



IT'S BRITISH SANDWICH WEEK: CELEBRATE WITH THESE FIVE OF THE BEST RECIPES

We can't deny Brits' love for the humble sandwich, so why not get involved this week (British Sandwich Week) by making Britain's very best butties!

Love sandwiches? You're in good company. The nation's love of sarnies is one of the reasons why [British Sandwich Week](#) takes place. A seven-day celebration organised by the British Sandwich & Food to Go Association, to rejoice in British devotion to clubs, subs, wraps, rolls, baguettes, baps, bagels, toasties, pittas and paninis.

So, with the week kicking off today (Monday May 22 - Sunday 28 May), what better opportunity to create and enjoy Britain's best sandwiches? Finalists from the British Sandwich & Food to Go Designer of the Year - an annual competition to find 'Britain's best sandwich' - organised by the association, have kindly shared the ingredients and methods behind their expert creations.

So, get ready, and steady to sandwich...

KATARINA BROADRIBB'S (OFFICIALLY BRITAIN'S BEST!) 'SMOKEY ROLL'

A stupendous sandwich, featuring locally sourced smoked brisket, smoked rich Gouda cheese, mushrooms, horseradish sauce and herbs has been awarded the official title of Britain's best sandwich in 2023.



Ingredients:

| | |
|-----|---|
| 50g | Mona Dairy – Gouda |
| 50g | Cooked mushrooms, mixed, chestnut, white, dried |

| | |
|--------|-----------------|
| 60g | Smoked brisket |
| 3tbs | Mayonnaise |
| 1.5tbs | Chives |
| 1.5tbs | Parsley |
| 2tsp | Hot horseradish |
| 1 | Large roll |
| 1 | Cinnamon stick |
| 15g | Mixed leaves |
| 1 | Garlic clove |

Method:

Step 1: Warm roll – suggest using fresh, locally sourced bread.

Step 2: Spread half of the mayo mixed with horseradish, chives and parsley.

Step 3: 25g of thinly sliced gouda cheese – Katarina used Mona Dairy’s.

Step 4: Cook mushrooms with one garlic clove and one cinnamon stick in 1 tbs of oil, place on the cheese.

Step 5: Add the warm brisket. Katarina used locally sourced in her area – but shop-bought is fine too.

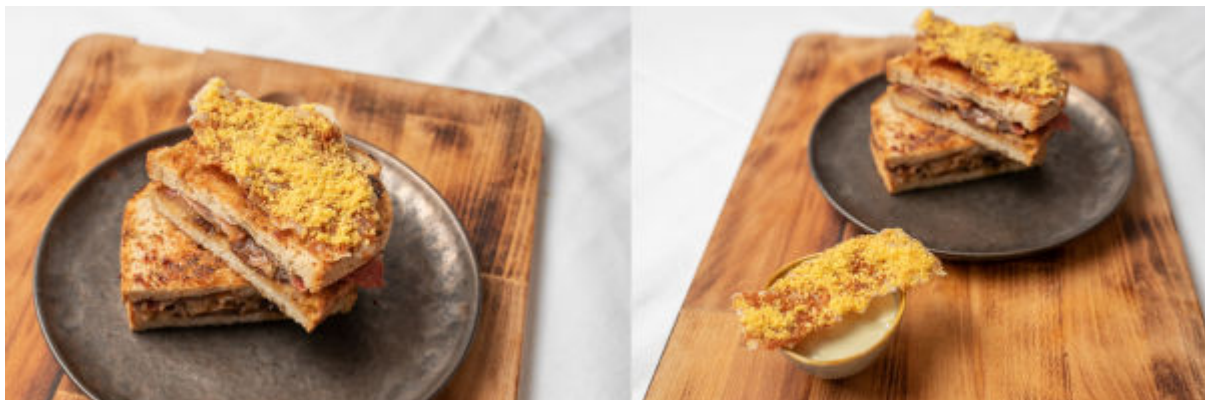
Step 6: A further 25g of the thinly sliced gouda cheese.

Step 7: Place on your mixed leaves.

Step 8: Slightly warm the rest of the mayo, parsley, chives, and horseradish and place on your warm roll top.

SAM TEBBATT – ‘POSH PIGGY’

Do you love a bacon sarnie? Here is a posher version to try. Filled with smoked cooked streaky bacon, stewed apple, stilton custard and even candied bacon! One to try if you’re creative and want something different!



Ingredients:

| | |
|------|--|
| 100g | Gierlinger – beechwood smoked cooked streaky bacon |
| 55g | Candied bacon topped sourdough |
| 30g | Bacon rashers for candied bacon |
| 25g | Butter stewed apple |
| 45g | Sourdough slice |

| | |
|-------|------------------|
| 30g | Stilton custard |
| 15g | Bacon cracker |
| 100g | Butter |
| 3x | Egg whites |
| 350ml | Milk |
| 90ml | Crumbled stilton |

Method:

Step 1: Chop up the bacon and fry it in a heavy-based pan.

