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FASCINATING FOOD HISTORY: DO YOU KNOW WHY A SANDWICH IS CALLED A SANDWICH?



Sandwiches might be the single most versatile¹ food on the planet. In general, when we hear the word 'sandwich', we think sliced bread filled with some type of cheese, meat, or spread. But sandwiches encompass² so much more than this definition: they can be savory, sweet, baked, cold, finger food, breakfast, lunch, and dinner, even cookies can be sandwiches!

While the philosophy of sandwiches is millenary, the most modern definition of sandwiches, and their role as snack-adjacent, portable food became popularized in the 18th century among the British aristocracy. That is, in fact, where the word 'sandwich' comes from – John Montagu, Earl³ of Sandwich.

John Montagu was a British aristocrat and held many important public positions in his life. He was said to be an avid gambler, staying out all night drinking and playing cards in some periods of his life; that is how the sandwich was originated. He refused to get up even to have dinner. Looking for a way to consume his food without using a fork or getting his cards greasy, he asked his servants to bring him cooked meat in between slices of bread, which he could eat at the gambling table.

Keep all that history in mind and appreciate it, even more, the next time you sit down to enjoy a good sandwich.

www.therecipe.com, October 04, 2021

1. versatile : adaptable 2. encompass : englober 3. Earl : comte

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What kid wouldn't want to try the smiley face peanut butter sandwich!

www.eatsmartmovemoreva.org

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