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**Sandwich**







A sandwich is handheld and portable. This one is made with [salami](http://en.wikipedia.org/wiki/Salami).

A **sandwich** is a food item, typically consisting of two or more slices of [bread](http://en.wikipedia.org/wiki/Bread) with one or more fillings between them,s or one slice of bread with a topping or toppings, commonly called an [open sandwich](http://en.wikipedia.org/wiki/Open_sandwich). Sandwiches are a widely popular type of lunch food, typically taken to work, school, or [picnics](http://en.wikipedia.org/wiki/Picnic) to be eaten as part of a [packed lunch](http://en.wikipedia.org/wiki/Packed_lunch). They generally contain a combination of [salad vegetables](http://en.wikipedia.org/wiki/Salad_vegetable), meat, cheese, and a variety of sauces or savoury [spreads](http://en.wikipedia.org/wiki/Spread_%28food%29). The bread can be used as it is, or it can be coated with any [condiments](http://en.wikipedia.org/wiki/Condiment) to enhance flavour and texture. They are widely sold in restaurants and cafes. Several examples of unconventional sandwiches include tacos, burritos, and pizza.

The sandwich is the [namesake](http://en.wikipedia.org/wiki/Namesake) of [John Montagu, 4th Earl of Sandwich](http://en.wikipedia.org/wiki/John_Montagu%2C_4th_Earl_of_Sandwich).



English sandwiches, crustless on a plate



Sandwich with [fried egg](http://en.wikipedia.org/wiki/Egg_%28food%29), tomato and cucumber

The ancient Jewish sage [Hillel the Elder](http://en.wikipedia.org/wiki/Hillel_the_Elder) is said to have wrapped meat from the [Paschal lamb](http://en.wikipedia.org/wiki/Korban_Pesach) and [bitter herbs](http://en.wikipedia.org/wiki/Maror) between two pieces of old-fashioned soft [matzah](http://en.wikipedia.org/wiki/Matzah), flat, unleavened bread, during [Passover](http://en.wikipedia.org/wiki/Passover) in the manner of a modern "wrap" sandwich made with [flatbread](http://en.wikipedia.org/wiki/Flatbread). Flat breads of only slightly varying kinds have long been used to scoop or wrap small amounts of food en route from platter to mouth throughout Western Asia and northern Africa. From Morocco to Ethiopia to India, bread is baked in flat rounds, contrasting with the European loaf tradition.

During the [Middle Ages](http://en.wikipedia.org/wiki/Middle_Ages) in Europe, thick slabs of coarse and usually [stale bread](http://en.wikipedia.org/wiki/Staling), called "[trenchers](http://en.wikipedia.org/wiki/Trencher_%28tableware%29)", were used as plates.[[5]](http://en.wikipedia.org/wiki/Sandwich#cite_note-4) After a meal, the food-soaked trencher was fed to a dog or to beggars at the tables of the wealthy, and eaten by diners in more modest circumstances. Trenchers were the precursors of [open-face sandwiches](http://en.wikipedia.org/wiki/Open_sandwich).[[6]](http://en.wikipedia.org/wiki/Sandwich#cite_note-What.27s_Cooking_America-5) The immediate cultural precursor with a direct connection to the English sandwich was to be found in the Netherlands of the 17th century, where the naturalist [John Ray](http://en.wikipedia.org/wiki/John_Ray) observed[[7]](http://en.wikipedia.org/wiki/Sandwich#cite_note-6) that in the taverns beef hung from the rafters "which they cut into thin slices and eat with bread and butter laying the slices upon the butter"— explanatory specifications that reveal the Dutch belegde broodje, open faced sandwich, was as yet unfamiliar in England.

Initially perceived as food men shared while gaming and drinking at night, the sandwich slowly began appearing in polite society as a late-night meal among the [aristocracy](http://en.wikipedia.org/wiki/Aristocracy). The sandwich's popularity in Spain and England increased dramatically during the 19th century, when the rise of an industrial society and the working classes made fast, portable, and inexpensive meals essential.[[8]](http://en.wikipedia.org/wiki/Sandwich#cite_note-encyc-7)

It was at the same time that the sandwich finally began to appear outside of Europe. In the United States, the sandwich was first promoted as an elaborate meal at supper. By the early 20th century, as bread became a [staple](http://en.wikipedia.org/wiki/Staple_food) of the American diet, the sandwich became the same kind of popular, quick meal as was already widespread in the [Mediterranean](http://en.wikipedia.org/wiki/Mediterranean_diet).