Step 2: Deglaze the pan with white wine and maple syrup.

Step 3: Make a caramel with muscovado and caster sugar and add to the pan with bacon. Add a splash of white wine vinegar and bring to the boil. Stirring occasionally.

Step 4: Core three apples and roast for 10 minutes. Add 100g butter and cook for a further 30 minutes.

Step 5: Grill bacon rashers with maple syrup until the maple is thick and jammy. Cook in microwave for 30 seconds to harden. Cool and blend in a coffee grinder. You now have candied bacon.

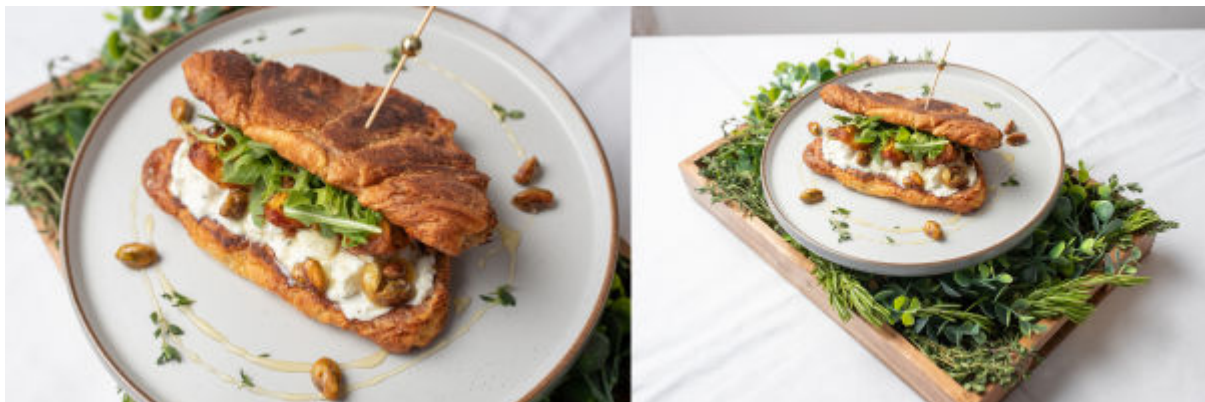
Step 6: Whip 3 egg yolks & sugar into ribbons and cook. When thick add 350ml milk, cook until thickened- add 90g crumbled stilton. Blend. Cool.

Step 7: Cover 1 x Spring Roll paper in whisked egg white and sprinkle on 15g candied bacon. Dry for 30 mins & deep fry.

Step 8: Time to assemble. spread caramel on the bottom layer of sourdough. Crush apples, drain excess butter and place on top. Place your bacon rashers on top of the apples. Tah-dah!

ELENY MINTO 'JUST PEACHY'

Creamy whipped feta with honey and thyme baked peaches, crystallised pistachios and rocket with a drizzle of honey in between two slabs of all-butter croissant French toast.



Main Ingredients to create sandwich:

| | |
|----------------|-----------------------------|
| 2x pieces 160g | Croissant French toast |
| 50g | Whipped feta with honey |
| 60g | Baked honey & thyme peaches |
| 5g | Drizzle of honey |
| 10g | Crystallised pistachios |
| 5g | Rocket |

Element ingredients:

Whipped Feta with Honey:

| | |
|----------|----------------------|
| 50g | Feta |
| 50g | Greek yoghurt |
| 1g | Chopped thyme |
| Pinch of | Cracked black pepper |
| 1tbp | Olive oil |
| 1tbsp | Honey |

Method:

Step 1: Whisk everything together until well combined and smooth. Leave in the fridge until needed.

Croissant French Toast

| | |
|---------------|------------|
| 2x croissants | Croissants |
| 1x | Egg |
| 60ml | Whole milk |

Method:

Step 1: Mix together the egg and milk.

Step 2: Heat a frying pan. Then soak each croissant in the egg mix before frying.

Step 3: Colour on both sides, until croissants are golden and crisp.

Crystallised Pistachios:

| | |
|-----|------------|
| 10g | Pistachios |
|-----|------------|

Step 1: Make a simple sugar syrup with caster sugar and water and bring to a simmer.

Step 2: Bring to hard boil stage, remove from heat and coat pistachios in syrup.

Step 3: Drain pistachios from syrup and leave on a tray to cool.

Baked Honey & Thyme Peaches:

| | |
|-------------|-------------------------|
| 1x | Ripe peach |
| 1tsp | Honey |
| Pinch of | Cracked black pepper |
| Pinch of | Chopped thyme to season |
| Sprinkle of | Pistachios |

Step 1: Cut the peaches into wedges and mix by hand in a bowl with a drizzle of olive oil. Coat in the pepper, thyme, and honey.

