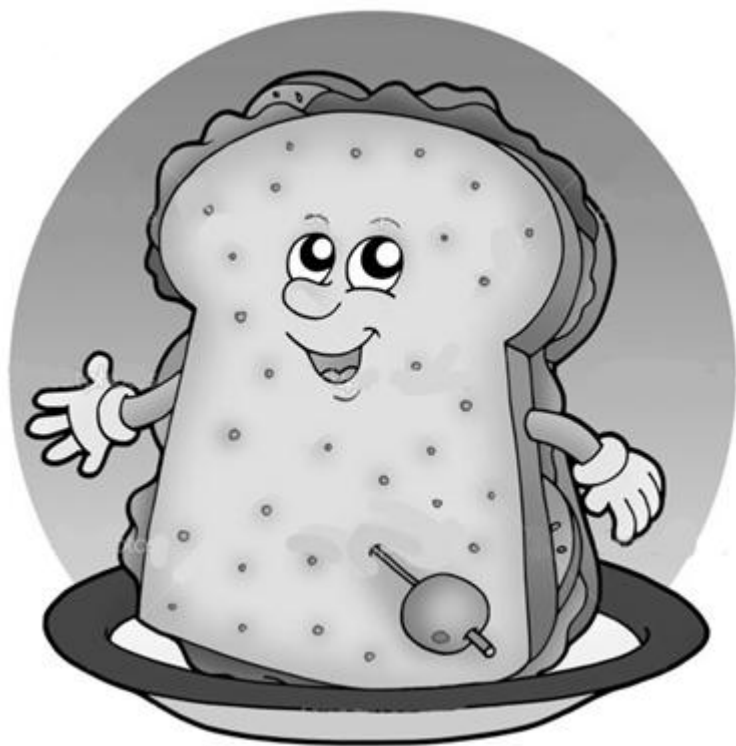


SANDWICH RECIPES



C. Du Plessis

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Homart - Phantom**

Sandwich Making Tips.

Not rules, just simple tips on making great sandwiches.

1.) Grilled cheese sandwiches require a more subtle touch of heat than is usually delivered. Grilling at low medium heat for a longer time yields a crispier, more delicate crust that is still moist. Plus, the lower heat permits you to assemble the grilled sandwich in the pan itself. Sandwiches made with grated cheese melt more uniformly, and if made with chopped onion and/or tomato, are easier to eat than if using slices.

2.) You can see that I prefer not to use mayonnaise; this is purely personal, and I know that many people do feel very strongly about this. Except in some tuna and egg salads, I never use it. My BLT, for example, emphasizes the bacon and tomato with salt and pepper, not the mayonnaise and lettuce.

I think it tastes better.

Do as you prefer, but if you have always used mayonnaise, try a BLT without it; the tastes of bacon and tomato are more up-front. For other sandwiches, sprinkle olive oil or oil and vinegar for a richer taste.

3. In general, I think that sprouts are a tastier, crunchier, healthier, higher protein alternative to lettuce. AND they stay fresher in the refrigerator longer. Though my favorite are broccoli sprouts (because of their peppery taste reminiscent of scallions), radish, onion, and mustard sprouts offer surprising degrees of spiciness that can be great. Sunflower sprouts contribute a nice nutty flavour and even alfalfa and clover sprouts, although more bland tasting, contribute more flavour and texture than any lettuce. I find that the stronger flavours of lentil, soybean and mung bean sprouts do not work well with sandwiches, so I prefer them for cooked dishes.

4. Tomatoes should be stored at room temperature. Even hot-house tomatoes will develop into something minimally respect-able after a few days on the counter. But hey will not in the refrigerator.

5. Few cooked sandwiches are as easy to prepare and as purely satisfying as the classic fried egg sandwich. Sauté a

clove of crushed garlic in a puddle of olive oil and fry two eggs directly on top of the garlic.

Do not break the yolks immediately; give the whites a moment to set. The eggs cook quickly, so put the bread in the toaster before the eggs go in the skillet. Tabasco and eggs are made for each other, so be generous; ditto for sliced onion. Cold fried egg sandwiches are fantastic, so try packing a fried egg sandwich for lunch.

6. Some markets will package the cuttings and small pieces of the smoked salmon at significant savings. These may not be appropriate for formal presentations, but are perfect for sandwiches, omelettes, and scrambled eggs.

7. If you find the taste of cucumbers overpowers other sandwich ingredients, use thinly sliced, unpeeled and unseeded English cucumbers. On a hot day, sandwich #8 (see in *Tom Sherman's Top Ten*) is refreshing and will rejuvenate your spirit.

TOM SHERMAN'S TOP TEN

There are wonderful recipes, but these are the sandwiches I turn to most often.

1. Aged cheddar on olive bread with tomato and broccoli sprouts.
2. Bacon, lettuce, and tomato on toasted multigrain bread with salt and pepper.
3. Peanut butter and strawberry jelly on multigrain bread.
4. Tuna Salad on olive bread with tomato, broccoli sprouts, and pepper flakes.
5. Grilled cheese with tomato and chopped onion on multigrain bread (with tomato soup).
6. Smoked salmon on onion bagel with cream cheese, tomato, onion, capers.
7. Fried egg sandwich: two eggs fried in olive oil and garlic on toasted multigrain bread with raw onion, Tabasco sauce, salt and pepper.
8. Sliced cucumber, tomato, onion, and radish sprouts on salt bagel with brown mustard.
9. Cheddar cheeseburger with a thick slice of onion, dill pickle, mustard, catsup on toasted bun.
10. Egg salad on soft sourdough bread with chopped tomato and a touch of Tabasco sauce.

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**"All that is necessary
for evil to triumph
is for good men to do
nothing"**

Philosopher Edmund Burke

SANDWICH RECIPES

C. Du Plessis

Tea Sandwich.

Ideas and Recipes.

Use day-old, thinly-sliced, square white loaves. Cut off the crusts and butter the bread sparingly, using soft butter so the slices do not break. Add a modest amount of filling, and no more; two tablespoons per slice of any of the fillings below is sufficient.

Spread the filling, add any garnish, and place another slice on top. Using a long, sharp knife, make an X-cut to get four smaller triangular sandwiches. Add a couple of long toothpicks to help stabilize while you are cutting.

Place the cut sandwiches on a serving platter, and cover it with a damp napkin. Refrigerate it for at least four hours.

Fillings

Mix up a small batch of three or four of your favorite sandwich fillings. You can use a curried egg salad (the usual mayo and eggs but add 1/2 teaspoon of curry powder,) tuna salad with lots of celery, devilled ham with some extra mayo, scrimp salad, etc. Try to pick out flavours that will taste well together. Some popular combos are:

Anchovy butter and Greek olives: combine 1 ounce of anchovy fillets, 2 tablespoons of butter, and a pinch of black pepper in a small food-processor. Spread very thinly on the bread, and add a layer of finely-sliced pitted Greek olives on top.

Boiled chicken and ham: Thinly sliced, with mustard.

Avocado slices: with Dijon mustard dressing and chives.

Tomato slices with basil.

And, of course cucumber.

