecker sandwich made with three slices of toast and filled with sliced chicken or turkey breast, mayonnaise, lettuce, tomato, and bacon. It is cut into four triangles.

3. **Open-faced sandwiches** are made with a single slice of bread, like large canapés, which is what they are. Also as in canapés, the filling or topping should be attractively arranged and garnished.

4. Tea sandwiches are small, fancy sandwiches generally made from light, delicate ingredients and bread trimmed of crust, they are often cut into fancy shapes, Fillings and spreads can be the same as those for canapés.

5. Wraps are sandwiches in which the fillings are wrapped, like a Mexican burrito, in a large flour tortilla or similar flatbread. They may be served whole or cut in half if large.

2. Hot Sandwiches

1. **Simple hot sandwiches** consist of hot fillings, usually meats but sometimes fish, grilled vegetables, or other hot items, between two slices of bread or two halves of a roll. They may also contain items that are not hot, such as a slice of tomato or raw onion on a hamburger. Hamburgers and hot dogs and all their variations are the most popular hot sandwiches.

2. **Open-faced hot sandwiches** are made by placing buttered or unbuttered bread on a serving plate, covering it with hot meat or other filling, and topping with a sauce, gravy, cheese, or other topping. Some versions are browned under the broiler before serving. This type of sandwich is eaten with a knife and fork.

3. **Grilled sandwiches**, also called **toasted sandwiches**, are simple sandwiches buttered on the outside and browned on the griddle, in a hot oven, or in a panini grill, Sandwiches containing cheese are popular for grilling.

4. **Deep-fried sandwiches** are made by dipping sandwiches in beaten egg and, sometimes, in bread crumbs, and then deep-frying. This type of sandwich is often cooked on a griddle or in a hot oven instead, as deep-frying makes it greasy

5. **If wraps are classified as cold sandwiches**, then hot burritos, quesadillas, and filled enchiladas could be considered hot sandwiches. **Pizzas** could be considered open faced hot sandwiches, and we can define them as thin sheets of lean bread dough baked with a topping. In fact, one could classify any food made with a dough product filled or topped with another food product as a sandwich. Dough products, whether breads, puff pastry, tortillas, or egg roll skins, make useful and versatile bases or cases for foods, whether or not the result resembles something we might think of as a sandwich. Several of these items (enchiladas, quesadillas, and egg rolls.

General Procedure for Making Simple Cold Sandwiches

- a) Prepare and assemble all ingredients.
- b) Assemble necessary equipment, including wrapping materials.
- c) Arrange bread slices in rows on the tabletop.
- d) Spread each slice with butter or whatever spread is required.
- e) Place fillings evenly and neatly on alternate slices, leaving the other slices plain. Fillings should not hang over the edges of the bread. If the filling is spreadable, spread it evenly to the edges.
- f) Top the filled slices with the plain buttered slices.
- g) Stack two or three sandwiches and cut with a sharp knife.
- h) To hold, do one of the following:
 - i. Wrap separately in plastic, waxed paper, or sandwich bags.
 - ii. Place in storage pans, cover tightly with plastic wrap, and cover with clean, damp towels. The towels must not touch the sandwiches; their purpose is to provide a moisture barrier to help prevent drying.
 - i) Refrigerate immediately and hold until served.

Hot

1. Club Sandwich

Ingredients

1. 2 slices White bread
2. 1 slice Brown bread
3. 30 gm Butter (softened)
4. ½ Chicken breast
5. 1 rasher Bacon
6. 3 slices Tomato (skinned)
7. 2 leaves Chiffonade lettuce
8. 20 ml Mayonnaise
9. 2 Stuffed olives
10. 2 Toothpicks
11. 1 Egg (to be fried, sunny side down).

