

## Sandwich Satisfaction

Anyone can slap food between two slices of bread and call it a sandwich. Never underestimate the power of a great sandwich. Here are tips for the ultimate system of ingredient layering a sandwich.

The worst sandwiches are soggy and fall apart when eaten. The best sandwiches have a variety of textures. Chewy, soft, creamy, crunchy, and crispy ingredients make a phenomenal sandwich.

A winning sandwich uses meats, cheeses, and fresh veggies that are thinly sliced or shaved. Layer meats, cheeses, and other sturdy items toward the bottom of the sandwich to anchor the fillings. Delicate ingredients like lettuce, sprouts, or fresh herbs should be placed at the top of the sandwich.

Bread is the foundation of a sandwich. There are many different types of bread with various purposes, but some are much better when used to make a sandwich. Choose a sturdy, not too chewy bread that stands up to all the ingredients you want to put into the sandwich. Some of the best and most popular options include sourdough, whole wheat, multi-grain, ciabatta, and rye bread. Add more depth of flavor with bread such as asiago or roasted garlic. Use a hard crust bread with saucy fillings or sturdier fillings such as salami or cheese. Soft bread is best for soft fillings such as chicken salad. Both slices of bread should be about the same thickness. Grill or toast the bread to add structural support.

Most people don't like a dry sandwich. Spread butter, chutney, cream cheese, hummus, jam, mayo, mustard, pesto, sauce, or other favorite spread over the entire slice of bread out to the edges. Make sure the layer is thin on both slices of bread. Condiments can act as a "moisture barrier" for the bread. If the sandwich won't be eaten for several hours, put the cheese down first and then the spread.

Choose your favorite cheese(s) and place it onto the pieces of bread on the side with the condiment. You can use different varieties of cheese on the same sandwich without overpowering other flavors. A good melting cheese turns into a smooth, stringy, and buttery consistency after you cook it or apply heat.

More meat doesn't make a better sandwich; smaller quantities of quality meat do. Slice cold cuts thin and loosely drape them in folds or ribbons. If you've got last night's leftover pork, beef, or chicken in the fridge, turn it into an epic next-day sandwich. First, shred the meat for easy-to-chew bites. Crisp up the leftover meat in a hot, lightly oiled skillet for 6–8 minutes until it has crunchy edges.

Season as you go! That means sprinkling each tomato slice or piece of lettuce with salt, pepper, or another seasoning blend.

Shredded Iceberg lettuce or coleslaw adds crunch. Peppers, cucumbers, and pickles also add crunch.

Twist open a jar of roasted peppers, marinated artichokes, olive tapenade, sundried tomatoes, or relish to jazz up the sandwich. Add a spicy bite with kimchi, hot peppers, pickled vegetables, or onions.

Don't place slick ingredients on top of one another since they slide off the sandwich. Instead, place slippery foods like tomato, pickles, cucumber, and avocado between two ingredients that create friction, like shredded lettuce, meats, or sprouts.

These tips on strategically stacking will magnify flavor, develop texture, and reduce sogginess to create a delicious sandwich. When it comes to a quick and easy lunch or dinner option that fits into a busy workday, sandwiches reign supreme.

(Sources: [www.bonappetit.com](http://www.bonappetit.com); [www.dilussodeli.com](http://www.dilussodeli.com); [masterclass.com](http://masterclass.com))