When making such sandwiches keep in mind that the bread should be sliced thinly and served without crusts. The sandwich should be large enough for only two bites, even though many people serve sandwiches cut in the shape of stars, and crescents and other odd shapes, it is far more elegant for sandwiches to be cut in thin rectangular, triangular, round or square shapes. As to the choice of bread, white bread, challah, light rye bread, Danish pumpnickel and dark Russian bread make the best tea sandwiches. As to fillings for sand-

wiches, the choices are virtually infinite. Consider the following:
White meat of chicken or turkey with mayonnaise or butter.
White meat of chicken with chutney butter.
Chopped chicken with chopped almonds.
Chopped chicken with sweet pickles.
Baked ham with chutney on pumpernickel.
Chopped ham with English mustard, fresh horseradish and sweet cream.
Chopped ham with chopped black olives and grated cheese.
Thinly sliced tongue with French mustard and chopped chives.
Thin slices of roast beef with English mustard or horse- radish and sweet cream.
Thin slices of roast lamb with garlic butter.
Thin slices of roast veal with anchovy butter.
Sliced salami with herbed mayonnaise.
Finely chopped shrimp with seasoned mayonnaise.
Finely shredded crab meat with herbed or garlic butter.
Finely shredded crab meat mixed with chopped chives and mayonnaise.
Smoked salmon and butter.
Smoked salmon with horseradish.
Thinly sliced onion and cucumber.
Chopped green olives and mayonnaise.
Chopped green olives and nuts mixed with cream cheese.
Chopped green olives and chopped eggs with mayonnaise.
Thinly sliced avocado with garlic butter.
Cream cheese and chives with cucumber.
Watercress with butter or butter and mayonnaise.
High quality Roquefort, Bleu Cheese or Gruyere with butter.
Thinly sliced cheddar cheese and cucumber.
Smoked salmon with cream cheese.
Thinly sliced cucumbers and mushrooms with butter.
Thinly sliced hard boiled smoked turkey eggs with butter or mayonnaise.
Thinly sliced avocado with mustard flavoured mayonnaise.
Roquefort cheese that has been blended with butter and cream cheese.
Anchovy fillets that have been chopped very finely and are blended with cream cheese and chopped pickled onion.
Red caviar (salmon eggs) mixed together with lemon juice

and cream cheese.

Anchovy filets with chopped hardboiled egg.

Chopped green olives and nuts blended with cream cheese.

Thin slices of fresh salmon and cucumber.

Finely chopped green pepper bound with mayonnaise.

Cream cheese* blended with fresh horse-radish.

Cream cheese* and chives with cucumber.

Cream cheese* that has been blended with chopped chives, French mustard and black pepper.

Cream cheese* that has been blended with Indian chutney and butter.

Cream cheese* blended with chopped chives, French mustard, salt and pistachio nuts.

* **Note:** Cream cheese used in tea sandwiches should have a minimum fat content of 16%.

Start with dense high quality breads such as pumpernickel, rye, whole wheat sliced thinly. Assemble your tea sandwiches and then store in the refrigerator. Arrange on a serving platter when ready to eat, use flowers or cut herbs to garnish.

Cranberry fingers - Mix some Dijon mustard in whole cranberry sauce, flavour to taste. spread on the bread on then add a small slice of smoked turkey, add top layer of bread.

Salmon and Dill - Spread buttered bread with softened cream cheese which has dried dill added to it. Lay a very thin piece of salmon or lox on the cream cheese. Garnish with a fresh tiny sprig of dill.

Lavender Egg Salad - chop 4 hardboiled eggs, mix in 1 ounce of mayonnaise and 1 ounce of plain yogurt. Mix in 1 teaspoon of curry powder and 1 tablespoon dried lavender buds. Spread on your bread and top with a green olive.

Celery-Nut - Whip a soft block of cream cheese with 1/4 cup of milk; add 1/2 cup of celery and 1/2 chopped walnuts and spread on your whole wheat bread.

Pineapple Cream - Thin a block of cream cheese with 1/4 cup of milk, and then add 1 cup of finely chopped pineapple and spread on Boston Brown Bread.

Apricot Ham Finger Sandwich - Mix 3 parts of cream cheese with 1 part of apricot preserves. Spread on your bread and then

top with thinly sliced ham. Garnish it with a 1/4 sliver of dried apricot. You can also use cherry preserves in the place of the apricot.

Spring Radish - Butter slices of pumpernickel bread and add thinly sliced radishes, a slice of bread and then some more radishes.

Cucumber Sandwiches - Mix seasoned salt into your butter then butter your bread of choice. Add thinly sliced cucumbers that have been dried by paper towels. Top with small sprig of parsley.

And last but not least ideas about the food which work well not just with the English teas but with our shower parties:

The food served at teas should be easy to eat and should require neither forks nor knives. Tea sandwiches, canapés and foods that may be picked up and eaten with toothpicks are ideal for tea parties as are cookies, petites fours and miniature pastries such as éclairs and cream puffs.

Instead of serving food on large platters, it is wise to use small or medium serving plates because it is easier to keep filled and looking neat.

Fillings.

Chicken-Vegetable Salad Filling.

Makes: 8 servings

3 cups chopped, cooked chicken breast
1/2 cup chopped green bell pepper
1/2 teaspoon freshly ground pepper
1 cup fresh bean sprouts 1 cup chopped celery
1/2 cup chopped onion 1/3 cup mayonnaise
3 tablespoons lemon juice 3/4 teaspoon dry mustard
1/2 teaspoon seasoned salt

Method:

- 1.) Combine chicken, bean sprouts, celery, green pepper and onion in a bowl; toss gently.
- 2.) Combine remaining ingredients; stir well.
- 3.) Add to chicken mixture; toss gently to mix.

Quick Chick Sandwich Filling.

1 envelope Knorr vegetable soup mix
1 (16 ounce) carton sour cream
2 (4 to 5 ounce) cans chicken meat
Chopped onions (optional)
Green peppers, diced (optional)

Method:

- 1.) Grind the soup mix in a food processor or blender.
- 2.) Mix with the sour cream.
- 3.) Add chicken meat. Mix well.
- 5.) Add optional ingredients, if desired.
- 6.) Prepare sandwiches.

You can add chopped onions, green peppers, to your liking.

Tuna Salad Filling.

Makes: 4 sandwiches

1 tablespoon grated carrot
1/2 cup finely chopped celery
2 tablespoons finely chopped onion
1 can (180 g) of tuna, water packed, drained
1/4 cup light mayonnaise type dressing

Method:

Blend all the ingredients together.

Vegetable Sandwich Filling.

1 bell pepper, cut into slices 1 carrot, peeled
1 cucumber, sliced and cored 1 onion, peeled
16 ounces cream cheese

Method:

Grind all vegetables. Do not use the core of the cucumber.
Blend with cream cheese and spread on bread for sandwiches.

Spreads.

Benedictine.

Yield: 2 cups

2 cucumbers, peeled
2 - 3 drops green food colouring

1 medium onion
1 pound cream cheese

Method:

1.) Grate cucumber and onion (may use food processor) and drain well in a strainer, pressing down with spoon to remove all liquid. Discard liquid.