Method

1. Prepare all ingredients before toasting bread
2. Chiffonade the lettuce and combine with the mayonnaise and season
3. Slice the tomato and keep to side

4. Season and lightly oil the chicken breast
5. Cook the chicken on a preheated grill plate keep warm
6. Cook bacon on a clean preheated grill plate keep warm
7. Fry the egg in a clean pan
8. Slice the chicken breast thinly.
9. Assembly Butter one side of 1st white toast
10. Lay lettuce mayo mixture evenly over toast
11. Place thinly sliced chicken on top
12. Butter rye bread both sides and place on top of chicken
13. Place the bacon. egg and tomato on top;
14. Spread the last white piece of toast with butter and place that on top
15. Even up sandwich before cutting
16. Cut the sandwich in half diagonally and insert a toothpick in each half
17. Put an olive on top on each toothpick and serve hot with French fries.
18. You must work quickly so the sandwich stays hot.
19. Assembly should take less than 30 seconds, yes 30 seconds.
20. It is to be served warm so HURRY up

2. Focaccia

1. in Australia has evolved into many variations.
2. It is based on the flat peasant bread made in communal village ovens by the Italian housewife.
3. You will find it to have simple toppings like salt with olive oil or herbs with olive oil.

Ingredients

1. 1 piece Flat focaccia bread,
2. Sliced though the centre as demonstrated Grilled vegetables of your choice a paste pesto,
3. 1 Fresh tomato
4. 1 – 2 slice cheese

Method

1. Prepare your filling
2. grill vegetable slice meat or cheese, make paste
3. Slice the bread, apply paste to both layers

4. Lay roasted veg, place cheese on top
5. Heat in oven to warm through
6. Slice as required
7. Place onto warm plate and present.
8. Obviously meats can be used here so the reheating must follow the FSP guidelines

3. Greek Style Lamb Wrap

Ingredients

1. 1 Pita wrap
2. 120 gm Lamb mince
3. ¼ tsp Mint, dried
4. ¼ tsp Cumin, ground
5. pinch Chilli, dried Salt, to taste Pepper, to taste
6. 2 Bamboo skewers
7. 40 gm Cucumber (sliced)
8. 20 gm Red Onion (sliced)
9. 1 Roma Tomato (sliced)
10. 20 gm Lettuce (Chiffonnade)

Method

- a. Soak bamboo skewers in cold water for 30 minutes
2. Mix lamb mince with spices and set aside to allow flavours to macerate
3. Divide the mince mix into 2 portions
4. Wrap around skewers as demonstrated
5. Oil meat surface and place onto hot grill
6. Lightly oil pita and warm on grill or black pan Lay pita on grease proof paper
7. Place lettuce on to pita followed by tomato, cucumber and onion
8. When meat is cooked place on top of salad items
9. Extract the skewer from the meat as demonstrated
10. Add the sauce on top of meat
11. Roll up firmly in paper and secure both ends of paper
12. Slice in half and garnish and serve.
13. Note: If mixing mince and spices be careful of the amount of herbs and spices used.

14. Fresh is better flavour but not necessarily convenient.
15. Dried is more convenient but will be stronger in flavour, so do not add so much.

4. California Burger

INGREDIENTS

- 1 Hamburger patty
- (125 g) butter Hamburger rolls as needed as needed
- 10 mL Mayonnaise
- 1 Lettuce leaf
- 1 Thin slice of onion (optional)
- 1 Tomato slice

Procedures

1. Cook the hamburger patty on a griddle or grill to desired doneness.
2. While the meat is cooking, prepare the roll. Butter the bottom half very lightly. Spread the top half with mayonnaise.
3. Place the halves of the roll side by side on a serving plate.
4. On the top half, place the lettuce leaf, the onion slice (if used), and the tomato slice.
5. When the hamburger patty is cooked, place it on the bottom half of the roll. Serve immediately, open faced.

VARIATIONS

1. California Cheeseburger

Prepare as in the basic recipe, except place a slice of cheddar or American cheese on the hamburger patty 1 minute before it is done. Cook until the cheese melts.

2. Cheeseburger (Plain)

Omit mayonnaise, lettuce, onion, and tomato, but add the slice of cheese as in

3. California Cheeseburger.

Cheeseburger with Bacon Prepare like a cheeseburger, but place 2 half-strips of cooked bacon on the cheese.

4. California Cheeseburger Deluxe

Prepare like a California Cheeseburger, but place 2 half-strips of bacon on the cheese.

