

**[Transcript] ZM's Fletch, Vaughan & Hayley / Fletch, Vaughan & Hayley's Lil Bitta Pod - 11th October 2023**

The ZM podcast network

Flewater and Haley's little bit of pod treat yourself to make cafe coffee with my Mac's rewards

Welcome to a little bit of pod

Sandwiches are what we're talking about today on a little bit of pod. Love a sandwich me

Love a sandwich. I love a lot of rap. Is it Ruben a sandwich correct?

Yeah, I love a Ruben or a toasted sandwich, but otherwise a cold normal sandwich. I don't have any time for

Right, I know that's controversial

Wait, do you know timing wise this is perfect because I'm fresh from having had a sandwich for lunch yesterday

Sandwich make a sandwich for lunch. I would never do. I don't buy bread. It's weird and I just bought some bread and was like

You're the voice of plowman's. Oh, yeah, I buy lots of bread

But I like get given lots of I get given lots of bread from I love a sourdough. Yeah, it's good for you

It's good for your salad. I had like a real grainy bread yesterday

It was good bread, but I'd usually go a wrap the yesterday pardon

There was a bit I just had like chicken mayonnaise and lettuce like an old-school chicken salad sandwich. Yeah, fuck. Yeah, man

It wrote. Yeah, fuck. Yeah, it wrote. I really liked it and then Aaron ate it was like what a delicious sandwich

I was like chicken mayonnaise. There you go. There's plowman's for you, isn't it?

It's plowman's. I gotta make Johnny makes a great sandwich. It's this it's his thing

He makes a great sandwich. Yeah, what's he put in a sandwich like just the right amount

I always have a pack of sandwich and I'm dealing with a lot of spillage of the sandwich. Yes

Sandwich

I mean, I don't want to dry sandwich, but I if you're making it straight away. Yeah, wet it up

But if it's sitting for any certain amount of time, then it's gonna get weird. Yeah, soggy

But sometimes you put his primary meat is salami now

It's to me a salami is a secondary made on a sandwich

100% it's a chicken and salami sandwich. It can be a primary meat on a pizza, but not on a sandwich

Yeah, you gotta have ham and salami ham and salami great

It's a it's a secondary meat. It is. Let's go around the world looking at some sandwiches the bun me in Vietnam. Yeah

No too much crust. Yeah bread for me a symphony of a sandwich

Ruben the USA claims the quintessential 1950s Jewish deli sandwich the rubens and it's all the butter and the hot press

Do you know what it totally it's like a piece of cardboard is the filling as long as it's buttered and pressed

Yeah, a po boy in New Orleans. Yeah, yeah, that's good stuff again Tim. It's bread

Sandwich a small board and then a fresh fish sandwich, you know when you're like on the boat

Yeah, yeah, and the fish comes in and someone there fillets it you chuck it on a pan

Yeah, butter and then some fresh pepper lemonade. So this one lemon this small board in Denmark cheese smoked salmon hearing metal poultry and

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It's on a dark bread  
It's for a simple sandwich the Cuban  
This is a share they say it's it was invented in America by Cuban immigrants  
I I've had a Cuban and there was a place in Wellington that did a good Cuban. It was real young.  
Yeah  
sandwich the katsu  
Oh my god, it's basically just katsu like snitzel milk bread though  
You've got to have that fluffy thick white bread with zero nutritional value  
Tatsu fillet a spread of ponkatsu sauce. Yeah mayonnaise Cupid Mayo  
Yeah, the lobster roll is another American one from the East Coast more up from the other places  
where I made sandwiches  
and the  
Bocadillo in Spain is a Spanish ham and tomato sandwich  
One of the most popular foods in Spain is often eaten as a snack at any time of the day  
It's original version was bread sped with tomato and garlic  
Well, the reason we got the reason we talk about Sam yeah, we're not just talking about sandwiches  
We've got some archaeological news for you. Well, apparently  
some  
Some archaeologists working in the Arabian desert in our northern Saudi Arabia. Yeah have  
discovered tools that would indicate the neolithic period  
Was where sandwiches were invented not much later. Do you need for a second?  
Thought it was way later that way  
Okay, they thought it was way later that we became like a bread-eating  
Paley on stuff like we didn't study  
So it turns out we've been eating bread for longer they found these tools and there was cutting tools  
Which was obviously used for me. Yeah, look at did they find a panini press?  
No, they found like the grinding tools that turned plants into into like flour  
Wow bake and then like heat elements which were not only for the cooking the meat  
It turns out but also heating the the flour that would make the bread. I always think that's who the  
fuck who did that?  
Yeah, who's the person who took this flour?  
But they could have been stalk and then was like they could have had a school project and wanted to  
make some glue  
Moolied up and then it just they left it and it they were like, well, that looks yum and I'll bake it  
Baking the hot sound yeah, and then they're like yum. Oh god. That smells good. Yeah. Oh, no, I've  
dropped it on the floor now  
It's all covered in seeds  
Doing things and we're like if it's good for the animal  
Yeah, I'm thinking a cow might have chewed a lot on like wheat and like mullied it down  
Yeah, right and then maybe they cut the cow open to eat the cow and they were like what's this in  
one of its stomachs?  
No, like that all in all doesn't smell horrible and the spongy and then if it got hot might have turned  
into something edible

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I mean, these are people they didn't have a lot of choice. Yeah, they just pop down to fucking Woolworths  
They they were they were just eating pretty much whatever they came across  
I'm gonna kill them and sometimes they didn't know like mushrooms. Yeah. Yes. This is really strong in this sandwich  
Timeline into disarray, isn't it?  
Sandwich time line. I'm wondering why the hell we're still talking and why we aren't going to get a sandwich  
We could get a sandwich  
Such a good sandwich could go good book sandwich remember that day that I was like  
I'm healthy eating and then we wouldn't got sandwiches and I got a freaking beef ragu sandwich that was like cheese crusted and  
Junior to health absolute sandwiches  
Roots bruh. Yeah, Proats is Proats at the end of the day. Get yourself a sandwich or whatever to make a sandwich  
Sandwich day sandwich day. I think that's already a thing. Is that yeah  
Well, it's Fletch born and Haley's official sandwich day. We are doing we're doing a promo at the moment for our New Zealand listens  
Where you can win \$5,000 worth vocals. Yeah, it's your arch nemesis  
Yeah, but vocals. I will say is not a sandwich bread. It's a toast because it's a toast bread  
Couldn't agree. No, I mean he said when I see both when I see  
Sliced and it says sandwich on it. I'm like this is stay in the toast game  
How do you say to the sandwich you're too thin you're too small. Yeah, it's not I love vocals  
It's like the only bread we like regularly buy toast and eggs on that toast  
It's a whole different bread, but it's it is you're right. You didn't write actually you didn't write actually your people do a good sandwich  
Bread. Yeah, I know plowman's get it your people might these are my people. I don't even have a team, but sure. Yeah