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## *BYOL Sandwich Guide*

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Thank you,

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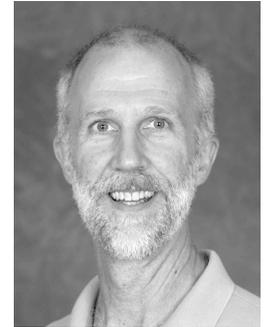
## The Importance of Great Sandwiches

Usually it is not quite 10:30 AM before my thoughts turn to the sandwich I prepared for lunch that day. This never happens with any other type of lunch, only with sandwiches. Although it appears that I simply put together a sandwich in the morning after my breakfast, in reality, it is during the previous evening that I decide what to make for the next day's lunch. Yes, it is that important. Think back on the great sandwiches you have experienced in your life: the encounter on a Parisian back street with a simple baguette filled with a thin layer of jam-bon and cornichon; the amazing toasted ham and cheese eaten at a truck stop in Iowa while on a cross-country drive; the sardine and mustard sandwich grilled over an open fire while back-packing in Spain; the lamb, tahini and yogurt creation served on an enameled table in Damascus; and that aromatic pastrami on rye that you could not eat fast enough on that really hot day in Brooklyn when returning from the game. They were all great, and they can all be prepared in your kitchen and eaten for a healthy, delicious lunch that is far superior to pizza or macaroni salad. Enjoy.

Tom Sherman, PhD

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## **TOM SHERMAN'S TOP TEN**

*There are wonderful recipes in this book, but these are the sandwiches I turn to most often.*

1. Aged cheddar on olive bread with tomato and broccoli sprouts.
2. Bacon, lettuce, and tomato on toasted multigrain bread with salt and pepper.
3. Peanut butter & strawberry jelly on multigrain bread.
4. Tom's Tuna Salad (see page 4) on olive bread with tomato, broccoli sprouts, and pepper flakes.
5. Grilled cheese with tomato and chopped onion on multigrain bread (with tomato soup).
6. Smoked salmon on onion bagel with cream cheese, tomato, onion, capers.
7. Fried egg sandwich: 2 eggs fried in olive oil and garlic on toasted multigrain bread with raw onion, Tabasco sauce, salt and pepper.
8. Sliced cucumber, tomato, onion, and radish sprouts on salt bagel with brown mustard.
9. Cheddar cheeseburger with a thick slice of onion, dill pickle, mustard, catsup on toasted bun.
10. Egg salad on soft sourdough bread with chopped tomato and a touch of Tabasco sauce.

## **SANDWICH RECIPES:**

### ***Tuscan Tuna & Bean Sandwiches***

*Although requiring more than a few moments of work, this may be the single most delicious sandwich I have ever tasted. It comes as a bonus that it is also extremely healthy. Prepare the sandwich just prior to eating, however, for it can be very messy and will soak through the bread.*

#### *FOR BEANS*

1 (14- to 15-oz) can cannelloni beans, rinsed and drained

2 garlic cloves, finely chopped

1 Tbsp fresh lemon juice

2 Tbsp olive oil

2 Tbsp chopped fresh parsley or basil

¼ tsp salt

¼ tsp black pepper

Coarsely mash beans with a fork in a bowl, then stir in garlic, lemon juice, oil, parsley, salt, & pepper.

#### FOR TUNA

2 (6-oz) cans Italian tuna in oil  
2 Tbsp chopped fresh basil or parsley  
¼ cup pitted Kalamata or other brine-cured black olives, finely chopped  
1 celery rib, finely chopped  
2 Tbsp finely chopped red onion  
2 Tbsp olive oil            1 tsp fresh lemon juice  
¼ tsp salt                    ¼ tsp black pepper, or less

Flake tuna in a bowl with fork, then stir in basil, olives, celery, onion, oil, lemon juice, salt, and pepper until combined.

