

# Sandwich Selection

*Mair Harris*

Sandwiches are an essential part of any afternoon tea. They serve as a savoury introduction to tea-time. Sandwiches should be made from thinly sliced bread, dainty, definitely without crusts and should feel firm when bitten into to. They can be cut into quarters or rectangles or cut using shaped pastry cutters such as hearts or diamonds. Rollups or pinwheels are an attractive addition to any table.

All manner of breads can be used as long as the bread can be sliced thinly and will stay moist. It is a time to be inventive and different. Tiny open-faced sandwiches or miniature bagels can be an attractive addition.

Preparation may be done beforehand to avoid a last minute flap. When doing this, carefully wrap in cling-film or cover with a slightly damp cloth and place in a refrigerator.

I like to serve sandwiches with a cloth or paper doily underneath and use decoration such as parsley, sliced lemons or cucumber, herbs or flowers. Some suggested fillings:

## **Cheese**

Cream cheese

Cream cheese and a dash of curry powder

Cream cheese and chives

Cream cheese, dates and honey

Cream cheese, diced celery, chopped walnuts. When cool turn out onto a sheet of greaseproof paper, coconut side down.

## **Egg**

Egg salad

Egg salad and cress or watercress

Egg salad with a little curry flavour



Egg salad and diced pickle

Egg salad and sprouts

## **Fish**

Caviar and mayonnaise

Diced shrimp in lemon mayonnaise

Salmon, dill and mayonnaise

Smoked salmon and butter

Smoked trout and mayonnaise

Tuna, walnut and mayonnaise

## **Meat**

Sliced roast beef with mayonnaise or butter

Chicken, diced almonds or cashews, and mayonnaise

Chicken salad

Chicken, mango chutney and mayonnaise

Ham, mustard and mayonnaise or butter

Ham, sliced Swiss cheese, and mayonnaise or butter

Smoked turkey, chutney and mayonnaise

Turkey, cranberry jelly and mayonnaise

## **Sweet**

Peanut butter and grape jelly

Lemon curd

## **Vegetarian**

Avocado, walnuts and mayonnaise  
(prepare and serve immediately)

Cheese and sliced tomato

Cream cheese and sprouts

Cream cheese, cheddar cheese and pickle

Grated carrot and raisins

Hummus

Tomato and fresh basil or oregano

Watercress