

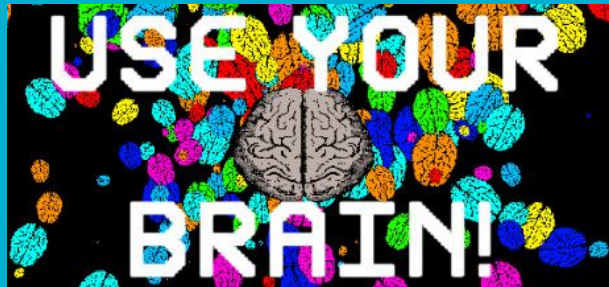
Furutsu Sando

フルーツサンド



What is a **FURUTSU SANDO** and where does it **ORIGINATE**?

On a white board, jot down the answers to the above prompt. **NO** googling allowed! Be prepared to **SHARE** your responses!



FURUTSU SANDOS are...

—
Japanese fruit sandwiches

Sweet rather than savory

Eaten for snacks and desserts

Typically made from shokupan bread, whipped cream and fruit

Aesthetically pleasing due to cross-cuts & vibrant fruit colors



Background Information



Read: the article ***“Sweeten your springtime with Japan’s fruit sandwiches”*** and then complete the corresponding questions. Complete the....

ARTICLE QUESTIONS
Be prepared to review!

Demonstration Tutorial



How to Make Fruit Sandos

Strawberry Cream
Sandwiches

Fruit Sando (yogurt version)

****In a hurry? Canned whip
cream or yogurt can be
substituted!**

Recipe & Pre-Lab Questions

Fruit Sandos

Kitchen #_____

1 cup chilled heavy cream

1 Tbsp. plus 2 tsp. sugar

Pinch of kosher salt

4-6 slices Japanese milk bread, regular bread or Texas toast

1 kiwi, peeled, cut crosswise into 4 ½"-thick rounds

8 small strawberries, hulled, halved lengthwise

1 yellow peach cut into 1½"x½" slices or 1 navel orange, peeled and sectioned



Step 1

Using an electric mixer on medium-high speed, beat cream, sugar, and salt in a medium bowl until stiff peaks form, about 3 minutes. (You need it to be on the firm side. If cream is under whipped, it will be more difficult to slice the sandwiches.)



FRUIT SANDO ▲ フルーツサンド



remove strawberry stems



INGREDIENTS:

fruits • strawberries, kiwis, oranges/tangerines

bread • shokupan or texas toast bread

whipped cream:

1 cup heavy whipping cream

5 tsp sugar

Peel Kiwis



Peel oranges or tangerines



1.



create an ice bath

2.



add heavy whipping cream

3.



whisk on low

4.



add sugar once bubbly

5.



whisk at medium high until stiff peaks

6.



whisk by hand until Peaks form

7.



remove bowl from ice and whisk by hand until desired consistency



Spread Cream



Pay attention to how you want to cut!



Layout Fruit

Fill Gaps



Arrange

Tightly Wrap



draw on top of wrap for cutting!



Put in fridge for 1 hour minimum.

Open plastic wrap + cut across.

Make sure to clean knife each cut.

Cut off crust + Enjoy!



Remember Layout: Think X

