

SAZ'S™

Cooking Notes

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Sandwich Savvy

A neighbor just commented, "Life is too short for a boring sandwich". So true. But why should a sandwich be boring in the first place?

If you build your sandwich with flavorful ingredients and scrumptious bread, it can be one of the most comforting, delicious treats you can find.

What makes a great sandwich? Well you can't get there without great bread. The best taste and nutrition are found in whole grain breads. But don't forget the fantastic French and Italian breads with their delicious crusts, and the oh-so-buttery croissant. Whether you make your own breads or find a local artisanal baker, the bread is the foundation of a truly great sandwich.

Then it's all about adding flavor and texture. Nutrition doesn't hurt either so if all things are equal why not make the healthy choice. If you're adding lettuce, look for Romaine (packed with antioxidants, beta carotene, magnesium and phytonutrients), Mache - alias Lambs Lettuce (sweet nutty flavor and high in Vitamin A, Vitamin C, Iron and Folic Acid), or Arugula (good source of vitamin K and folate). Fresh spinach is loaded with flavor (just a hint of bitterness) and vitamins.

If you're a crunchy sandwich lover, carrots, cucumbers, and radishes are great additions. Nuts add crunch along with fiber and nutrition (best bets almonds, walnuts and cashews.) If you prefer a smooth sandwich avocado is always a great choice. Tomatoes, onion (raw or sautéed), and peppers are also great additions. Your sandwich can feature meat, poultry, fish, cheese, eggs or veggies as the star. The perfect sandwich ingredients are very subjective, as well as cultural. That's part of what makes the sandwich so wonderful – even a basic grilled cheese can be made in countless combinations.

Cheese adds calories and cholesterol, but can be delicious. If you pick more flavorful cheeses you won't need as much of it – the best of both worlds. Try blue cheese, Parmigiano-Reggiano, Pecorino, and aged cheddar, Gruyère and goat cheese (Chèvre).

Nobody likes a dry sandwich, so depending on your sandwich ingredients and bread choice you will want to add savory condiments that compliment and add to the character of your masterpiece. Here are just a few ideas: hummus gives you all the richness of mayo without the

calories, and as a bonus you get added fiber and nutrition. Pesto packs a ton of flavor – as well as antioxidants (great with chicken and turkey). You can add seasonings to mayo, olive oil or yoghurt and there is an abundance of gourmet mustards that can add a new dimension. For a special treat try a little barbecue sauce – Saz's of course.

For delicious ideas search sandwiches on:

<http://www.epicurious.com/>