2.) Add drained cucumbers and onion to cream cheese and mix well in food processor.

3.) Colour with 2 to 3 drops green food colouring.

Use as a sandwich spread or as a dip.

Benedictine may also be used to stuff cherry tomatoes for an hors d'oeuvre tray.

Corned Beef Sandwich Spread.

1 can corned beef

1/2 cup celery

1 tablespoon grated onion

Dash of salt

1 tablespoon horseradish

2 tablespoons relish

2 tablespoons mayonnaise

Dash of pepper

Mix all together and use as a spread for sandwiches.

Cucumber Spread.

8 ounces cream cheese, softened

3 large cucumbers, shredded and drained

1 package Blue Cheese Dressing mix

1 tablespoon real mayonnaise

Method:

1.) Mix cheese, dry dressing mix and mayonnaise.

2.) Fold in cucumbers.

3.) Refrigerate sandwich spread.

Tuna Spread.

340 g cream cheese

400 g drained tuna

1 tablespoon lemon juice

1/2 teaspoon pepper

2 tablespoons onion, minced

1 cup walnuts

1 tablespoon horseradish

Mix well together and keep in refrigerator.

Dilled Chicken Spread.

Makes: about 1 cup

1 cup chunk chicken, drained 1/4 cup mayonnaise
1 tablespoon chopped green onion Dash of pepper
2 teaspoons prepared mustard 1/4 teaspoon dried dill

Combine all ingredients.

Egg Salad Spread Supreme.

Makes: 6 servings

6 hard-cooked eggs, chopped 1/4 teaspoon dill weed
1/4 cup shredded zucchini 1/4 cup shredded carrots
1/4 teaspoon seasoning salt
2 tablespoons chopped celery
1 tablespoon chopped green onion
1/4 cup fat-free cream cheese, softened
2 tablespoons plain yogurt (or mayonnaise)
Pinch of dry mustard, salt, and pepper

Method:

- 1.) Combine eggs, zucchini, carrots, celery, and green onion in bowl; set aside.
- 2.) Mix cream cheese, mayonnaise, and seasonings until it is thoroughly blended.
- 3.) Combine cream cheese mixture and egg mixture.
- 4.) Cover and refrigerate until ready to use.

Ham And Onion Sandwich Spread.

Makes: about 1 3/4 cups

1 1/3 cups chopped ham 1/4 cup chopped celery
1/4 cup chopped onion 1/4 cup mayonnaise
3 tablespoons sweet pickle relish
Salt and freshly ground black pepper to taste

Combine all ingredients in medium bowl, mixing well.
Season with salt and pepper to taste.

Hawaiian Chicken Spread.

1 (340 g) can white chicken, drained
2/3 cup sour cream (regular or fat-free)

1/2 cup chopped pineapple, canned or fresh
1/2 cup chopped celery
1/4 cup currants or chopped raisins
1/2 teaspoon curry powder (optional)

Mix all ingredients together.

Pimento Cheese Spread.

Yields: 2 cups

This makes nice sandwiches and is good for party appetizers when spread on rounds of rye bread or wheat crackers.

2 1/2 cups sharp Cheddar cheese, shredded
1 (4 ounce) can pimentos, mashed with a fork, plus the liquid
1 teaspoon garlic salt
1/2 cup salad dressing

Method:

- 1.) Mix all ingredients together.
- 2.) Let mixture stand until it warms to room temperature, then beat it at high speed with electric mixer until it is smooth and creamy.

Tuna Cheese Spread.

Yields: 2 cups

1 (170 g) can tuna, drained and flaked
225 g cream cheese, softened 1/4 cup mayonnaise
1/2 cup finely sliced scallions Dash of salt
3/4 teaspoon curry powder 1 tablespoon lemon juice

Bread or crackers

Method:

- 1.) In a bowl, combine the first seven ingredients; mix well.
- 2.) Spread on bread or crackers.

Kids.

Apple Ham And Swiss Cheese Sandwich.

Ingredients:

Emmentaler Swiss Cheese Black Forest Ham
Red Apple slices Dressing

Wheat Bread

Method:

- 1.) Spread the dressing on the bread or put it on the top when finished.
- 2.) Top with the cheese, ham and apple slices in that order.
- 3.) Eat as an open sandwich.

Bacon And Egg Salad Sandwich.

Ingredients:

Egg salad with Mayonnaise	Bacon, cooked strips
Whole Grain White Bread	Fresh Lettuce

Method:

- 1.) Put cooked bacon on the bread (to cover whole area).
- 2.) Put on the lettuce and top with the egg salad.
- 3.) Enjoy.

Note:

Try to use scrambled eggs instead, and top it with mayonnaise.

Bacon And Scrambled Egg Sandwich.

Ingredients:

Scrambled Eggs	Mayonnaise
Bacon, cooked strips	Fresh Lettuce
Whole Grain White Bread	

Method:

- 1.) Put cooked bacon on the bread (to cover whole area).
- 2.) Put on the lettuce.
- 3.) Put the scrambled egg on top of the lettuce and top it with mayonnaise.

Banana Nut.

Banana slices	Creamy Peanut Butter
Honey	Raisins (mixed)
Sunflower Seeds	Oatmeal Bread

Method:

- 1.) Spread the bread with the peanut butter.
- 2.) Put on mixed raisins and sunflower seeds.
- 3.) Top with banana slices.
- 4.) Put the honey on to taste and add two or three more

raisins, depending on the size.

Beef And Blue Cheese.

Ingredients:

Roast Beef slices	Danish Blue Cheese
Real Mayonnaise	Dijon Mustard
Wheat Bread	

Method:

- 1.) Spread the bread with mayonnaise.
- 2.) Put the beef slices on.
- 3.) Next, put on the blue cheese.
- 4.) Top with mustard to taste.

Note: You can also try red onion slices after the mustard.

Chicken Sierra Sandwich.

Ingredients:

Gourmet Cucumber slices	Chicken Breast slices
Cheddar Cheese	Raspberry jam
White Bread	

Method:

- 1.) Spread the jam on the bread.
- 2.) Top with the cheese.
- 3.) Put the chicken breast slices and the cucumber slices on top.
- 4.) Enjoy as an open or closed sandwich.

Egg Club.

Ingredients:

Hard-boiled Egg slices	Crumbled Bacon
Real Mayonnaise	Dijon Mustard
Salt and Black Pepper	Multigrain Bread
Tomato and Yellow Onion slices	

Method:

- 1.) Spread the mustard on the bread.
- 2.) Put on the onion slices.
- 3.) Put on the tomato slices.
- 4.) Put on the egg slices.
- 5.) Sprinkle with salt and black pepper.

Garlic And Herbs Cheese Sandwich.

Ingredients:

Garlic and Herb Gourmet Cheese

Pearl Black Olives

Avocado slices

Whole Grain Wheat Bread

Tomato slices

Method:

- 1.) Spread the Gourmet Cheese on the bread.
- 2.) Top with the tomato, avocado and olives.
- 3.) Cover with the other slice or eat as an open sandwich.

Nutty And Nice.