**Etymology**

The first written usage of the English word appeared in [Edward Gibbon](http://en.wikipedia.org/wiki/Edward_Gibbon)'s journal, in longhand, referring to "bits of cold meat" as a "Sandwich".[[9]](http://en.wikipedia.org/wiki/Sandwich#cite_note-8) It was named after [John Montagu, 4th Earl of Sandwich](http://en.wikipedia.org/wiki/John_Montagu%2C_4th_Earl_of_Sandwich), an 18th-century English [aristocrat](http://en.wikipedia.org/wiki/Aristocracy), although he was neither the inventor nor sustainer of the food. It is said that he ordered his valet to bring him meat tucked between two pieces of bread, and because Montagu also happened to be the Fourth Earl of Sandwich, others began to order "the same as Sandwich!"[[10]](http://en.wikipedia.org/wiki/Sandwich#cite_note-9)[[6]](http://en.wikipedia.org/wiki/Sandwich#cite_note-What.27s_Cooking_America-5) It is said that Lord Sandwich was fond of this form of food because it allowed him to continue playing cards, particularly [cribbage](http://en.wikipedia.org/wiki/Cribbage), while eating without getting his cards greasy from eating meat with his bare hands.

The rumour in its familiar form appeared in [Pierre-Jean Grosley](http://en.wikipedia.org/wiki/Pierre-Jean_Grosley)'s Londres (Neichatel, 1770), translated as A Tour to London 1772; Grosley's impressions had been formed during a year in London in 1765. The sober alternative is provided by Sandwich's biographer, [N. A. M. Rodger](http://en.wikipedia.org/wiki/N._A._M._Rodger), who suggests Sandwich's commitments to the navy, to politics and the arts mean the first sandwich was more likely to have been consumed at his desk.

Before being known as sandwiches, the food seems to simply have been known as "bread and meat" or "bread and cheese".[[6]](http://en.wikipedia.org/wiki/Sandwich#cite_note-What.27s_Cooking_America-5)

**In India**

When the British first introduced the sandwich in [India](http://en.wikipedia.org/wiki/India), the Indians called them double [roti](http://en.wikipedia.org/wiki/Roti) (डबल रोटी). This term has today become the broad term for all type of leavened bread even not put in a sandwich arrangement.

**Usage**

In the United States, a court in Boston, Massachusetts ruled that "sandwich" includes at least two slices of bread.[[1]](http://en.wikipedia.org/wiki/Sandwich#cite_note-boston.com-0) and "under this definition, this court finds that the term "sandwich" is not commonly understood to include [burritos](http://en.wikipedia.org/wiki/Burrito), [tacos](http://en.wikipedia.org/wiki/Taco), and [quesadillas](http://en.wikipedia.org/wiki/Quesadilla), which are typically made with a single [tortilla](http://en.wikipedia.org/wiki/Tortilla) and stuffed with a choice filling of meat, rice, and beans." The issue stemmed from the question of whether a restaurant that sold burritos could move into a shopping centre where another restaurant had a [no-compete clause](http://en.wikipedia.org/wiki/No-compete_clause) in its [lease](http://en.wikipedia.org/wiki/Lease) prohibiting other "sandwich" shops.

In Spain, where the word sandwich is [borrowed](http://en.wikipedia.org/wiki/Loanword) from the English language, it refers to a food item made with English sandwich bread.[[14]](http://en.wikipedia.org/wiki/Sandwich#cite_note-13) It is otherwise known as a bocadillo.

