

Build a sarmie

There's just something about a sandwich that's incredibly satisfying. When made right, a sarmie is an easy meal, picnic companion or a delicious lunch box filler. Sandwiches definitely don't need to be boring. You can load a sarmie with mouthwatering meats, vegetables, cheeses, sauces and pickles. Serve them as is, or as an open sandwich, with warm fillings and toasted breads. Layer any combination of your ingredients to tantalise your taste buds. Try some of these ideas:



ROCKET & EMMENTHALER WITH HAM:

Use thin slices of Emmentaler cheese, with fresh rocket, smoked ham and mustard of your choice on your favourite bread or roll.

CARAMALISED ONIONS, BEEF & MUSTARD:

Caramelised onions: saute 3 large onions, halved and thinly sliced until soft. Add 30 - 45 ml each brown sugar and balsamic vinegar, 15 ml olive oil and dried thyme. Season to taste. Simmer for 10 - 15 minutes until caramelised. Layer your sarmie with thinly sliced roast beef, gherkins and a mustard of your choice.



SMOKED CHICKEN SENSATIONS:

Smoked chicken, sliced avocado, good quality mayonnaise, peppadews and fresh basil leaves. Or combine the chicken with mayo, thin slices of cucumber, avocado and fresh basil and dill.

CAPRESE SANDWICH:

Use a French baguette or ciabatta for this sarmie. Top with mozzarella cheese and thick slices of sweet, ripe tomato. Season to taste before topping with fresh basil leaves and a drizzle of balsamic reduction or vinegar and olive oil. If you can't get fresh basil, basil pesto makes a delicious substitute.



ROASTED VEG AND MOZZARELLA:

Pan-fry brinjals, peppers and baby marrows until just tender. Season with salt, pepper and a good drizzle of balsamic vinegar and olive oil. Stir in a few marinated sun dried tomatoes. Melt grated mozzarella cheese on slices of bread and spoon veggies on top.



HAM & BRIE MELTS:

Melt cheese, ham and some fig preserve - a twist on the normal toasted ham and cheese sarmie, but amazing just like baked brie.



PEPPERED MACKEREL & AVO:

Top slices of wholewheat bread with chunky cottage cheese, mashed seasoned avocado, watercress and flaked peppered mackerel, smoked salmon or tuna.