Ingredients:

Nutella

Banana slices

Natural Creamy Peanut Butter

Wheat Bread

Method:

- 1.) Mix Nutella and Peanut Butter and spread on the bread. Or you can spread the Nutella on the one slice and the peanut butter on the top slice.
- 2.) Cut the banana into slices and use it as a filling.
- 3.) Enjoy.

Nutty Breakfast Sandwich.

Serve: 1

2 frozen waffles or 2 slices of bread

1 Tbsp. peanut butter

1/2 banana, sliced

2 tsps. strawberry jam

Method:

- 1.) Toast both waffles/bread.
- 2.) Spread 1 waffle/bread with peanut butter and top it with the banana slices.
- 3.) Spread the other waffle/bread with the strawberry jam and place it on top to make a delicious and nutritious breakfast sandwich.

Healthy Hint:

Choose whole grain waffles/bread and “all fruit” jam for extra fibre and less added sugar. Wash it down with 8 oz. skim milk or 100% orange juice for extra vitamins and minerals.

Salami-Cheese-Mayonnaise Sandwich.

Ingredients:

Salami	Cheese of your choice
Fresh lettuce	Real Mayonnaise
Whole Grain White Bread	

Method:

- 1.) Put the cheese on the bread.
- 2.) Spread with mayonnaise.
- 3.) put on the salami.
- 4.) Top with the lettuce.
- 5.) Add a little bit more mayonnaise.

Smoking Chicken.

Ingredients:

Smoked Chicken slices	Cheddar Cheese
French's Mustard	White Bread

Method:

- 1.) Layer the bread with the cheese and then the chicken slice.
- 2.) Put a dollop mustard on and spread it if you want to on the chicken.
- 3.) Enjoy.

Tuna Twist.

Ingredients:

Water-Packed Chunk Light Tuna	Real Mayonnaise
Chopped Celery	Minced Red Onion
Crumbled Bacon	Sliced Carrots
Lettuce (cut in thin short strips)	Multi-Grain Bread

Method:

- 1.) Place the crumbled bacon on the bread.
- 2.) Add the lettuce.
- 3.) Mix the Mayonnaise, red onion, celery and tuna together.
- 4.) Place the tuna mixture on top of the lettuce.
- 5.) Finish it off with carrot slices.

More Recipes.

Coca-Cola Sloppy Joes.

Makes: 6 servings

680 grams lean ground beef 1 cup Coca-Cola
1 large onion, chopped 6 hamburger buns
1 cup thick, tomato-based barbecue sauce

Method:

- 1.) In a non-stick skillet over medium-high heat, brown the beef with the onion until the onion is soft and meat is no longer pink, about 5 - 10 minutes.
- 2.) Reduce heat to medium; stir in cola and barbecue sauce and continue to cook, stirring occasionally, until the sauce has thickened to desired consistency, another 10 - 15 minutes.
- 3.) Season to taste with salt and pepper.
- 4.) Toast, cut side of buns if desired, under broiler or in a skillet.
- 5.) Heap mixture onto buns. Serve.

Western Trail Sandwiches.

To salvage eggs which had gone bad and to disguise the bad taste, pioneers mixed the eggs with onions and any seasonings they had on hand.

Makes: 4 sandwiches

4 slices bacon, diced 1 green bell pepper, diced
1 medium onion, diced 4 eggs
Salt Pepper
Bread

Method:

- 1.) Fry bacon in a skillet for several minutes.
- 2.) Toss in the green pepper and the onion and cook until the vegetables are almost tender.
- 3.) Beat eggs with the salt and pepper; pour over mixture in the skillet, then cook until eggs are set.
- 4.) Turn and brown the second side lightly.
- 5.) Place between slices of buttered bread.
- 6.) Serve.

French Toast.

Great topped with powdered sugar or syrup and served with fruit!

Serves: 4

4 large Eggs 1/2 cup Low-fat milk
8 slices Whole wheat bread. 1 tsp. Vanilla extract
1/2 tsp. Cinnamon (or more if you love cinnamon)

Method:

- 1.) Put eggs, milk, vanilla extract, and cinnamon into shallow medium bowl.
- 2.) Beat lightly with a wire whisk or fork.
- 3.) Spray frying pan with vegetable oil and heat on a medium heat.
- 4.) Dip each slice of bread into the egg mixture, soaking both sides of the bread.
- 5.) Place onto the hot frying pan, and cook until golden brown on one side, then flip it over and cook the other side until it is also golden brown.

French Toast.

This is a good way to use up stale bread.

2 eggs 300 ml trim milk
thick sliced bread

Method:

- 1.) Whisk together the eggs and milk.
- 2.) Melt margarine, or oil in a fry pan.
- 3.) Place each piece of bread in egg mix and soak each side.
- 4.) Carefully lift out and fry each side until brown.

Toast Toppings - Poached eggs, Tomatoes, Baked beans', Mashed banana or Creamed corn.

Cucumber Sandwiches.

8 ounces cream cheese, softened
3 large cucumbers, shredded and drained
1 package Blue Cheese Dressing mix
1 tablespoon real mayonnaise

Method:

- 1.) Mix cheese, dry dressing mix and mayonnaise.
- 2.) Fold in cucumbers.
- 3.) Put on bread.
- 4.) Refrigerate sandwiches and leftover sandwich spread.

Open Face Pineapple Sandwich.

Makes: 2 open-face sandwiches

2 slices white or wheat bread Peanut butter
3 slices pineapple from a can 2 slices cheese

Method:

- 1.) Toast bread in the toaster until medium brown.
- 2.) Spread each with peanut butter to taste and place it on a cookie sheet or in a baking pan.
- 3.) Top each one with 1 1/2 slices of pineapple, which has been drained on a paper towel to remove excess juice.
- 4.) Top each with a slice of cheese.
- 5.) Place under the broiler just until cheese melts.

Hot Bacon-Tomato-Cheese Sandwich.

Makes: 28 quarters

7 slices white bread 7 slices cheese
14 pieces bacon Tomato slices

Method:

- 1.) Top white bread with a slice cheese.
- 2.) Add thin slices of tomato.
- 3.) Fry 14 pieces bacon slowly. Drain. Cut in half.
- 4.) Add 2 pieces of bacon to each sandwich.
- 5.) Put in oven at 180°C until cheese melts.
- 6.) Cut sandwich into 4 pieces.

Baked Cheese Sandwiches.

12 slices bread 6 slices cheese
Butter 4 eggs
1 1/2 cups milk

Method:

- 1.) Cut off crusts and spread bread with butter.

- 2.) Place cheese between 2 slices.
- 3.) Place sandwiches side by side in a baking dish.
- 4.) Beat eggs with milk.
- 5.) Pour over sandwiches and let stand for 1 hour or overnight.
- 6.) Bake 1/2 hour at 180°C.

Serve with cream of mushroom soup slightly diluted with milk poured over the top and warmed.

Cheese Sandwiches.

1 jar cheese spread	1/2 cup margarine
1 clove garlic, crushed	bread

Method:

- 1.) Mix well.
- 2.) Cut crusts from bread.
- 3.) Cut bread into halves or fourths.
- 4.) Cover top and sides with cheese spread.
- 5.) Bake 15 minutes at 180°C.

