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# The 10 best sandwich recipes

Pulled pork with refried beans, a pungent three-cheese melt, bacon, blue cheese and chocolate – here's a hamper of ideas to make you more adventurous between your bread slices

The Guardian, Friday 19 April 2013



Bill Oglethorpe's Borough Market three-cheese toastie. Photograph: Yuki Sugiura for the Guardian

## Bill Oglethorpe's Borough Market three-cheese toastie

The aim with this exceptional toasted cheese sandwich is to let the ingredients speak

for themselves. The montgomery cheddar is made with raw milk and matured as a cloth-bound cheese for 18 months. A small proportion of comté and oglesfield cheeses broadens the flavour. The latter is a full-bodied, washed-rind cheese. If it's unavailable, you could substitute with raclette, ardrahan, mini milleens, gubbeen, pont l'évêque, munster or something similar. The montgomery is a natural companion to the Poilâne sourdough bread, which is made with stoneground organic white flour and is baked in a wood-fired oven. It's a very labour-intensive loaf, taking six hours to make. Used a day old, it forms a perfect crust.

Makes 1

**80g montgomery's cheddar, grated**

**10g comté cheese, grated**

**10g oglesfield cheese, grated**

**2 slices of Poilâne sourdough bread**

**2 tsp mixed chopped white and red onions, leek and crushed garlic**

**1** Assemble the sandwich and place it in a hot, lightly greased griddle pan (assuming you don't have a panini toaster). Place a frying pan on top of the sandwich and weigh it down with a couple of cans.

**2** Cook it for about 3 minutes until the crust starts to brown and the cheese melts through the pores of the bread. Flip it a couple of times so it cooks evenly, but make sure you don't overcook it, or you won't be able to taste all the flavours.

*Recipe supplied by Bill Oglethorpe of Kappacasein dairy, [kappacasein.com](http://kappacasein.com)*

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## **Egg salad sandwich**

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Photograph: Yuki

Sugiura for the Guardian

This recipe always gets rave reviews. You could vary the flavour by replacing the paprika with 2 teaspoons of curry powder, a popular seasoning for egg salad. And if you want some crunch, add 50g finely diced celery, or some chopped toasted walnuts or pecans.

Makes 4

**6 medium eggs**

**Ice cubes, for chilling the boiled eggs**

**4 tbsp mayonnaise, or more to taste**

**2 tbsp spring onions or shallots, finely chopped**

**2 tbsp flat-leaf parsley, chopped**

**Salt and black pepper**

**1 tbsp lemon juice**

**1-2 tsp Dijon mustard (optional)**

**½ tsp sweet paprika**

**8 slices of wholemeal or multigrain bread, toasted if desired**

**1 small bunch watercress or baby rocket, rinsed, dried and stemmed, or ¼**

**iceberg lettuce, shredded**

**Sliced tomato (optional)**

**1** Place the eggs in a saucepan big enough for them all to sit in a single layer. Cover with cold water. Place the saucepan on a medium heat and bring to the boil. Set a timer and cook the eggs for exactly 5 minutes so the yolks are still slightly soft.

**2** Place a bowl in the sink and use a slotted spoon to transfer the eggs to the bowl. Run cold water over the eggs while you use the back of the spoon to gently smash their

shells in several places. Add two cups of ice cubes to the bowl and enough water to cover the eggs.

**3** Remove one egg at a time, peel it, then set aside. Rinse the peeled eggs under running water and return them to the ice water until fully cold. Transfer to a dry bowl, cover with clingfilm and refrigerate until needed.

**4** When you're ready to make the salad, whisk together the mayonnaise, spring onions, parsley, salt, pepper, lemon juice, mustard (if using) and paprika in a medium mixing bowl. Coarsely chop the eggs and add to the bowl, then gently fold everything together.

**5** Divide the salad evenly among four of the slices of bread, spreading it flat, then add the leaves and tomato slices, if using. Top with the remaining slice of bread and serve.

*Bread by Nick Malgieri (Kyle Books). Order a copy for £20 with free UK p&p (save £5) from guardianbookshop.co.uk or call 0330 333 6846.*

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## Tortas de Carnitas

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Possibly the most interesting sandwiches in the world, Mexican *tortas* combine boldly seasoned elements in a way that achieves both complexity and a certain delicacy. A *torta* is usually constructed with a soft *telera* roll, but there are dozens of regional variations on the bread. This recipe is adapted from Roberto Santibañez, chef and owner of Fonda in Manhattan's East Village and Park Slope in Brooklyn, New York. He arguably cooks the best Mexican food outside of Mexico.