5. Chicken Florentine Panini

Ingredients

1. 1 package (5 ounces) fresh baby spinach
2. 2 teaspoons olive oil
3. 1/4 cup butter, softened
4. 8 slices sourdough bread
5. 1/4 cup creamy Italian salad dressing
6. 8 slices provolone cheese
7. 1/2 pound shaved deli chicken
8. 2 slices red onion, separated into rings

Directions

1. In a large cast-iron or other heavy skillet, saute spinach in oil until wilted, 2 minutes. Drain; wipe skillet clean.
2. Spread 4 bread slices with salad dressing. Layer with a cheese slice, chicken, spinach, onion and another cheese slice. Top with remaining bread. Butter outsides of sandwiches.
3. Cook in same skillet or panini maker until bread is golden brown and cheese is melted.

Cold

1. Croque Monsieur (Ham And Cheese Sandwich)



Ingredients

1. 2 Tbsp butter
2. 2 Tbsp flour
3. 1 1/2 cups milk
4. A pinch each of salt, freshly ground pepper, nutmeg, or more to taste
5. 6 ounces cheese, grated (about 1 1/2 cups grated)
6. 1/4 cup grated Parmesan cheese (packed)
7. 8 slices of French or Italian loaf bread

8. 12 ounces ham, sliced
9. Dijon mustard

Method

1. Lay out the bread slices on a baking sheet and toast them in the oven, a few minutes each side, until lightly toasted. For extra flavor you can spread some butter on the bread slices before you toast them if you want.
2. Lightly brush half of the toasted slices with mustard.
3. Add the ham slices and about 1 cup of the remaining Gruyère cheese.
4. Top with the other toasted bread slices.
5. Spoon on the béchamel sauce to the tops of the sandwiches.
6. Sprinkle with the remaining Gruyère cheese.
7. Place on a broiling pan. Bake in the oven for 5 minutes, then turn on the broiler and broil for an additional 3 to 5 minutes, until the cheese topping is bubbly and lightly browned.

Note: If you top this sandwich with a fried egg it becomes a *Croque Madame* and béchamel sauce can be used as additional.

2. Chicken Caesar Wrap

Ingredients

1. 1 piece Flat bread
2. 1/2 Chicken Fillet, grilled
3. 1 Bacon rasher, fried and crisped
4. 30 gm Parmesan Cheese
5. 50 gm Mayonnaise
6. 3 gm Worcestershire sauce
7. 2 gm Mustard, Dijon squeeze Lemon juice
8. 1 Anchovy fillet, chopped finely
9. 1 Lettuce leaf, chiffonnade

Method:

1. Mix the mayonnaise with the Worcestershire, mustard, lemon juice and finely chopped anchovy fillet together.
2. Slice the ½ chicken breast into slices on the length.
3. Assembly: Lay the bread on board then lay the lettuce chiffonnade on the bread

4. Place the sliced grilled chicken onto the lettuce then lay the bacon over the top
5. Place the parmesan cheese over the bacon
6. Apply the flavoured mayonnaise from a sauce squeeze bottle
7. Roll up the flat bread in greaseproof paper and secure
8. Cut in half and present..

3. Bacon Cheddar Ranch Chicken Salad

Prep Time 15 minutes

Total Time 15 minutes

Servings 8

Ingredients

1. 4c. chopped cooked chicken
2. 1/2c. ranch dressing
3. 1/4c. mayo
4. 1/2c. shredded cheddar cheese
5. 1/4c. chopped cooked bacon
6. 2Tbsp. fresh chives

Instructions

Combine all ingredients in a medium mixing bowl.

Stir well; garnish with additional cheddar cheese and fresh chives as desired.

• Topic 2 Food combinations for sandwiches

1. Cold Sandwich Combinations

The following ingredients must be considered while preparing some of many sandwiches

1. Roast beef on rye bread spread with a mixture of softened cream cheese and horseradish.
2. Beef tongue, lettuce, and tomato on onion roll; mayonnaise.
3. Bologna, provolone cheese, tomatoes, and chopped pimiento on hard roll; mayonnaise.
4. Liverwurst, onion slices, and sour pickles on pumpernickel; mayonnaise or butter.
5. Corned beef or ham, Swiss cheese, mustard, and dill pickle slices on rye; mayonnaise or butter.