These freeze well.

Ricotta Cheese Filling Sandwich.

2 slices bread or 1 bread bun/roll	50 g ricotta cheese
Little margarine	1 small carrot grated
1 tomato thinly chopped	Salt and pepper to taste

Method:

1. Wash and peel carrot. Then grate. Wash tomato and chop it into very small pieces.
2. In a mixing bowl, put the ricotta cheese and with a fork mash until it looks like bread crumbs.
3. Add the grated carrot and the chopped tomato to the ricotta cheese.
- 4.) Season with salt and pepper to taste. And mix everything together.
- 5.) Spread the margarine lightly on the bread. Top the ricotta cheese filling onto 1 piece of bread, then top the other slice of bread to get the sandwich ready.

Tips:

For extra colour and to add more vitamins to your sandwich, you can serve the sandwiches with a side-salad. There is a

variety of vegetables on the market, and so it is very easy to prepare a healthy colourful salad in just a few minutes. Try lettuce, sliced tomatoes, corn, grated carrots, grated cabbage, chopped onions, sliced peppers (green, red, orange/yellow), and olives. Yummy!

Hot Chicken Sandwich.

Serve: 2

2 (4 oz.) boneless skinless chicken breasts
1 cup Chicken Stove Top stuffing, dry mix
1/2 cup chicken gravy from a jar 1/2 cup water
1/2 cup frozen peas, thawed * 2 slice whole wheat bread

Method:

- 1.) Add chicken to a large non-stick skillet sprayed with cooking spray; cook over medium heat for about 3 minutes on each side.
- 2.) While chicken is cooking, boil water in a small saucepan. Add stuffing mix and stir. Cover for 5 minutes.
- 3.) Add gravy and peas to skillet with cooked chicken; cover and continue cooking over medium- low heat until gravy, peas and chicken are all heated through - about 3 - 4 minutes.
- 4.) To assemble the sandwich: place one piece of chicken on top of 1 slice of bread, spoon half of the stuffing on top of the chicken and spoon half of the gravy with peas from the pan over top of sandwich.

* You can thaw frozen vegetables by running under cold water for about 1 minute.

Cajun Chicken Sandwich.

Makes: 2 sandwiches

2 boneless, skinless chicken breast halves, butterflied or it can be pounded thin
3 tablespoons Cajun seasoning Butter
2 toasted buns, split

Method:

- 1.) Preheat cast iron skillet over high heat on top of stove.
- 2.) Dredge chicken in Cajun seasoning.
- 3.) Place small amount of butter in skillet and place seasoned chicken breasts in skillet.

4.) Cook until seasoning is black, then turn and cook until done. Serve on toast or a toasted bun with your favorite sandwich toppings.

Creamed Chicken On Toast.

1 package grilled chicken breast strips
1 (300 g) can condensed cream of mushroom soup
1 1/2 cups broccoli florets, cooked drained
1/2 cup milk
1/2 cup shredded Swiss cheese
1 teaspoon Worcestershire sauce
8 slices bread, toasted cut diagonally in half

Method:

1.) Sauté chicken breast strips in a non-stick saucepan with some vegetable spray.

2.) Add soup, broccoli, milk, cheese and Worcestershire sauce cook on medium heat 5 minutes or until mixture is thoroughly heated and cheese is melted, stirring occasionally.

Serve over toasted bread slices.

Warburton's Chicken Sandwich.

Serves: 1

Warburton's Seeded Batch	Rocket Leaves
Low Fat Mayonnaise	Cherry Tomatoes
Finely Chopped Spring Onions	
Cooked Chicken Breast - Chopped	

Method:

1.) Chop Spring Onions into fine slices.

2.) Slice Cherry tomatoes in half.

3.) Separate rocket leaves.

4.) Grill chicken until thoroughly cooked and golden brown.

Warburton's Chicken BLT Sandwich.

Serves: 2

4 Slices Soft White Bread	Lettuce Leaves
Chicken Breast, sliced (120g)	4 Slices Back Bacon
1 Tbsp. Low Fat Mayonnaise	2 Large Tomatoes

Method:

- 1.) Chop lettuce leaves, large tomatoes into long slices.
- 2.) Grill or fry chicken and bacon until cooked thoroughly.
- 3.) Carefully cut chicken breast in half lengthways.
- 4.) Slice bacon into thin slices and wrap bacon around chicken breast (be careful not to burn).

Santa Fe Chicken Sandwich.

6 slices Monterey jack cheese 6 chicken patties
Salsa Avocado slices
6 rolls, cut in half

Method:

- 1.) Prepare chicken according to package instructions.
- 2.) Place cheese on chicken and melt in oven.
- 3.) Assemble chicken, cheese, salsa and avocado on rolls or bread.

Avocado Chicken Salad Sandwich.

Makes: 4 servings

1 c. chicken breast, cooked and diced
1/2 c. celery 1/2 c. mayonnaise
2 Tbsp. avocado, diced 2 tsp. lemon juice
1/4 tsp. salt 1/8 tsp. pepper
8 slices bread

Method:

- 1.) In a mixing bowl, add the chicken, celery, mayonnaise, avocado, lemon juice, salt and pepper.
- 2.) Toast gently until thoroughly mixed. Using a spoon or scoop, spread the chicken salad on the bread.
- 3.) Place the other slice of sourdough bread on top.
- 4.) Using a sharp knife cut the bread in half and serve.

Classic Egg Salad Sandwiches.

Makes: 4 servings

1/3 to 1/2 cup mayonnaise 6 large eggs
1/2 teaspoon salt 8 slices white bread
1/4 teaspoon ground black pepper

Method:

- 1.) In a saucepan with enough water to cover boil eggs for 8 to 10 minutes.
- 2.) Rinse in cold water. Peel off shell.
- 3.) Place eggs in a bowl and mash with a fork.
- 4.) Stir in mayonnaise, salt and pepper to blend.
- 5.) Spread on bread to make sandwiches.

Curried Egg Sandwiches.

Makes: 6 sandwiches or 18 fingers

Ingredients:

1/4 cup reduced fat mayonnaise	4 hardboiled eggs
2 tbsps. chopped parsley	2 tsps. curry powder
12 slices wholemeal bread	

Method:

- 1.) Peel and mash eggs, mayonnaise and curry powder until light and fluffy.
- 2.) Stir parsley through and spread onto bread to make six sandwiches.
- 3.) Cut off crusts and cut into thirds to make 18 fingers.

Tips:

You can add rocket, mustard cress, alfalfa or finely shredded lettuce for taste.

No need to butter the bread.

Egg Muffin Or Bread.

Serve: 1

1 frozen veggie sausage patty or 2 oz. lean ham
1 large egg
1 tsp. soft margarine
1 slice 2% low-fat cheese
1 whole grain English muffin or bread

Method:

- 1.) Spray skillet with cooking spray. Heat veggie sausage in pan over medium heat for 5 minutes, turning once. Remove from heat.
- 2.) Break egg into same pan (breaking the yolk) and cook for

1-2 minutes. Flip the egg over with a spatula and cook for an additional 1-2 minutes. Place cheese on top of the egg. Heat for 1 minute or until the cheese is melted.

