

# Finger sandwiches the perfect snack

By **Lori Gysel & Gerry Kentner**  
[whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)



## What's Cookin

I just love fancy little finger sandwiches. Perhaps it was the generation that I grew up in, where every church and service club had their group of ladies that made such delicious homemade food for weddings, funerals, retirement dinners, new year's suppers and harvest lunches to name a few of the occasions.

But of all the food they made, in my mind, there were three things that those ladies made that just could not be beat: the traditional roast beef dinner with mashed potatoes and gravy. Often this meal was started off with a little juice glass at your place setting filled with tomato juice, then the pie.

Didn't matter what kind of pie because the point was, these women were serious pastry makers, and once you've got the pastry figured out that is most of the battle.

Then there's the feature menu item at every

single funeral I've ever attended the finger sandwich. My Grandma Kentner used to make little sandwiches once in awhile and on the odd occasion, one might find a ham sandwich on white bread with a skim of hot mustard, cut into squares (never triangles), or perhaps a salmon sandwich.

Alas, as I grew up in the catering business, my love of the finger sandwich continued, especially as the variety widened.

Pinwheel sandwiches, layered ribbon sandwiches, tortilla pinwheels, smoked salmon, cream cheeses and pate all taking a front row spot on the sandwich platter. So, here's one for your Christmas table just a simple sandwich, but isn't it pretty? I think your guests will be delighted.

Have fun and keep cooking!

## Egg Butter and Asparagus Sandwiches

Makes 18 finger sandwiches

### INGREDIENTS

- 10 egg yolks, hard boiled
- 10 tbsp mayonnaise
- 5 tbsp softened butter
- 2 1/2 tsp. Dijon mustard
- 1 1/4 tsp. white wine vinegar
- 1/2 tsp. (scant) salt
- 2 lbs asparagus, woody ends snapped off
- 12 slices thin whole wheat bread, crusts trimmed

### METHOD

1. Blend egg yolks, mayonnaise, butter, Dijon, vinegar and salt together until smooth.
2. Blanch asparagus in boiling water for 3 minutes and dry on paper towels.
3. Spread egg butter on sides of all 12 slices bread.



4. Trim asparagus to fit exactly on slices of bread.
5. Lay asparagus side by side to fill six slices of bread.
6. Cover with other piece of bread.
7. Slice sandwiches crosswise (each sandwich cuts into three slices.)

Understand difficulties in a new light • Develop healthier coping strategies • Increase meaning in life

Offering a range of assessment and treatment services for both individuals and couples

311 Commercial Street, Suite 108, Milton, Ontario L9T 3Z9  
[www.dr toddmurphy.com](http://www.dr toddmurphy.com)  
 905-878-9665



## GENESIS WALK-IN & FAMILY CLINIC

### FLU VACCINE NOW AVAILABLE

- Open Late & Weekends
- Walk-in and Appointment
- Male & Female Physicians
- Paediatrician
- Sports Medicine
- Women's Health & Pregnancy Care
- Senior's Health
- Lab On-Site
- Pharmacy On-Site



221 Miller Dr., Georgetown  
 905-873-6776  
[www.GenesisHealthTeam.com](http://www.GenesisHealthTeam.com)

Opposite to Allison's Farm Market

## Bratin Auto

82 Main St. N. Georgetown  
 905-873-6127



Honest, Reliable Service Since 1989  
 Free Local Shuttle Service  
[www.bratinauto.com](http://www.bratinauto.com)



## Dont Get Stuck! Snow Tires!

OIL CHANGE & 30 POINT INSPECTION

**\$49.95\***

\*Most Vehicles

Take advantage of manufacturers mail in rebates, up to \$100.00 on set of 4.



Other brands also available.

Additional \$20.00 off in store on purchase of a set of 4 tires

COMPLIMENTARY TOWING - ROADSIDE ASSISTANCE\*