6. Corned beef, coleslaw (well drained), and Swiss cheese on rye; mayonnaise or butter.
7. Ham, salami, tomato slice, Russian dressing, and lettuce on rye toast.
8. Chicken or turkey, ham, Swiss cheese, and lettuce on white or whole wheat toast; mayonnaise.
9. Chicken and cucumber slices on whole wheat; mayonnaise.
10. Turkey, bacon, Swiss cheese, and lettuce on white or whole wheat toast; mayonnaise.
11. Deviled ham, pineapple slice, and lettuce on white toast.
12. Tuna salad, lettuce, tomato, and shredded cheddar cheese on white toast.
13. Sardines and onion slices on dark rye spread with cream cheese; served open-face

Learning Unit 3: Present sandwiches and wraps

LO 3.1: Set sandwiches and wraps

- **Topic 1: Presentation techniques of sandwiches and wraps**

1. When presenting sandwiches they should be cut as required and then the centre exposed to show the filling.
2. This is the eye appeal that will entice the customer to purchase that sandwich.
3. If it is a function it will help the customer to choose. The filling may sound nice but then if it looks great then that will be the final decision.
4. Function sandwiches are traditionally are either points or fingers made with square bread. When made it will be cut into 4 triangles (points) and then stood on the longer edge to present the filling to the customers; the high point of the triangle giving name to the style.
5. When square is cut into 3 equal widths or fingers they will then be laid on the sides, thus exposing the filling to the view of the customers. Eye appeal is buy appeal.
6. Customers eat with their eyes first so it is important the sandwiches look enticing, appealing and appetising.
7. Where sandwiches are being presented for functions or any in-house dining they should always be presented with an appropriate garnish and accompanied by suitable service ware.

- **Topic2: Garnishing ingredients and techniques**

1. Garnishing is the addition of items to the individual plate, take-away container or platter of sandwiches to enhance presentation and make the sandwiches visually more appealing.
2. The role of the garnish is to supplement the sandwiches, not dominate them. For this reason, less is more. The two standard requirements are that all garnishes should be edible and be of high quality.
3. Flowers Edible flowers can be added to platters – these include: Radishes may be carved into rose and chrysanthemum shapes and added to platters. Spring onion tassels may also be prepared. These should be kept in chilled water prior to use to maintain optimum appearance and quality. Remember though

that the preparation of garnishes takes time and therefore adds expense to the sandwiches.

4. For this reason, basic and easily prepared garnishes are preferable with the more time consuming and intricate garnishes (such as carved fruit and vegetables) reserved for more up-market occasions where the price merits such time and products.

Colour

The following can be added as a garnish where a green colour is required:

1. Asparagus
2. Cucumber
3. Parsley
4. Celery
5. Gherkins
6. Lettuce as a 'chiffonade' (finely shredded)
7. Green peppers.
8. Where a white garnish is needed you can choose from: Cottage or cream cheese
9. Cucumbers
10. White cabbage (shredded).

A red garnish is available via:

1. Beetroot
2. Cherries
3. Cherry tomatoes
4. Pimento
5. Radishes
6. Sliced or carved Strawberries
7. Tomatoes – halved, quartered, sliced.

Yellow garnishes can be made from:

1. Cheese
2. Egg yolk
3. Grated lemon rind.

Fruits Fruit is also appropriate to add as a garnish. Options include:

1. Apple
2. Pear
3. Grapes
4. Kiwi fruit
5. Orange
6. Lemon
7. Strawberry.

Carrot curl

The following steps can be used to produce a carrot curl suitable as a garnish:

1. Wash and peel carrot
2. Remove thin strip of carrot with vegetable peeler
3. Roll strip of carrot into a curlSecure with toothpick
4. Place in iced water

Condiments

It is appropriate to offer a range of condiments (salt, pepper, mustards and a limited number of sauces, such as horseradish, mint and cranberry) where a large quantity of sandwiches is being presented.

