



SANDWICH

Open-faced Sandwiches

A variety of colorful sandwiches

 makes 4 servings
 prep 10 mins

12 slices of bread, a mixture of white, whole wheat, and whole grain
1/4 cup mayonnaise
4 tsp Dijon mustard

to serve

hard-boiled egg, peeled and sliced store-bought grilled eggplant mozzarella
lemon slices tomato slices mixed salad leaves cooked shrimp
3 ham slices
salt and freshly ground black pepper

1

lay the bread slices on a work surface. Mix the mayonnaise and mustard together in a bowl and spread on the bread. Cut the egg, eggplant, mozzarella, lemon, and tomato into slices.



2

top each of 3 bread slices with ham, sliced egg and a few salad leaves. Top 3 more slices with equal amounts of the shrimp, lettuce leaves, and a lemon slice. Layer the eggplant, mozzarella, and tomato over the 3 remaining bread slices.

3

transfer to a serving platter and let everyone help themselves.

Reuben Sandwich

 makes 4 sandwiches
 prep 10 mins/cook 8–12 mins

8oz (225g) sauerkraut
8 slices rye bread
1/2 cup store-bought Russian salad dressing
12oz (340g) sliced corned beef
4oz (115g) sliced Swiss cheese
4 tbsp butter

1

rinse the sauerkraut in a colander. Place a plate on top and let drain in the sink for 15 minutes.

2

spread the bread slices with the dressing. Divide the corned beef, Swiss cheese, and sauerkraut over 4 slices. Top each with a bread slice,

dressing side down.

3

melt 1 tbsp of butter in a very large frying pan over medium heat. Add 2 of the sandwiches and top each with a small heatproof plate. Cook for about 2 minutes, or until the underside is golden brown.

4

Flip the sandwiches over, removing and replacing the plates. Add 1 tbsp of butter and cook another 2 minutes, or until the other side is golden brown. Transfer to a platter and tent with aluminium foil. Repeat with the remaining sandwiches and butter. Serve hot.



Good with sour dill pickles.



COOKING TECHNIQUES

Hummus

This chickpea bean and tahini dip is one of the most widely recognized of all Middle Eastern dishes

 makes 4 servings
 prep 10 mins

15oz (420g) can chickpeas
6 tbsp fresh lemon juice
3 tbsp tahini
3 garlic cloves, chopped
1/2 tsp salt

paprika, for garnish

Prepare ahead Make the dip up to 24 hours in advance. Store in the refrigerator, covered with plastic wrap. Remove the hummus from the refrigerator at least 30 minutes before serving.

1

drain the chickpeas, reserving about 5 tbsp of the canning liquid in a small bowl. Carefully rinse the chickpeas under cold running water. Drain well and transfer to a food processor or a blender along with half of the reserved canning liquid.

2

add the lemon juice, tahini, and garlic and blend until

smooth and creamy, adding a little more of the canning liquid as needed.

3

season to taste with salt. Transfer the hummus to a small serving bowl, sprinkle with paprika, and serve at room temperature.

Good with warm pita bread and sticks of carrot, cucumber, and sweet pepper. For a traditional finish, drizzle with olive oil in addition to the paprika garnish.

variation

Red Pepper Hummus
Position a broiler rack about 6in (15cm) from the source of heat and preheat the broiler. Cut in half lengthwise and seed a small red pepper. Grill, skin side up, until lightly charred. Cool, peel, and roughly chop the pepper. Add to the blender along with the chickpeas. If the pepper is juicy, add less canning liquid. Add 1 tsp ground cumin for a spicier flavor.