Step 2: Transfer to a baking tray and sprinkle on top your chopped pistachios.

Step 3: Bake for 5-8 minutes to soften.

EDVINAS SMIGELSKIS – ‘STICKY CHICKEN FETURGER’

A chicken ‘burger’ with a difference. Jammed packed with feta, chicken thigh, lemon zest, parsley and mint and stacked with beef tomato, an onion ring and accompanied by tapenade mayo.



Ingredients:

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|-----------|--------------------------------|
| 50g | Futura Foods – YAMAS! feta |
| 2x slices | Lagana roll glazed with honey |
| 15g | Tapenade mayo |
| 12g | Chargrilled red pepper ketchup |
| 1x slice | Beef tomato |
| 1x slice | Red onion |
| 1x leaf | Baby gem |
| 75g | Chicken Feturger |

Method:

Step 1: Combine the crumbled feta, roasted chopped (Greek style marinated) chicken thigh, soft cheese, lemon zest, and seasoning, coated in chopped parsley and mint and make into the shape of a burger – to make your Feturger.

Step 2: Glaze your roll by adding a dash of honey and let it set.

Step 3: Bottom slice of the roll – a spread of tapenade mayo.

Step 4: Add a leaf of baby gem.

Step 5: Add the premade Feturger.

Step 6: Add the beef tomato.

Step 7: Add the onion ring.

Step 8: Add a layer of your red pepper ketchup.

Step 9: Add your top layer of roll.

CHRISSIE ATTEWELL – ‘DON’T WORRY PEA HAPPY’

A bagel full of summer flavour. A marvellous mix of chicken, three-pea salad, and refreshing yoghurt dressing. It’s a light lunch that will make your taste buds happy.



Ingredients:

| | |
|---------|-------------------------------------|
| 800g | H.Smith steam-cooked sliced chicken |
| 1x | Onion bagel |
| 50g | Natural yoghurt dressing |
| 1x | Glug of rapeseed oil |
| 1x | Shallot |
| 4g | Salted butter |
| 1x | Lemon |
| 1x | Garlic glove |
| 40g | Three pea salad |
| 1 pinch | Tarragon |
| 1 pinch | Chives |
| 1 pinch | Curly parsley |

Method:

Step 1: Hand-whisk natural yoghurt with rapeseed oil. Fold in finely diced shallots, minced garlic, lemon zest and juice - season well and chill.

Step 2: Hand mix garden peas, finely slice sugar snaps and pea shoots. Add chopped tarragon, chives, curly parsley and lemon zest and juice - season well.

Step 3: Add chicken, chopped tarragon, diced shallots, garlic, and lemon slice into a hot oiled pan and season well. Fry lightly until onions have softened & chicken browned.

Step 4: Lightly toast your bagel.

Step 5: Build your sandwich as follows - spread 2g of butter on the top and bottom slice of bagel and repeat with a generous 25g of yoghurt dressing. Place 40g of chicken onto the bottom slice of bagel followed by 40g of your pea salad. Top with the remaining 40g of chicken and place the top bagel slice on the top. Season with cracked black pepper.

Step 6: Serve as and 'pea happy'.

ENDS

For additional information, images, and interview requests, please contact:

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Editors Notes:

About the competition:

The annual British competition invites sandwich professionals from across the country to enter by creating an innovative sandwich or food to go product using the sponsor's ingredient as the key element, together with any other ingredients of their choice.

To enter, sandwich makers submit written entries, along with photography, which is judged anonymously by the sponsors. Then the top recipes chosen will be asked to the regional heats where creations are brought to life.

All contestants are asked to consider the judging criteria when creating their dish – which are taste, presentation, texture, commercial viability, and innovative use of the sponsor's product.

Each successful creator at the regional heats stage is then invited to London for the final, where each is invited to create and present their creation to the expert judging panel.

The competition is also seen as the precursor to another annual event in the sandwich calendar – British Sandwich Week, which is in its 29th year, and will be celebrated between 22-28 May 2023.

About British Sandwich Week:

British Sandwich Week takes place from 22-28 May 2023. Now in its 29th year, the annual event showcases the breadth, quality and innovation found within the UK's sandwich and food-to-go sector. Find out more <https://www.britishsandwichweek.com/>

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About The British Sandwich & Food to Go Association:

The British Sandwich & Food to Go Association is a trade body established in 1990 to represent the interests of all those businesses involved and the food on the move industry. Members range from supermarkets and Food to Go manufacturers to sandwich bars, cafes and the suppliers of ingredients and equipment for the industry. As well as representing the interests of members to Government, the Association sets industry standards, as well as organising events such as British Sandwich Week and the annual The Sandwich & Food to Go Awards, also known as 'The S sammies'.