

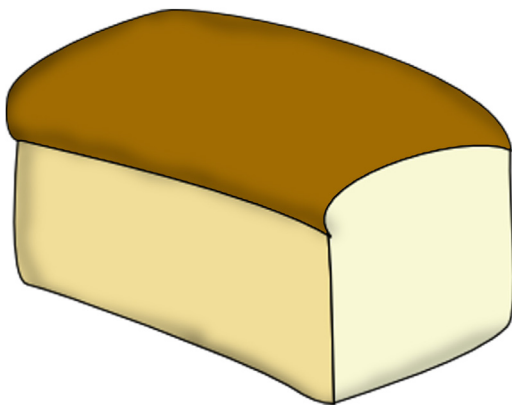
MAKING THE BEST SANDWICH



Jamie says: *"You might think there's not anything remotely exciting about sandwiches, but the fact is that you can make them in seconds, they're portable and there's no excuse for them not to be delicious."*

WHAT EXACTLY IS A SANDWICH?

A sandwich is a roll, or two slices of bread, with something tasty in the middle. This sounds very simple (and it is), but you can transform a sandwich into something really special and exciting depending on the type of bread you choose, the spread you put on it, and the food you fill it with. There are so many combinations and choices that you'll never have to get stuck in a rut and eat the same thing every day. Set yourself the challenge of having a different sandwich every day for a week and you'll soon find out that the possibilities are endless.



WHAT TYPE OF BREAD SHOULD YOU USE?

As well as the standard cut and uncut loaves of white, brown, granary or sourdough bread, there are loads of other speciality breads available these days. You can pick from naan bread, ciabatta, focaccia, bagels, pitta breads, baguettes, seeded breads, fruit breads, crusty rolls and many more. As you experiment with your sandwiches, you'll probably find that different fillings suit different types of bread so try and mix and match a bit to keep things interesting.

WHAT DO YOU NEED TO KNOW ABOUT SPREADS AND SANDWICH FILLINGS?

One of the most important things to remember when you make a sandwich is to spread a thin layer of something soft and a little oily (like butter) over each slice of bread before adding your filling. Not only will this add flavour, but it will also protect watery things in the filling, like tomato, from soaking through and making your sandwich soggy. Butter, mayonnaise, or even pesto, houmous and peanut butter all make great spreads.

When it comes to choosing sandwich fillings, the sky is the limit. As well as all the usual things like cheese, tuna, cold meat, jam and honey, you can use leftover cooked meat and vegetables from last night's dinner, slice up cooked sausage or hard-boiled eggs.

Think about your favourite meals, or things you've enjoyed eating on holiday, and see if you can translate that into a sandwich filling. You can also experiment with extra flavour by adding capers, gherkins, olives, pickles and chutneys. Try out different combos and see what you come up with.

CLASSIC SANDWICH COMBINATIONS

- **Cheese and pickle:** Sliceable cheeses like Cheddar, Wensleydale or Red Leicester are fantastic with a good smear of a pickle or chutney on simple buttered slices of brown bread. There are so many exciting cheeses in supermarkets so it's definitely worth asking the person behind the cheese counter to let you try tasting one you've never tried before. You might discover a new favourite.
- **BLT:** Bacon, lettuce and tomato is a great combo that is absolutely delicious on sliced white bread spread with a nice layer of good-quality mayonnaise. The key to making a really good one is using a nice ripe tomato and good-quality bacon.
- **Roast beef:** Beautifully cooked slices of roast beef, wild rocket leaves and a simple horseradish sauce and mayo combo, piled up in a fresh hunk of baguette, is always a good bet for meat-lovers.
- **Tuna:** Mix tinned tuna with mayonnaise then spread that on granary bread and add a few slices of cucumber for a filling lunch. The best thing about making your own tuna mayo at home is that you can get the balance of flavours and ratio of tuna to mayonnaise exactly to your taste.
- **Cheese and tomato:** These two ingredients go brilliantly together. You can mix it up a bit by using mozzarella cheese and a lovely basil pesto instead of butter, then layering it all up between two slices of soft focaccia.