#### ASSEMBLE 4 SANDWICHES

8 slices rustic Italian bread  
1 cup trimmed watercress sprigs  
Spoon ¼ of bean mixture on 1 slice of bread, then top with ¼ of tuna salad, some watercress, and a slice of bread.

--*Gourmet*, April 2006

#### **Tom's Tuna Salad**

*This is a recipe that I have been working on for several years and is adaptable to many variations. The new envelope-water-packed tuna packaging makes the preparation much easier. This recipe makes about 2 cups, or enough for 3-4 sandwiches.*

2 (6-oz) cans solid white tuna in water  
2 Tbsp juice from 1 lemon  
½ tsp salt  
¼ tsp ground black pepper  
1 small rib celery, minced (about ¼ cup)  
2 Tbsp minced red onion  
2 Tbsp minced dill or sweet pickles  
3 Tbsp minced banana peppers  
½ small garlic clove, minced  
2 Tbsp minced fresh parsley leaves  
¼ cup mayo (add up to ½ c. if desired)  
¼ tsp Dijon mustard    Tabasco sauce

Drain tuna in colander and shred with fingers

### ***Tom's Tuna Salad***

until no clumps remain and texture is fine and even; let drain while remaining ingredients are prepared. Transfer tuna to medium bowl and mix in lemon juice, salt, pepper, peppers, celery, onion, pickles, garlic, and parsley until evenly blended. Fold in mayonnaise and mustard until tuna is evenly moistened. (Can be covered and refrigerated up to 3 days.) Prepare sandwiches with tomato and sprouts; sprinkle with Tabasco sauce to taste.

*--Adapted from Cook's Illustrated, May 2001*

### ***Moroccan-Style Potato & Egg Sandwiches***

*As with the Tuscan Tuna & Bean sandwich above, this is a great sandwich that requires a bit of time. It is inspired by the street food of Marrakech, and has a wonderful flavor derived from simple ingredients. Makes 4 sandwiches.*

4 large eggs

1 large onion, halved lengthwise, then cut lengthwise into 1/4-inch-thick slices

½ lb Italian frying peppers, cut into 2- by 1/4-inch strips

¾ lb boiling potatoes, peeled and thinly sliced crosswise

1 Tbsp cumin seeds

½ tsp salt

¼ tsp black pepper

3 Tbsp extra-virgin olive oil

4 Portuguese, challah, or kaiser rolls

Cover eggs with 1½ inches of cold water in a 1½ - to 2-qt saucepan and bring to a rolling boil, partially covered. Reduce heat to low and cook eggs, covered, 30 seconds. Remove from heat and let eggs stand in hot water, covered, 15 minutes. Rinse eggs under cold water 5 minutes to stop cooking. Peel eggs and quarter lengthwise. Meanwhile, toast cumin seeds,

### *Moroccan-Style Potato & Egg Sandwich*

in a dry 12-inch heavy skillet over moderate heat, stirring, until fragrant and a few shades darker, about 4 min. Transfer to a bowl to cool, then grind to a powder in a coffee grinder or mortar. Transfer to a small serving bowl. Cook peppers, onion, potatoes, salt, and pepper in oil in same skillet over moderate heat, covered, stirring occasionally, until vegetables are browned and very tender, 15 to 20 min. Season with salt and pepper. Cut off an end of each roll and pull out some of bread from center to form a wide deep pocket. Put 2 egg quarters in bottom of each pocket, fill with vegetable mixture. Top filling in each sandwich with 2 of remaining egg quarters and sprinkle with cumin. Serve sandwiches with remaining cumin and oil and harissa for seasoning.

--Adapted from *Gourmet*, Feb. 2007

### *Niçoise Tuna Salad Wrap*

*Salade Niçoise is nearly a perfect food, and this sandwich attempts to make it more portable. Excellent.*

6 eggs, hard-boiled and sliced

1 can (6 oz) tuna, drained

¼ cup Italian or Caesar salad dressing

8 cherry tomatoes, halved

8 Niçoise olives, pitted and sliced

4 whole-wheat tortillas

6 oz (about 3 cups) mixed salad greens

Gently break apart tuna in a bowl. Add salad dressing, tomatoes and olives. Put ¼ tuna mixture, 1/4 greens and ¼ of egg slices on each tortilla. Tightly fold first third of tortilla over mixture, fold in ends and continue to roll over tightly. Slice in half and serve. Place toothpick into each section or place seam-side down to prevent unwrapping.

