

The Art of the Dainty Sandwich

Also referred to as a tea sandwich or finger sandwich, it is a small prepared sandwich meant to be eaten at informal luncheons, picnics and afternoon teatime. It should be easy to handle, and should be capable of being eaten in two or three bites. Fillings are to be light or “dainty” and can include such ingredients as fresh vegetables, cheese, meats, fish, jams and egg. Although the sandwich was popularized in England in the mid 1700s, it gained further popularity in the 1880s, when high tea became fashionable and finger sandwiches became a staple of the afternoon meal. By the late 1920s, the invention of sliced and packaged bread, helped the sandwich become a lunchroom staple, as its portability and ease caught on with families.

Cheese Sandwiches

Using either Neufchatel (imported) or Canadian cream cheese. If the former is very hard, you must moisten it a trifle with sweet milk or cream. Add just a dash of paprika to give it a taste and a little salt. Finally, to each cheese add half a cup nutmeats ground in meat chopper. English walnuts are preferable. Almonds are flat in flavor. Spread mixture on thin slices of bread brushed with melted butter.

*Neufchatel is a soft, mold-ripened cheese made in the French region of Normandy.

Mock Crab Sandwiches

Quarter cup grated, cheese, 1/4 teaspoon each salt, paprika and mustard, 1 teaspoon anchovy paste, 1 tablespoon chopped olives, 1 teaspoon lemon juice, 2 tablespoons creamed butter

Onion Sandwiches

Eat this once properly prepared and never again turn up your nose at the name of onion. Soak for an hour finely cut Bermuda onions in ice water which is thoroughly sweetened with sugar and well salted; drain and mix with slightly sweetened mayonnaise. Service in round slices without crust

Nasturtium Sandwiches

Wash the fresh flowers and lay the petals in ice water for a few minutes. Spread the bread with mayonnaise and place on a tick layer of petals; or, omit the dressing and spread the petals on buttered slices.

*Nasturtium is an edible garden flower, known for its vibrant colours.

Left-over Sandwiches

After a party, luncheon or picnic, one may find oneself with sandwiches leftover. An excellent plan to use these is the following: pass them through the mincing machine, mix with a good well-seasoned gravy, put in a pie dish and cover with mashed potato about an inch thick. This, baked in the oven, makes a delicious luncheon dish.