

# 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.)

## Step 2

Neatly remove crusts from bread with a serrated knife. Arrange bread on a clean work surface. Evenly spread ¼ cup whipped cream on each slice of bread with an offset spatula or butter knife. Place 1 kiwi round on top of whipped cream in the center of 4 bread slices. Arrange strawberry slices in corners of bread slices, orienting them so that the pointed end is tucked right into the corner. Place 4 peach strips in the gaps between kiwi and strawberries.

## Step 3

Place a second slice of bread, cream side down, over to close the sandwich. Smooth outside edges of whipped cream, adding a little if necessary to fill gaps. Wrap each sandwich in plastic wrap and chill for at least 3 hours or overnight..

## Step 4

Using a serrated knife, cut each sandwich into 4 triangles and serve. Clean the knife with a hot, wet paper towel between cuts. Plate the sandwiches fruit side up so cuts are visible, photograph and enjoy! \*\*Attach your photo to the Google Classroom recipe post!

<b>Student</b>	<b>Preparation &amp; Clean Up Jobs</b>

**Tools & Equipment Needed:**

## Pre-Lab Questions

1. Why do certain fruits need to be rinsed?
2. What does it mean to hull a strawberry?
3. What speed should the mixer be at when making the whipped cream?
4. How will you know when the whipped cream is ready? What should you see?
5. Approximately how much time should it take for the whipped cream to form?
6. Which fruit goes in the center of the bread?
7. Which fruit goes in the corners of the bread?
8. Where does the remaining fruit go on the bread?
9. How long do the sandwiches need to be refrigerated?
10. What type of knife is used to remove the bread crusts and cut the sandwiches?
11. Describe the blade of the knife you will use to remove the bread crusts and cut the sandwiches. Draw or insert an illustration of the knife blade..
12. Why do you suppose the knife needs to be cleaned in between cuts?