## ***Pan Bagnat***

*Both Salade Niçoise and Pan Bagnat are strongly associated with the French city of Nice, but whereas I find most derivatives of Salade Niçoise to be abominations, there are countless versions of pan bagnat that are wonderfully aromatic and flavorful. Literally meaning “bathed bread” or “wet bread,” pan bagnat is traditionally made by hollowing a loaf of white bread, brushing the insides with an anchovy vinaigrette, and stuffing it with layers of tuna, capers, olives, tomatoes, and basil. It is surprisingly simple and fast to prepare. Enjoy.*

1 1-lb loaf unsliced French bread, about 14 inches long

¼ cup extra-virgin olive oil

1/3 cup basil leaves, plus sprigs for garnish

2 plum tomatoes, diced

2 6-oz cans tuna packed in olive oil, undrained

2/3 cup pitted, coarsely chopped Niçoise or assorted brine-cured olives

½ cup chopped sweet onion (such as Vidalia)

2 Tbsp fresh lemon juice

Slice bread in half lengthwise. Remove interior of loaf, leaving 3/4-inch shell. Brush interior of each half with olive oil and line with basil leaves in single layer.

Combine tuna with oil, tomatoes, olives, onion, and lemon juice in medium bowl to blend. Season to taste with salt and pepper.

Spoon mixture evenly into bottom bread shell. Cover with top half and wrap tightly with plastic. Place in shallow baking pan; top with another baking pan and weight with heavy cans. Let stand 20 min. Unwrap pan bagnat, cut into 1½ -inch slices. Place on platter, garnish with basil sprigs, and serve.

## ***Crab Pan Bagnat***

*For those of you who sense that I am a bit too fond of tuna sandwiches, here is an elegant and delicious version of pan bagnat using crab.*

- 1 avocado, peeled and pitted
- ½-1/3 cup lemon juice from 1½ lemons
- ¼ cup loosely packed cilantro
- salt, pepper and hot sauce to taste
- ½ cup olive oil
- 8 inch round crusty loaf, sliced horizontally with the insides of each half removed, leaving a half-inch shell
- 6 large radishes, thinly sliced
- 1 bunch arugula or basil
- 8 to 12 oz fresh or canned crabmeat
- 1 small cucumber, preferably unwaxed, thinly sliced (peel if using waxed)
- 2 to 4 hard-boiled eggs, sliced

Prepare the dressing by putting the avocado, 1/3 cup of lemon juice, cilantro and a dash of salt, pepper, and hot sauce in a food processor and blending. With the motor still running, add the olive oil in a slow stream. When the dressing is emulsified, taste it and add more lemon juice or other seasonings if needed.

Slather several tablespoons of the dressing on the insides of both halves of the bread. On the bottom half, place a thin layer of radishes, followed by a layer of arugula or basil. Layer on a generous amount of crabmeat. Dribble a few more tablespoons of the avocado dressing on top to moisten it. (You may have leftover dressing; use it for salads.)