3.) While cheese is melting, toast English muffin/bread either in the pan or in the toaster.

4.) When English muffin or bread is toasted, spread the soft margarine on both halves. Layer the sausage, egg and cheese onto bottom half of muffin. Top with other half of muffin/bread.

** If you have a circular cookie cutter, spray it with cooking spray and break egg into it to get a perfect fitting egg.

Caution: Cookie cutter will get hot so remove it from pan with hot pad!

Simple Homemade Egg Salad Sandwich.

Servings: 3

Ingredients: (US Metric)

3 tablespoons mayonnaise

1 tablespoon relish

salt (to taste)

6 slices whole wheat bread

1 tablespoon regular yellow mustard

6 hard-boiled eggs

pepper (optional)

lettuce (optional)

Directions:

1.) Finely chop boiled eggs.

2.) Mix in mayo 1 tablespoon at a time, so not to add too much.

3.) Mix in mustard, relish and pepper.

4.) Put egg salad mixture on bread (toasted is good as well), also good on rolls for finger foods.

5.) Top sandwich with lettuce.

How To Make Egg Mayo Sandwich.

Egg mayo sandwiches are the perfect party sandwich.

The very popular egg mayonnaise sandwich recipe is quick and easy to make and delicious.

A step by step guide on how to make an egg sandwich.

The ingredients are for a full tray, but can be adjusted to make just one egg mayo sandwich or only a few.

Ingredients:

Twenty pieces of sliced bread; white or brown
Ten large eggs Parsley
Mayonnaise Salt

Step 1

Put the eggs gently into cold water and boil for seven minutes. The water should cover the tops of the eggs. Add a couple of pinches of salt to the water as this will stop the eggs from cracking in the hot water.

Step 2

When boiled for seven minutes leave in hot water for a further two minutes. Pour out the hot water and add the cooked eggs to a bowl of cold water. Remove the shells from the eggs. If this is sometimes difficult dip the egg back into the cold water and continue to strip all the shells from the eggs.

Step 3

Mash up the boiled eggs with a fork. First do this roughly into big pieces. Then continue to use the fork to make the boiled eggs into small pieces suitable for the egg mayo sandwiches.

Step 4

Add the fresh parsley:
Fresh parsley straight from a parsley plant really does make a difference with the taste of these egg mayonnaise sandwiches. You can grow them in your own garden or you can buy a plant at the supermarket and leave it to grow in the pot in a sunny position in your kitchen.
If you cannot get fresh parsley you can use dried packets too. Remove a bunch of the parsley from the plant and cut away the stalks. Chop up the parsley into small pieces. The amount and size of the chopped parsley depend on your preference. I prefer to leave the parsley large enough so that it is clearly visible in the sandwich. This also brings out the fresh taste of this wonderful herb.
Mix it well into the eggs in the bowl.

Step 5

Take a few large spoons of mayonnaise and put them into the bowl. The amount will again depend on your taste.

I like to use lots of mayonnaise because it brings the ingredients together and makes for a tastier sandwich.

The eggs should be moist and wet once everything is mixed.

You can now add some salt, but only very little as the eggs do not really need that much to flavour it.

Cover the bowl with cling film and leave in the fridge for thirty minutes.

Step 6

Butter your bread.

Remove the egg mayonnaise from the fridge.

Spread the mixture on the bread to make the sandwich.

Cut the egg mayo sandwich in to triangles.

Place on a large covered tray.

Decorate with chopped up fresh parsley.

Leave in fridge until needed.

Toasted Ham And Cheese.

Serves: 2

Ingredients: (US Metric)

4 slices whole grain bread, sliced thick

2 tablespoons mayonnaise

4 slices cooked ham, sliced thin

2 slices cheddar cheese

1 slice red onion, separated

2 teaspoons horseradish sauce

2 tablespoons unsalted butter, room temperature

Directions:

1.) Spread one side of TWO slices of bread with mayonnaise, then onto the mayo side layer the ham, cheese and onion.

2.) Spread one side of the remaining TWO slices of bread each with a teaspoon of the horseradish sauce.

3.) Place the 2nd slice of bread horseradish-side down over the onion, then on the outer sides of the sandwich, spread the soft butter evenly.

4.) In a skillet over a medium heat, toast the sandwiches for about 5 minutes on each side or until the bread is lightly browned and the cheese has melted.

Hot Ham Sandwiches.

Makes: 12 to 16 sandwiches

1/2 cup (1 stick) butter or margarine
1 tablespoon dried onions
1 tablespoon poppy seed
Swiss Cheese slices

1/4 cup mustard
Sandwich Ham

Method:

Mix butter/margarine, mustard, dried onions and poppy seed thoroughly and spread on buns.

Add 1 or 2 slices ham and 1 slice Swiss cheese.

Wrap in aluminium foil and bake at 180°C for 10 minutes.

Serve hot.

These can be frozen, unbaked.

Plain Old Simple Ham And Cheese Sandwich.

Serves: 1

Ingredients:

2 slices whole wheat bread or flax bread
115 g thinly sliced ham
1/2 FRESH tomato, sliced
1 tbs. pesto, preferably homemade

55 g cheddar cheese
1 tbs. mayonnaise

Method:

- 1.) On the first slice of bread spread the pesto.
- 2.) Slice the ham thinly and pile on the slice with the pesto.
- 3.) Grate the Cheddar and mix it with the mayo.....it makes it easier to handle and put on the other slice of bread.
- 4.) Thinly slice the tomato and place it on top of the cheddar and mayo mixture.
- 5.) Place the slice of bread with the mayo and cheddar mixture and tomato slices on the top of the other slice with the pesto and ham.
- 6.) Using a frying pan toast it on low heat until the cheese melts and the bread toasts to your taste. Turn it over once to evenly toast both sides of the sandwich.
- 7.) Slice the sandwich your favorite direction.
- 8.) Serve.

Ham, Cheese and Tomato Sandwiches.

Makes: 6 sandwiches or 18 fingers

6 slices reduced fat cheddar cheese	6 slices lean ham
12 slices wholemeal bread	tomato paste*
salt and pepper to taste	margarine

Method:

- 1.) Shred and mince the tomato to a thick paste and add the salt and pepper.
- 2.) Spread one half of each round with margarine, spread the tomato on the other half.
- 3.) Fill with cheese and ham.

Serving suggestion:

You cut off the crusts and cut it into thirds to make 18 fingers.

You can make use of other spices if you feel so.

* You can use 1/2 cup of tomato chutney instead.

Ham And Piccalilli Sandwiches.

A crowd pleaser if ever there was one! This tangy sandwich will make a tasty and colourful addition to your party buffet.

Serves: 6

12 slices white bread	50 g butter, softened
300 g thickly sliced honey roast ham	6 tbsps. piccalilli

Method:

- 1.) Spread half the slices of bread with butter.
- 2.) Top with the ham then the piccalilli.
- 3.) Place the other slices of bread, buttered side down on top then cut the sandwiches in half.

