XCentric Ideas

NO BREAD - burger or sandwich …

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Recipes from the Internet
Photos my own

NO BREAD - burger or sandwich …

These are just a few examples of what to use instead of a bread bun.

You can also use:

1. Grilled Halloumi cheese slices
2. Grilled eggplant slices
3. Raw or lightly steamed marrow slices
4. Seaweed sheets (nori sheets)
5. Crispy fried bacon rounds
6. Baked / Fried battered chicken fillets

Also use these examples to make open sandwiches!! A perfect new party snack platter for your guests.

Apple Slice burger / sandwich.

To prevent apples from browning, soak apple slices for 5 minutes in a bowl of Sprite, 7-Up, or a similar lemon-lime, carbonated soda.

Patty burger / sandwich.

Use your hamburger patty (be it beef, chicken, veg) as your 'bun'. Fill it with fresh greens, rich cheese, ripe tomatoes and sauce.

Cucumber burger /
sandwich.

Round cucumber burger
/ sandwich.

Cold Mozzarella slice
burger / sandwich.

Portobello mushroom burger / sandwich.

Clean your mushrooms. Use a damp or dry cloth to wipe your mushrooms clean. Remove the stems. Fry them in a pan. Fill them with a burger patty / bacon / macon, cheeses, greens and a sauce.

Ham slice burger / sandwich.

Fill a ham slice with long strips of cucumber, cheese and tomato. Roll it up. You can also pin it with a toothpick.

Raw Bell Pepper burger / sandwich.
Use the red or yellow bell pepper. This is a burger you can actually lift up and eat.

Fresh raw tomato slice
burger / sandwich.