

The Art of Sandwich Making

There is a big difference between a sandwich that makes you say *eh* and one that leaves you speechless. You're much too busy devouring it to even think of adjectives to define it. But what's that defining factor in a drool-worthy sandwich? We'll fill you in on the secret . it's all about how it's made. Truly, it's an art form, so here's a quick crash course in the art of sandwich making.

Rule #1: It's All About the Bread

Plain old white sandwich bread has its place, but it's not on a great sandwich. You need a good canvas on which to build your masterpiece. Artisan breads, rustic loafs, something with a little sustenance of its own. Think ciabatta, sourdough or a great multi-grain bread. A great rule of thumb is to only use bread that you would eat on its own.

Rule #2: The Filling Facts

We all have different tastes, so by all means, use ingredients you love. But might we make a few suggestions for upgrades? If you usually load up your sandwich with sliced deli lunch meat, why not try swapping it out for leftover chicken, steak, or any other meat you've cooked? Don't rule out pork roast or meatloaf either . they can make an excellent sandwich filling! For the usual lettuce, try peppery arugula, watercress, or mixed greens.

Feel free to expand your horizons too. Play with other ingredients. Maybe, avocado to give your sandwich a bit of creaminess, or some sundried tomatoes for a rich flavor. Remember, it's all about building layers of flavor that work together with each other.

Rule #3: Dress That Sandwich Up!

Mayonnaise is good. Yellow mustard? Fine. But you know what's even better? Garlic mayo or dijonnaise. Creating a gourmet sauce for your sandwich is as easy as taking the usual suspects and adding a squeeze of lemon juice or a bit of minced garlic, whatever it is you like. The most important thing to remember is not to overdo it. Moderation is the key when it comes to dressing. Too much and you'll end up with an overpowering, or worse yet, soggy sandwich.

Rule #4: Think of it as Sandwich Architecture

Sure, anybody could slap some meat and veggies onto a slice of bread, but a little forethought can make all the difference. Just follow these steps of sandwich crafting:

1. If you've purchased unsliced bread, cut your sandwich slices a little thicker than the usual pre-sliced stuff. If you're using a sub or hoagie roll, be sure not to cut all the way through. Form a sort of cradle to hold your fillings by only cutting 2/3 of the way through the bread and tearing out a bit of the bread inside.
2. If you're using a creamy or oily sauce, lay that down next. It'll form a barrier between the bread and the topping, making it less likely to get soggy.
3. Cheese is the next step. This will help add some strength to your bread and hold the filling up better.
4. Next, place the meat and top it off with any of the wet ingredients (i.e. tomatoes, greens, and other vegetables).

Voila! You've just created the perfect sandwich. Now stop reading and bite into the edible masterpiece!

Types of Sandwich

Sandwich making is an art form as we have already learnt in [The Art of Sandwich Making](#). It begins as all things do with the basics. Just two loafs of bread and the fillings and you have got a deal to be devoured in your mouth. Let us begin then to explore the types of sandwiches that can set your taste buds rolling as you steadily mature into a sandwich connoisseur. For now delve into the amateur territory for first steps are always the essential.

1. **Panini** . Panini takes its plural form from the Italian reference to a small piece of bread known as the panino. Sandwich Makers going by the name of the Panini press have been specifically designed for this kind of sandwich which is in a pressed and toasted form. One word, delectable!
2. **Open Faced** . Traditionally the name sandwich itself suggest the presence of fillings in between two loafs of bread. However, open faced sandwiches are an exception. These have one loaf of bread with fillings that are usually decorated to create a merry and unique feeling of classiness, fun and designer experiments on fillings. The kids rejoice these and its their favorite.
3. **Fast Food** – People are simply fond of fast food. It is quick, it is tangy, filling and it gives an impetus to bond better. People are especially fond of fast food sandwiches. Hamburgers and Hot dogs have been the never ending buzz of townships since their inception. The hamburger filling is usually the beef patty while the hotdog is the patty filling in between rolls. The hamburger and hot dog format has also been modified to quench the curiosity of people in various countries who wish to know what is it that these two fast food favorites have that it makes them so popular for the masses.
4. **Gyro, Falafel and Pita Sandwiches** – These varieties of sandwiches have mostly been rolling on the taste buds of people in the Mediterranean and the Middle Eastern Region. They consists of a dressing of meat and yogurt.

5. **Hero, Hoagie and Submarine Sandwiches** – These sandwiches pile on the meat delis and veggies and leave the eater satiated and blissful.
6. **Fried Sandwiches** . We have just brushed past the various types of sandwiches. A slight twist in the tale occurs when one prepares any of the above types, lifts it up in the air and slowly presses it down into that Deep Fryer ([refer Usha Deep Fryer](#)) to create a mouth watering fried sandwich with its crisp exteriors and melting interiors. Magic!