Service ware

Refers to the items used to serve the sandwiches and the items used by customers to eat them. Some establishments will have basic service ware (plates and platters) while others will have elaborate and quite ornate service items.

Examples of relevant service ware include:

1. Platters and trays
2. Tongs Forks
3. Knives or small spoons for using sauces and mustards with the sandwiches
4. Cake lifts Side plates
5. Napkins and serviettes.

Recipe and Shape

Plan variety of shape and form referring to the recipe that you have

And think to the height as a variation

Balance

Used two or three color than one

Portion size

Make sure that garnishing is too small amount and size than other food item presented on plate and consider the size and shape of your plate

LO 3. 2: Store sandwiches and wraps

- **Topic 1.Suitable storage techniques and timing to maintain optimum quality and safety of ingredients**

The preparation, storage and service of all sandwiches must accord with all standard safe food handling practices. Storing fresh sandwiches correctly will optimise their freshness and quality.

1. Safe food handling practices.

To gain a full appreciation of all safe food handling practices you are encouraged to refer to the notes for the unit Follow Workplace Hygiene Procedures.

2. Storage practices / rules

The following practices must be considered when storing sandwiches:

1. Cover sandwiches prepared for later use
2. Plastic wrap is suitable, this helps keep the sandwiches fresh and protects against contamination
3. Avoid keeping made sandwiches for longer than 24 hours this is a quality issuerather than a food safety issue
4. Place sandwiches above any raw foods such as meat, fish or chicken in the coolroom to avoid the cross contamination issue caused by blood or juice dripping onto sandwiches.

Sandwiches, fillings and spreads are correctly labeled

All packaged food made for human consumption must be labeled.

Labels must be truthful and accurate.

Food must not contain any ingredient that is not on the label.

The Following must appear on the label

1. Name of the food
2. Address of the premises in which the food was prepared
3. Name of the business
4. Mandatory warnings and advisory information
5. List of ingredients, ,
6. directions for use and storage

7. Ingredients in the food List of all ingredients need to appear
8. Date markings Date of production and/or a Use by Date

Storage requirements

1. If product is going to be transported and stored in other areas then these requirements need to be listed on the packaging
2. Allergy Warnings Any allergy causing ingredients must be identified to alert potential consumers to these potential hazards.
3. Any products that are produced on the premises where they are sold then they do not need to be labelled.
4. In house labelling When producing sandwiches in a large establishment it is important to label correctly.
5. Labels should include the following Name of the product: Many people can be working in larger establishments and the person takes the product to the place of service may not be the person who prepared the product.

• **Topic 2: Types of containers**

Three types: Plastic, celamic, Porecelain etc

1. **Plastic:** this the types containers used for storing food items especially for cooked food read to eat or for future use.
Ex: stock, cooked vegetables, salad, fruits ...
2. **Celamic:** it breakable container but looks nicely storing food in celeamic at home or business for ambience.
3. **Porcelain:** Storing container in different shape use for stock storing and others food products for a safe use.

Other types of food storage

4. **Beeswax wrap** is like plastic wrap for keeping food fresh and keeping the environment safe and used for wrapping snakes like and sandwiches, it is reusable up to one year.
5. **Cotton** bowl covers used for covering the leftovers food fresh, but in short time.
6. **Cloth food storage** bags those are environment friendly and keeping food like plastic wrap, used for vegetables and fruits.

7. **Cotton sandwich** wrap this cotton used for wrapping the sandwich for keeping it is freshness in refrigerator.
8. **Airtight silicone bags** it uses for different food and sandwich keeping sandwich nicely and it can be reusable. Friendly to the environment.
9. **Aluminum foil** used for keeping sandwich and wrap fresh.
10. **Paper bags** this is used for vegetables and fruits , sandwiches.

Store in correct conditions to maintain freshness and quality:

1. Keep cold sandwiches cold
2. Keep hot sandwiches hot for only a short period of time, approximately Protect all food products safe from foreign objects and adverse environment.

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