Makes 8

For the carnita

**900g boneless pork shoulder, cut into 4cm pieces**

**720ml water**

**140g onion, thinly sliced**

**4 tbsp vegetable oil**

**2 tbsp orange juice**

**8 garlic cloves, peeled**

**3 medium bay leaves**

**1 tsp dried oregano**

**1 tsp salt**

For the tortas

**8 *teleras* or rolls of your choice**

**60g unsalted butter, softened**

**240g refried black beans**

**1 white or red onion, finely sliced**

**8 slices pickled jalapeños, or more or less to taste**

**2 avocados, peeled, quartered and cut into 1cm slices**

**4 tbsp mayonnaise or creme fraiche**

**1** Combine the pork shoulder with the water, white onion, vegetable oil, orange juice, garlic, bay leaves, oregano and salt in a 3 or 4-litre casserole. Bring to the boil over a medium heat, skimming as necessary, then reduce the heat to an active simmer.

**2** Cook until the water evaporates, the pork is very tender and it starts to fry in its rendered fat. This should take about 1½ hours.

**3** Transfer to a baking dish and bake the pork and fat at 220C/450F/gas mark 8 for about 20 minutes, or until it colours deeply.

**4** Allow to cool until just warm. For advance preparation, cool, cover and refrigerate. Reheat and cool to lukewarm before using.

**5** Split the rolls and butter both sides. Lightly toast on a griddle, in a large frying pan over a medium heat, or under the grill.

**6** Spread the bottom halves of each roll with 2 tbsp refried beans. Spread an eighth of the *carnita* mixture on each. Top with slices of onion, pickled jalapeños and avocado.

**7** Spread the top halves of each roll with mayonnaise and press lightly on the *torta* to adhere. Although *tortas* are not usually cut in half before being served, it makes eating them a little easier. Serve immediately.

*Bread by Nick Malgieri (Kyle Books). Order a copy for £20 with free UK p&p (save £5) from [guardianbookshop.co.uk](http://guardianbookshop.co.uk) or call 0330 333 6846.*

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## The Wimbledon

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Photograph: Yuki

Sugiura for the Guardian

Rye bread freezes well and toasts directly from frozen. It is wheat – and often yeast – free. Most importantly, the modern rye breads no longer taste of Ukrainian footwear. They are soft and sweet and remarkably moreish.

Makes 2

**150g strawberries, hulled and sliced**

**1 banana, sliced**

**125g thick yoghurt**

**4 slices of rye bread, toasted**

**Honey, for drizzling**

**1** Toss the sliced strawberries and banana in a little thick yoghurt. Arrange on your toasted slices of rye, then drizzle with honey.

*Adapted from Leon: Naturally Fast Food Book 2 by Henry Dimbleby and John Vincent (Conran Octopus). Order a copy for £13 with free UK p&p (save £7) from [guardianbookshop.co.uk](http://guardianbookshop.co.uk) or call 0330 333 6846.*

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## **Beetroot and radish with English mustard dressing**

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This vegetarian sandwich recipe is packed with a real punch.

Makes 2

**4 slices of wholemeal bread**

**2 small beetroot, cooked al dente and thinly sliced**

**1 tbsp creme fraiche**

**1 tbsp mayonnaise**

**1 tsp English mustard, or more to taste**

**4-5 radishes, very thinly sliced**

**Salt and black pepper**

**Radish leaves**

**1** Butter four slices of bread and top two with sliced beetroot. Mix the creme fraiche with the mayonnaise, mustard and radishes, then season with salt and pepper.

**2** Add a generous spoonful of the radish mix to the sandwich, top with radish leaves and finish with a slice of bread. Slice in half and serve.

*Recipe supplied by Hugh Fearnley-Whittingstall, [rivercottage.net](http://rivercottage.net)*

## **Tartine with walnut, lemon and ricotta pesto and sauteed mushrooms**

The creamy ricotta mingles well with the earthiness of the mushrooms. With a bowl of warming soup, this open-top sandwich makes for pure bliss.

Makes 4

For the pesto

**1 garlic clove**

**2 tbsp walnuts**

**15g flat-leaf parsley**

**Zest of ½ lemon**

**A pinch of salt**

**2 tbsp olive oil**

**4 tbsp ricotta cheese**

For the mushroom sandwich

**1 tbsp olive oil**

**75g cremini mushrooms, thinly sliced**

**Salt and black pepper**

**4 slices of country bread**

**A pinch of nutmeg, freshly grated**

**30g cheddar cheese, finely grated**

**1** In the bowl of a food processor, combine the garlic, walnuts, parsley, lemon zest and salt. Pulse the blender until the mixture is finely chopped. Add the oil and continue blending until you obtain a paste. Transfer the pesto to a bowl and combine it with the ricotta, then set aside.

**2** In a frying pan, heat the oil over a medium heat. Add the mushrooms, season with salt and saute until the mushrooms release their juices. Remove from the heat and season with pepper. Turn the grill on to a medium heat.

**3** Toast the bread and spread with the pesto-flavoured ricotta. Top with the mushrooms, nutmeg, and grated cheese. Place the tartines under the grill until the cheese has melted, which takes 2 to 3 minutes. Serve immediately.

*La Tartine Gourmande by Béatrice Peltre (Roost Books).*

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## The Reuben

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You may have never heard of a Reuben, but as the croque monsieur is to France, so is the Reuben to New York. They may not be everyone's first choice for a death-row meal, but they'd definitely make a great desert-island sandwich. Here's what goes into it; just balance these ingredients as you like. Try it with thinly sliced pickled onions, too.

