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# The history of the sandwich

## 1st Century BC

A famous rabbi, Hillel the Elder, made the **first recorded sandwich**. He mixed some nuts, apples, and spices with some wine, and put it between two matzohs (pieces of flat bread).

## 6th – 16th Century

People used **bread as plates**. They put meat and vegetables onto some bread and ate with their fingers. These were the first open sandwiches, and they called them ‘trenchers’.



The Earl of Sandwich

## 18th Century

**The name ‘sandwich’ first appeared.** An Englishman, John Montague (1718–1792), the Fourth Earl of \*Sandwich, liked to eat and gamble at London’s Beef Steak Club. Sometimes he stayed 24 hours at the gaming table. He was hungry, but he didn’t want to stop gambling, so the chefs from the club put some beef between two pieces of bread, and he ate while he gambled. This new meal became very fashionable with other men in the club, and they called it the ‘sandwich’ after the Earl.

\* **Sandwich** is a town in the South of England.



## 19th Century

An American writer, **Eliza Leslie**, introduced sandwiches **to America**. In 1837, she wrote a cookbook, 'Directions for Cookery'. In it she had a recipe for ham sandwiches: 'Cut some thin slices of bread and ham. Butter the bread and put the ham between two slices with some mustard. Eat for lunch or supper.' Americans loved them.

## 20th – 21st Century

**Sandwiches became very popular** indeed. They were easy to make and they were a wonderful, cheap, portable meal for workers and school children.

### Did you know...?

The 'Dagwood' sandwich is the sandwich to top all sandwiches. It is enormous! Named after the American cartoon character Dagwood Bumstead, it is made with a great many layers of meat, cheese, tomatoes, egg, salad, and vegetables.

