

Westside Vineyard Women's Afternoon Tea

How to make a Tea Sandwich

A **tea sandwich** (a.k.a. "finger sandwich") is a traditional food found at an Afternoon Tea. It is usually a "filled" sandwich, but can also be made with meats and/or cheeses. They are usually made closed, but you can make them open faced if you prefer. THE MOST IMPORTANT THING ABOUT THESE SANDWICHES IS THAT THE CRUSTS ARE CUT OFF AND THEY ARE CUT INTO SMALL PIECES. They are cut either diagonally (which makes them triangles) or into vertical strips (hence the name "finger"). The breads used are usually **white, wheat, or dark brown** (like pumpernickel). Again, make **six** full sandwiches and then cut them up into 24-30 pieces total. That is the amount to bring. Directions of how to make a tea sandwich are below followed by suggested fillings for the sandwiches.

If you have **ANY** questions, **PLEASE** feel free to contact Sarah Forsythe at 310-490-1256 (cell) sarah.forsythe@sbcglobal.net

◇ **Directions**

Spread your filling (or place the meat and/or cheeses) on one side of buttered bread. Cover with the other side of the buttered bread and press down making sure that the bread stays together. Cut off the crusts and discard. Cut the sandwich diagonally making four triangles or vertically making strips (if you are using "wide" bread, then cut into 5 strips; otherwise 4).

◇ **Suggested Fillings with Recipes**

- **Cucumber:** Wheat is nice for these. Peel and slice the cucumber as **thinly** as possible. Drain them on paper towels for about 30 minutes to absorb excess liquid (very important!). Spread both sides of the bread with butter or cream cheese. Place a thin layer of cucumbers on one of the pieces of bread and continue per **Directions** above.

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- Chicken/Ham/Egg Salad: Make the sandwich filling per your recipe (nuts or watercress may be added to the chicken salad mixture). Spread the filling on one side of the buttered bread (not too thick) and continue as per Directions on previous page.
- Ham or Turkey with Cheese (no vegetables on them): Spread butter or mayonnaise (whichever you prefer) on both sides of the bread. Layer the thinly sliced meat and cheese (or only cheese or only meat) on one side of the bread. Lightly salt and pepper if you wish and continue per Directions on previous page.
- Sliced Tomato: Make a flavored spread by mixing finely chopped fresh herbs (basil is great with tomato) into softened butter or mayonnaise. Spread this on both sides of the bread. Slice a ripe tomato as thinly as you can. Place one layer on one side of the bread and continue as per Directions on previous page.
- Smoked Salmon: Dark brown bread is nice for these. Spread both sides of the bread with cream cheese. Place a thin layer of smoked salmon on one of the pieces of bread and continue per Directions on previous page.
- Use your own ideas following the gist of the previous recipes.

IMPORTANT: These sandwiches dry out quickly. If you make them the night before the Afternoon Tea, COVER THEM WITH A CLEAN, DAMP (not wet) CLOTH TOWEL, THEN PLASTIC WRAP, THEN REFRIGERATE. *If you think that the sandwiches you make will be soggy if made too far ahead of time (like the Sliced Tomato sandwiches above), please make them the day of the Afternoon Tea.*

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