Makes 1

**Several slices corned or salt beef, such as pastrami**

**2 slices rye of bread, lightly toasted**

**Butter, for spreading**

**American mustard**

**A big dollop of sauerkraut, warmed after squeezing out the water**

**A few slices of emmental or Swiss cheese**

**A dill pickle, sliced**

**1** Warm the beef through, either under the grill or by placing it in a frying pan over a medium heat with 2 tbs water.

**2** Spread one piece of toast with butter and the other with mustard. Pile the meat on the buttered toast, followed by the sauerkraut, then emmental.

**3** Place it under the grill until the cheese has melted, then top with pickle and the other slice of toast. You must cut it in half to see its inner beauty.

*Around the World in 120 Recipes by Allegra McEvedy (Conran Octopus, published in*



July)

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## The Padstow deli crab sandwich with parsley, chilli, lemon and rocket

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If crab came out of its shell in lovely firm pieces like lobster, it would probably fetch a lot more money, because it often has a better flavour. Fortunately, it's not enormously expensive and it's really good in sandwiches. Fans of seafood will already know that mayonnaise and crab is a great combination, but the addition of a little chilli and some rocket, parsley and salt really takes it in a fantastic new direction. Although the recipe specifies slices of wholemeal bread, it's also very special in a baguette.

Makes 6

**12 thin slices of wholemeal bread**  
**75g butter, softened**  
**5 tbsp mayonnaise**  
**1 tsp lemon juice**  
**1 red chilli, deseeded and finely chopped**  
**500g fresh white crab meat, hand-picked**  
**2 tbsp chopped flat-leaf parsley**  
**50g rocket**  
**Salt**

**1** Butter the slices of bread and put them to one side.

**2** Put the mayonnaise into a small bowl and stir in the lemon juice and chopped chilli. Place the crab meat and parsley into the bowl along with the mayonnaise, and lightly stir the mixture until evenly coated. Season to taste with a little salt.

**3** Put six slices of the bread, buttered side up, on a board and spoon over the crab mixture. Cover with a generous layer of the rocket leaves and then top with the remaining slices of bread. Cut each sandwich diagonally into halves or quarters and serve at once.

*Rick Stein's Coast to Coast by Rick Stein (BBC Books). Order a copy for £16 with free UK p&p (save £4) from [guardianbookshop.co.uk](http://guardianbookshop.co.uk) or call 0330 333 6846.*

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## Croque Madame

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What a diva of a sandwich this is. Don't be put off by the tourist-trap versions of these that you tend to see near the Gare du Nord in Paris. When done properly at home, a croque madame can be the egg-crowned queen of sandwiches. Treat yourself to good bread and the freshest eggs you can find.

Makes 1

**2 large slices of sturdy white bread, such as sourdough**

**2–3 slices quality cooked ham**

**50g cheese such as emmental, comté, cheddar, or mozzarella**

**A pinch of thyme leaves**

**1 egg**

**1 large lettuce leaf**

**1** Set the grill to a high heat. Cut a hole in the centre of one slice of bread. Place both slices under the grill, turning once, until lightly toasted on both sides. Top the complete slice with ham, cheese and a few thyme leaves then return it to the grill, on a low shelf. Keep an eye on it while you make the other side of the sandwich. Allow the cheese to melt, but don't let it burn.

**2** Put the other slice in a non-stick frying pan over a medium heat and crack the egg into the central hole. Use a spatula to push the sides of the bread down so the egg doesn't leak out from underneath.

**3** Once the egg is cooked and the cheese has melted, you're ready to construct your croque madame. Top the melted cheese with the lettuce, then carefully slide your egg-filled slice on top.

*Kitchen & Co by French & Grace (Kyle Books)* . [Order a copy for £13.59 with free UK p&p \(save £3.40\) from guardianbookshop.co.uk](#) or call 0330 333 6846.

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## **Honey-cured bacon, stilton and chocolate sandwich**

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Photograph: Yuki

Sugiura for the Guardian

The best brunch sandwich is a combination of honey-cured bacon, rich dark chocolate and ripe, tangy stilton. It's a mouthwatering and satisfying start to the day.

Makes 2

**4 thick slices of crusty white bread**

**Salted butter, for spreading**

**50g dark chocolate (70%)**

**6 rashers honey-cured bacon**

**75g very ripe Stilton**

**1** Preheat the grill and lightly toast the bread on both sides, then spread with butter. Grate the chocolate on top and return to the grill briefly to melt.

**2** Remove and immediately put the bacon under the grill until the edges are crisp and caramelised. Place the bacon on top of the chocolate and finish with a crumbling of stilton. Lay the remaining buttered slice on top and press firmly.

*Adventures With Chocolate, by Paul A Young (Kyle Books). [Order a copy for £11.99 with free UK p&p \(save £3\) from guardianbookshop.co.uk](#) or call 0330 333 6846.*

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