Top the crabmeat with another layer of arugula or basil, followed by layers of cucumber and egg slices. Cover it all with the bread top and wrap the sandwich with plastic wrap,

then foil. Weight the sandwich (putting a baking pan filled with canned goods on top works well), refrigerate for at least one hour, up to overnight, to let the flavors meld. If packing for a picnic, instead of weighting sandwich, place it at the bottom of the cooler and pile the sauvignon blanc, poached pears or whatever else on top. Cut into quarters or sixths, depending on loaf size and guests' appetites, and serve.--by Geneva Collins, *Washington Post*, October 19, 2003

### ***Chèvre Baguette Sandwiches***

*As I was preparing this list of sandwich recipes, my colleague, Dr. Adam Myers, received the following message from his son currently touring France: "In other news, I've had the three best sandwiches of my life since coming here. They were all variations of "chèvre crudité" which consists of a small baguette split down the middle, goat cheese, tomato, mayon-*

*naise, hard boiled egg, and cucumber." It is always special when one witnesses the young experiencing their first memorable sandwich. Although a simple version based on the above description is easy to prepare, here is a version I love.*

baguette, cut in half lengthwise  
4 oz Chèvre or other soft goat cheese  
½ tsp finely chopped garlic  
½ cup tapenade (black olive spread)  
1 bunch arugula  
1 large jar roasted red peppers  
2 tsp olive oil                      salt and pepper

Mix the goat cheese, garlic, salt, and pepper together in a bowl. Set aside for 30 minutes to allow the flavors to combine. Spread the tapenade on one side of the bread. Top with the arugula, then the red peppers. Dot the goat cheese over the peppers and drizzle each half with 1 teaspoon of the olive oil.

## SANDWICH MAKING TIPS:

*Not rules, mind you, simple tips on making great sandwiches.*

1. Grilled cheese sandwiches require a more subtle touch of heat than is usually delivered. Grilling at low medium heat for a longer time yields a crispier, more delicate crust that is still moist. Plus, the lower heat permits you to assemble the grilled sandwich in the pan itself. Sandwiches made with grated cheese melt more uniformly, and if made with chopped onion and/or tomato, are easier to eat than if using slices.

2. You can see that I prefer not to use mayonnaise; this is purely personal, and I know that many people feel very strongly about this. Except in some tuna and egg salads, I never use it. My BLT, for example, emphasizes the bacon and tomato with salt and pepper, not the mayonnaise and lettuce. I think it tastes better.

Do as you prefer, but if you have always used mayonnaise, try a BLT without it; the tastes of bacon and tomato are more upfront. For other sandwiches, sprinkle olive oil or oil and vinegar for a richer taste.

3. In general, I think that sprouts are a tastier, crunchier, healthier, higher protein alternative to lettuce. AND they stay fresher in the refrigerator longer. Although my favorite are broccoli sprouts (because of their peppery taste reminiscent of scallions), radish, onion, and mustard sprouts offer

## **SANDWICH MAKING TIPS continued...**

surprising degrees of spiciness that can be great. Sunflower sprouts contribute a nice nutty flavor and even alfalfa and clover sprouts, although more bland tasting, contribute more flavor and texture than any lettuce. I find that the stronger flavors of lentil, soybean and mung bean sprouts do not work well with sandwiches, so I prefer them for cooked dishes.

4. Tomatoes should be stored at room temperature. Even hothouse tomatoes will develop into something minimally respectable after a few days on the counter. They will not in the refrigerator.

5. Few cooked sandwiches are as easy to prepare and as purely satisfying as the classic fried egg sandwich. Sauté a clove of crushed garlic in a puddle of olive oil and fry two eggs directly on top of the garlic.

Do not break the yolks immediately; give the whites a moment to set. The eggs cook quickly, so put the bread in the toaster before the eggs go in the skillet. Tabasco and eggs are made for each other, so be generous; ditto for sliced onion. Cold fried egg sandwiches are fantastic, so do try packing a fried egg sandwich for lunch.

6. Some markets will package cuttings and small pieces of smoked salmon at significant savings. These may not be appropriate for formal presentations, but are perfect for sandwiches, omelets, and scrambled eggs.

## SANDWICH MAKING TIPS continued...

7. If you find the taste of cucumbers overpowers other sandwich ingredients, use thinly sliced, unpeeled and unseeded English cucumbers. On a hot day, sandwich #8 (see *Tom Sherman's Top Ten* on page 3) is refreshing and will rejuvenate your spirit.