California Club Ham Sandwich.

Serves: 2

6 slices ham, sliced thin	4 slices seven-grain bread
2 slices cheese	4 lettuce leaves
2 tablespoons honey mustard	

Method:

- 1.) Toast seven-grain bread; spread one side of each slice with honey mustard.

- 2.) Layer ham on two slices of bread.
- 3.) Top with cheese and lettuce leaves.
- 4.) Add remaining bread; cut into quarters and serve.

Grilled Peanut Butter And Bananas.

4 slices bread, sliced in half	Peanut butter
Butter or margarine, softened	2 medium bananas

Method:

- 1.) Spread peanut butter over one side of 4 slices bread; slice bananas and arrange on top.
- 2.) Top with remaining bread.
- 3.) Spread top slices with butter or margarine.
- 4.) Place sandwiches, margarine sides down, in skillet.
- 5.) Spread top slices with margarine.
- 6.) Cook uncovered over medium heat until bottoms are golden brown, about 4 minutes; turn.
- 7.) Cook until bottoms are golden brown and peanut butter is melted, 2 to 3 minutes longer.

Fried Peanut Butter And Banana Sandwich.

1 small ripe banana	2 slices white bread
3 tablespoons peanut butter	2 tablespoons butter

Method:

- 1.) In a small bowl, mash the banana with the back of a spoon.
- 2.) Toast the bread lightly.
- 3.) Spread the peanut butter on one piece of toast and mashed banana on the other.
- 4.) Fry the sandwich in melted butter until each side is golden brown.
- 5.) Cut diagonally and serve hot.

Sandwich with Peanut Butter and Banana.

Serves: 4

8 slices raisin bread	1/4 cup butter, softened
1/2 cup peanut butter	1 banana, thinly sliced
1/4 cup granola (kid's favorite)	2 tablespoons honey

Method:

- 1.) Spread butter on one side of each slice of raisin bread.
 - 2.) Spread peanut butter on the other side of four of the slices.
 - 3.) Top the peanut butter with thinly sliced bananas and honey.
 - 4.) Sprinkle granola over honey and top with remaining slices of bread (butter side up).
 - 5.) Heat a griddle to medium hot.
 - 6.) Grill sandwiches are golden brown, flip and cook the other side until golden brown.
- Serve warm.

Jazz Up That Tuna Sandwich.

Serve: 2

- 1 (6 oz.) can light tuna in water, drained and flaked
- 1/2 cup carrots, chopped or shredded
- 1 medium apple, peeled, cored and coarsely chopped
- 3 Tbsps. "light" mayonnaise
- 4 slices whole wheat bread, toasted if desired
- 2 slices tomato

Method:

- 1.) Combine the tuna, carrot, apple, and the mayonnaise in a medium bowl and mix well.
- 2.) Spread the tuna mixture evenly over each 2 bread slices.
- 3.) Top each with 1 tomato slice and 1 bread slice.
- 4.) Cut in half and serve.

Tuna Filling Sandwich.

- 2 slices bread or 1 bread bun/roll
- 1 small tin of tuna
- 1 tomato thinly sliced
- 1 tablespoon mayonnaise or salad dressing
- 1 small onion
- Little margarine
- 2 lettuce leaves

Method:

- 1.) Peel and chop into small pieces the onion.
- 2.) In a mixing bowl, place the tuna and then add the onion, and the salad dressing or mayonnaise.
- 3.) Mix until the salad dressing (or mayonnaise) covers the tuna.
- 4.) Lightly spread the margarine to the bread slices or bread bun/roll.
- 5.) Spread tuna mixture on a slice of bread, add 2 tomato slices,

a leaf of lettuce and top with an additional bread slice.

Tips:

If you are taking this sandwich with you for a picnic, hike or near the seaside you may want to wrap each sandwich in plastic wrap, place in a plastic container and keeping it cool in an ice chest. Take the sandwiches out only just before serving.

Be careful because of the salad dressing or mayonnaise. Make sure you keep the tuna sandwiches in a cool container until ready to use. If you don't think it is safe, it is not. Throw it out.

Tuna Salad Sandwich.

Makes: 4 sandwiches; approximately 1/3 cup per serving

1 tablespoon grated carrot
1/2 cup finely chopped celery
2 tablespoons finely chopped onion
1 can (180 g) of tuna, water packed, drained
1/4 cup light mayonnaise type dressing

Method:

- 1.) Blend all the ingredients together.
- 2.) Put approximately 1/3 cup of filling on 2 slices of bread.

Tip: - You may want to add: lettuce and tomato to the sandwich or even carrot sticks.

Avocado Bacon Sandwiches.

1/4 pound bacon slices, chopped 1 ripe avocado
1/2 teaspoon lemon juice Salt and pepper, to taste
4 large slices whole wheat bread 3 tablespoons soft butter
Lemon twist and parsley sprig, to garnish

Method:

- 1.) Fry bacon until crisp. Drain on paper towels.
- 2.) Peel avocado, taking care not to remove bright green flesh just inside the skin. Cut in half and remove seed.
- 3.) In a bowl, mash avocado, then stir in lemon juice, salt and pepper.
- 4.) Butter two slices of bread.
- 5.) Spread avocado mixture on buttered sides of 2 bread slices.

- 6.) Scatter bacon over avocado.
- 7.) Cover with remaining bread slices, buttered sides down, and press together.
- 8.) Cut off bread crusts and cut each sandwich into 4 triangles.
- 9.) Arrange on a serving plate, garnished with a lemon twist and parsley sprig.

Burgers.

Acapulco Fish Burgers.

- | | |
|-----------------------------------|--------------------------|
| 1 med. green bell pepper, chopped | |
| 1 pound fish fillets | 2 cups soft bread crumbs |
| 3 med. onions, chopped | 3/4 teaspoon salt |
| 1/4 teaspoon pepper | 3 tablespoons shortening |

Method:

- 1.) Bone fish; put through food chopper or chop finely with knife.
- 2.) Combine fish with green pepper, onions, bread crumbs, salt and pepper; mix well.
- 3.) Shape into 8 patties about 10 cm in diameter.
- 4.) Brown on both sides in shortening in skillet over moderate heat for 10 to 15 minutes.

Barbecue Burgers.

- | | |
|-------------------------------|----------------------|
| 1/2 cup onion, chopped | 2 tablespoons flour |
| 1 tablespoon prepared mustard | 1/4 teaspoon pepper |
| 1 pound ground beef | 6 tablespoons catsup |
| 1/2 teaspoon salt | 1 cup sour cream |
| 8 hamburger buns | |

Method:

- 1.) Brown onion and beef.
- 2.) Add flour, catsup, mustard, salt and pepper.
- 3.) Add sour cream.
- 4.) Serve on lightly-toasted hamburger buns.

Barbecue Frank Burgers

- | | |
|--|-----------------|
| 1 1/2 tablespoons Worcestershire sauce | |
| 1 to 2 tablespoons granulated sugar | |
| 1/2 cup catsup | 1/2 cup water |
| 1 pound hot dogs | 1/4 cup vinegar |

1/2 cup chopped onions Hot dog buns
1/2 cup chopped green bell pepper

Method:

- 1.) In an oblong glass dish, place hot dogs.
- 2.) Combine remaining ingredients except buns.
- 3.) Pour over hot dogs and bake at 180°C for 1 hour.
- 4.) Serve in hot dog buns.

