

# Smörrebröd (Open Face Sandwich)

Presented by **Liza Ekstrand**.

## My story

**History** (reference <https://www.baltzersens.co.uk/>)

The history of Smorrebrod dates back to the 19<sup>th</sup> century when lunch was the main meal of the day for most agricultural workers in Scandinavia. They would pack various combinations of these open faced sandwiches, often made with previous nights leftover, to keep them fuelled up throughout the long working hours.

It is said that the idea of came from the middle ages when food was served on stale bread called “trencher” that was thrown away after the meal was finished. This trencher absorbed the juices and flavors of the food. Over time, the bread became incorporated into the meals as this food soaked “plate” was seen as the tastiest part.

Whatever its origins, this tradition has stuck and Smörrebröd are now an integral part of Scandinavian culture. Open-faced sandwiches are eaten for breakfast, lunch, dinner and supper, and can be served as a starter, main course or even desert. They are also a fundamental part of the spread at holiday celebrations such as Christmas and Easter, often passed around in separate dishes of sliced bread and toppings so that everyone can help themselves.

## Recipe, Ingredients & Preparation

*Smørrebrød* is the Danish name for an Open Face Sandwich, originally called Smör och Bröd "butter and bread, is a traditional open-faced sandwich part of Scandinavian cuisine that consists of a piece of buttered rye bread (*rågbröd*) a dense, dark brown bread topped with commercial or homemade cold cuts pieces of meat or fish, cheese or spreads, and garnishes.

In terms of toppings, there are endless combinations. From meatballs to caviar, they usually consist of cold cuts, meats or cheeses, along with various spreads, pastes and condiments such as mayonnaise. They can cram whole a lot of flavour onto that humble slice of rye.

The toppings reflect the Scandinavian attitude towards food: simple, local ingredients sourced sensibly and presented in a beautiful manner with little waste.

Traditional toppings include pickled herrings (plain, spiced or curried), thinly sliced cheese in many varieties; sliced cucumber, tomato and boiled eggs; pork liver-paste; dozens of types of cured or processed meat in thin slices, or smoked fish such as salmon; mackerel in tomato sauce; pickled cucumber; boiled egg, and rings of red onion. Mayonnaise mixed with peas, sliced boiled asparagus and diced carrot, called *italiensk salat* ('Italian salad'), remoulade or other thick sauces often top the layered open sandwich, which is usually eaten with utensils. It is custom to pass the dish of sliced bread around the table, and then to pass around each dish of toppings, and people help themselves

At the September 2022 meeting samples of the following sandwiches were served.

Open Face Liver Pate Sandwich



Liver Pate,  
Fried Mushrooms  
Bacon  
Crisp Onion  
Greenery  
Rye bread  
Butter

Open Face Shrimp Sandwich



Shrimps  
Hardboiled Egg  
Mayo  
Greenery  
Dill Sprig  
Lemon Slice

Various examples of Open Face Sandwiches



EXPLORING OUR SWEDISH FOOD HERITAGE