The verb **to sandwich** has the meaning to position anything between two other things of a different character, or to place different elements alternately, and the noun sandwich has related meanings derived from this more general definition. For example, an [ice cream sandwich](http://en.wikipedia.org/wiki/Ice_cream_sandwich) consists of a layer of ice cream between two layers of cake or cookie. Similarly, [Oreos](http://en.wikipedia.org/wiki/Oreo) and [Custard Creams](http://en.wikipedia.org/wiki/Custard_cream) are described as sandwich cookies because they consist of a soft filling between layers of cookie.[[17]](http://en.wikipedia.org/wiki/Sandwich#cite_note-16)

The word "butty" is often used in Northern areas of the United Kingdom as a synonym for "sandwich", particularly in the name of certain kinds of sandwiches such as a [chip butty](http://en.wikipedia.org/wiki/Chip_butty), [bacon butty](http://en.wikipedia.org/wiki/Bacon_butty), or [sausage butty](http://en.wikipedia.org/wiki/Sausage_butty). "Sarnie" is a similar colloquialism, as is the [Australian English](http://en.wikipedia.org/wiki/Australian_English) colloquialism "sanger".

**Sandwich basics**

Sandwiches generally consist of a bread, a spread and a filling. In the most technical sense of the word, Pizza can be considered a sandwich (although not in the typical sense).[[18]](http://en.wikipedia.org/wiki/Sandwich#cite_note-17) Bread serves primary as an edible container for the food inside, it can also provide the bulk and nutrients, regardless of the type, any bread used for a sandwich should ideally be used fresh. The [spread](http://en.wikipedia.org/wiki/Spread_%28food%29) serves three main purposes, it prevents the bread from soaking up the filling causing it to become soggy, it adds flavour as well as moisture to the sandwich.

**Types of sandwiches**

Sandwiches consist of two basic types, hot and colds .

**Examples of sandwiches**

The following represent common varieties of sandwiches.

* [Peanut butter and jelly sandwich](http://en.wikipedia.org/wiki/Peanut_butter_and_jelly_sandwich)
* [Club Sandwich](http://en.wikipedia.org/wiki/Club_Sandwich)
* [Sloppy Joe](http://en.wikipedia.org/wiki/Sloppy_Joe)
* [Reuben](http://en.wikipedia.org/wiki/Reuben_sandwich)
* [Monte Cristo](http://en.wikipedia.org/wiki/Monte_Cristo_sandwich)
* [Grilled Cheese](http://en.wikipedia.org/wiki/Grilled_Cheese)
* [BLT](http://en.wikipedia.org/wiki/BLT)
* [Muffuletta](http://en.wikipedia.org/wiki/Muffuletta)
* [Dagwood](http://en.wikipedia.org/wiki/Dagwood_sandwich)
* [Po' boy](http://en.wikipedia.org/wiki/Po%27_boy)
* [Pilgrim](http://en.wikipedia.org/wiki/Pilgrim_%28sandwich%29)
* [French Dip](http://en.wikipedia.org/wiki/French_Dip)
* [Philadelphia Cheesesteak](http://en.wikipedia.org/wiki/Cheesesteak)
* [Submarine sandwich](http://en.wikipedia.org/wiki/Submarine_sandwich)

**Gallery**

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[Club sandwich](http://en.wikipedia.org/wiki/Club_sandwich)

*   

[Club sandwich](http://en.wikipedia.org/wiki/Club_sandwich)

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[Croque monsieur](http://en.wikipedia.org/wiki/Croque_monsieur) French ham and cheese.

* 

[Peanut butter and jelly sandwich](http://en.wikipedia.org/wiki/Peanut_butter_and_jelly_sandwich)

* 

A [Philly cheese steak](http://en.wikipedia.org/wiki/Philly_cheese_steak), a type of [submarine sandwich](http://en.wikipedia.org/wiki/Submarine_sandwich)

* 

[Reuben sandwich](http://en.wikipedia.org/wiki/Reuben_sandwich)

* 

[Smoked meat](http://en.wikipedia.org/wiki/Smoked_meat) sandwich

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[French bread](http://en.wikipedia.org/wiki/French_bread) sandwich with fries

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Example of a large sandwich. Weight approx. 2 pounds (1 kg), total.

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Sandwich making

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[Shawarma](http://en.wikipedia.org/wiki/Shawarma) sandwich

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A cucumber sandwich with chips and cake

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