Variation:

Use ground beef patties in place of hot dogs and serve on hamburger buns.

Beef Burgers.

1 pound ground beef 3 teaspoons catsup
2 teaspoons mustard 1 small onion, chopped
1 teaspoon salt 1/4 cup milk
1/2 cup bread, broken into small pieces
1 1/2 teaspoons Worcestershire sauce

Method:

Mix all ingredients together. Broil in oven, or grill.

Chicken Pizza Burgers.

Yield: 4 burgers

16 ounces ground chicken, fresh or thawed
2 cups pizza sauce, divided 1/2 teaspoon dried basil
4 slices provolone cheese 4 hot dog buns

Method:

- 1.) Mix chicken, 2 teaspoons pizza sauce and basil in a bowl.
- 2.) Shape into 4 wide, hot dog- shaped patties.
- 3.) Grease grill, then heat.
- 4.) Cook for 9 to 10 minutes or until 74°C in centre.
- 5.) Top each with a cheese slice during the last few minutes of cooking.
- 6.) Toast buns on cooler portions of grill.
- 7.) Heat remaining pizza sauce.
- 8.) Spread on toasted buns and top with patty.

Devilled Hamburgers.

1 pound ground chuck	1 teaspoon salt
1/4 teaspoon pepper	3 tablespoons catsup
1 teaspoon mustard	1 teaspoon horseradish
1 tsp. Worcestershire sauce	1 clove garlic, minced
1 tablespoon minced onion	1/4 cup dry bread crumbs

Method:

Combine all ingredients and shape into 4 patties.
Grill, fry, or broil as usual and enjoy.

Pan Full of Burgers.

2 pounds ground beef	1 cup soft bread crumbs
1/2 cup chopped onion	1 egg
Salt and pepper	8 cheese slices
8 tomato slices	8 Hamburger Buns

Method:

- 1.) Have ready the tomato and cheese slices and the hamburger buns.
- 2.) Combine meat, bread crumbs, onion, egg, salt and pepper. Mix lightly.
- 3.) Place meat mixture on a cookie sheet (with an edge so it doesn't spill over). Press to within 25 mm of edge of pan.
- 4.) Bake at 180°C for 20 minutes. Drain excess fat.
- 5.) Top with 8 cheese slices and tomato slices and bake until cheese melts.
- 6.) Cut into squares and serve on buns.

Onion Crunch Burgers.

1 (80 g) can French fried onion	3/4 teaspoon salt
1 1/2 pounds ground beef	1/4 teaspoon pepper

Rolls

Method:

- 1.) With a fork, gently mix beef, 1/2 cup of the French-fried onions, salt and pepper.
- 2.) Shape into 6 burgers.
- 3.) Grill or broil for 10 minutes or until no longer pink in the centre, turning it once.
- 4.) Serve on rolls and top with remaining French-fried onions.

Herb Burgers.

2 tablespoons parsley flakes	1 clove garlic, minced
1 tbsp. finely chopped green onion	1/4 teaspoon salt
1 teaspoon chopped chives	Dash of pepper
1/2 teaspoon dry mustard	450 g ground round

Method:

Mix all ingredients well. Form into 4 patties and grill.

NOTE: - If you are lucky enough to have fresh parsley and/or chives, use about 3 times as much.

Grilled Hamburgers.

8 hamburger patties	1 tbs. dry mustard
1 tbs. Worcestershire sauce	Juice of 2 lemons
1/2 cup melted butter or margarine	

Method:

Combine mustard, Worcestershire, butter and lemon juice. Marinate patties for several hours before grilling.

Guacamole Burger.

Serves: 12

1 tbs. Worcestershire sauce	1 tablespoon salt
1/2 tablespoon pepper	680 g lean ground beef
4 onions, sliced	4 tomatoes
3 avocados, mashed	Lettuce leaves
12 sesame burger buns	

Method:

- 1.) Combine Worcestershire, salt, pepper, and ground beef.
- 2.) Shape into 12 patties and refrigerate at least 30 minutes.
- 3.) Broil, grill, or pan fry to desired doneness.
- 4.) Serve on bun with lettuce, sliced tomatoes, and onion.
- 5.) Place approximately 55 g mashed avocado on top and serve.

Green Chilli Burger.

Serves: 4

4 fully cooked burger patties	1/2 small sweet onion
1 can whole green chillies, drained	1 tablespoon butter

4 slices Monterey jack or pepper jack cheese
4 rolls or hamburger buns
Salsa picante

Method:

- 1.) Heat burgers in microwave according to package directions.
- 2.) Cut onion into 5 mm thick slices.
- 3.) Heat butter in a large skillet over medium heat.
- 4.) Grill onions about 2 minutes on each side till soft and golden.
- 5.) Meanwhile, split green chillies and lay flat over top of burger.
- 6.) Lay 1 slice cheese over each; return to microwave briefly to melt cheese.
- 7.) Heat buns in microwave or oven until warm and spread the salsa on the buns.
- 8.) Place burger patties on buns and top with grilled onions.

Handy Converters

DRY MEASURES **METRIC = IMPERIAL**

15 g	=	1/2 oz
30 g	=	1 oz
60 g	=	2 oz
90 g	=	3 oz
125 g	=	4 oz (1/4 lb)
155 g	=	5 oz
185 g	=	6 oz
220 g	=	7 oz
250 g	=	8 oz (1/2 lb)
280 g	=	9 oz
315 g	=	10 oz
345 g	=	11 oz
375 g	=	12 oz (3/4 lb)
410 g	=	13 oz
440 g	=	14 oz
470 g	=	15 oz
500 g	=	16 oz (1 lb)
750 g	=	24 oz
1 kg	=	32 oz (2 lb)

VOLUME EQUIVALENTS

1/4 teaspoon = 1 ml
1/2 teaspoon = 2 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
1/4 cup = 65 ml
1 cup = 250 ml

LIQUID MEASURES

	<u>UK</u>	<u>USA</u>
	<u>fl. oz</u>	<u>fl. oz</u>
25 ml =	1	1
30 ml =	1	1
50 ml =	2	2
60 ml =	2	2
100 ml =	4	3
125 ml =	4	4
150 ml =	5	5
200 ml =	7	7
250 ml =	9	8
300 ml =	11	10
500 ml =	18	17
600 ml =	21	20
750 ml =	26	25
(1 Lt) 1000 ml =	35	34

TEMPERATURE CONVERSION CHART

C° (CELSIUS) = F° (FAHRENHEIT) = GAS MARK

Very slow.....	120	=	250	=	1
Slow.....	150	=	300	=	2
Moderately slow.....	160	=	325	=	3
Moderate.....	180	=	350	=	4
Moderately hot.....	190	=	375	=	5
Hot.....	200	=	400	=	6
Very hot.....	230	=	450	=	7

Compiled By Homart - Phantom