

**National Sandwich Day - COMING NOVEMBER 3!**



LAI D BACK  
COOKING CLASS  
**SANDWICHES 101**

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**LET MASTER  
SANDWICH  
MAKER**

**JACK  
KRAVITZ**

**TEACH YOU  
HOW IT'S DONE.**

**Tuesday Oct.27**

**@ 7:00PM**

**ON KRAVITZ DELI  
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**330.759.7889**

**YEARS ON BELMONT**

**kravitzdeli.com**

The sandwich as we know it was popularized in England in 1762 by John Montagu, the 4th Earl of Sandwich. Legend has it, and most food historians agree, that Montagu had a substantial gambling problem that led him to spend hours on end at the card table. During a particularly long binge, he asked the house cook to bring him something he could eat without getting up from his seat, and the sandwich was born. Montagu enjoyed his meat and bread so much that he ate it constantly, and as the concoction grew popular in London society circles it also took on the Earl's name.

Montagu's creation took off immediately. Just a few months later, a man named Edward Gibbon mentioned the sandwich by name in a diary entry, writing that he'd seen "twenty or thirty of the first men of the kingdom" in a restaurant eating them. By the Revolutionary War, the sandwich was well established in England. You would expect American colonists to have taken to the sandwich as well, but there's no early written record of them in the new country at all, until a sandwich recipe finally appeared in an American cookbook in 1815.

Of course, most Americans today wouldn't dream of eating a tongue sandwich. But that's ok, since we've come up with some pretty excellent sandwich ideas since then. That iconic New Orleans sandwich, the Po' Boy, came about in the Great Depression during a streetcar worker strike. Two brothers, once streetcar operators themselves, owned a sandwich shop nearby, and promised to feed any down-on-his-luck striking worker for free. When a hungry striker walked into the shop, the clerks would yell, "Here comes another po' boy," and the name stuck.

That school lunch staple, the Sloppy Joe, came about at around the same time, the innovation of a short order diner cooked named – you guessed it – Joe.

And the Reuben, that decidedly un-Kosher treat of corned beef, Swiss cheese, and sauerkraut, appeared not in a New York City deli but in Omaha, Nebraska. Named after one of the participants in a weekly poker game that took place in a hotel, the creation really took off when the hotel owner featured it on the dinner menu. It later won a nationwide recipe contest, and the rest is history.

**1st Century B.C.** – The first recorded sandwich was by the famous rabbi, Hillel the Elder, who lived during the 1st century B.C. He started the Passover custom of sandwiching a mixture of chopped nuts, apples, spices, and wine between two matzohs to eat with bitter herbs. The filling between the matzahs served as a reminder of the suffering of the Jews before their deliverance from Egypt and represented the mortar used by the Jews in their forced labor of constructing Egyptian buildings.

Because he was the first known person to do this, and because of his influence and stature in Palestinian Judaism, this practice was added to the Seder and the Hillel Sandwich was named after him.

**1840** – The sandwich was introduced to America by Englishwoman Elizabeth Leslie (1787-1858). In her cookbook, Directions for Cookery, she has a recipe for ham sandwiches that she suggested as a main dish:

Ham Sandwiches – Cut some thin slices of bread very neatly, having slightly buttered them; and, if you choose, spread on a very little mustard. Have ready some very thin slices of cold boiled ham, and lay one between two slices of bread. You may either roll them up, or lay them flat on the plates. They are used at supper or at luncheon.

**1900's** – The sandwich became very popular in the American diet when bakeries started selling presliced bread, thus making sandwiches very easy to create. Sandwiches became an easy, portable meal for workers and school children alike.

Sushi is the Japanese version of sandwich. Wheat was not a big part of the Asian diet. In order to have a portable finger food, the Japanese put their fish on top of rice ball or wrapped in Nori (seaweed paper) with rice and fish. There is also the Sushi Handroll



# THE MEATS

## Corned Beef

Originating in Ireland, corned beef made its way to the United States during the 1800s as an increasing number of Irish immigrants fled the potato famine. Corned beef is made from brisket, which comes from the lower chest of a cow. The meat is first brined in a liquid that traditionally includes salt, sugar, black pepper, cloves, bay leaves, dill and juniper berries. After the meat brines, it is then boiled and the finished corned beef relies heavily on the initial seasoning as the source of most of its flavor. Corned beef is most commonly served as part of a Reuben sandwich or with cabbage on St. Patrick's Day.



## Pastrami

PHOTO BY SPENCER PLATT/GETTY IMAGES

Modern day pastrami is a descendent of both Romanian *pastramă*, which is made with pork or mutton, and Turkish *pastırma*, which is made with beef. Both of these products are cold smoked, cured meats that are rubbed with spices, including coriander, black pepper and paprika. Around the turn of the Twentieth Century, as millions of immigrants poured into the United States, these recipes arrived on American soil and mixed with other smoked meat traditions in cities across the eastern seaboard. Soon enough, kosher pastrami became one of New York City's most beloved local foods, a tradition that continues to this day.



Pastrami is made from beef navel, which comes from the larger cut known as the plate. Compared to the neighboring brisket, the navel is a denser and more fatty cut, while also being less stringy, all of which produces a more luxurious final product. Today pastrami is made from brisket as well, along with turkey and salmon, but navel is still the most traditional cut to use.

# **Turkey Breast**

Deli turkey comes in different qualities. The least expensive is basically chopped up turkey meat that is put back together into a loaf with gelatin. This makes for a slimy loaf of lunch meat. Depending upon how many pieces of breast are used in the process.

At Kravitz our turkey is a three part all muscle turkey with minimal gelatin. Basically, a full turkey breast is boned and another ½ breast is sandwiched between the two creating a full breast appearance. Then the skin is put back on and it is roasted and seasoned at the deli. It's very close to your Thanksgiving bird with no bones to deal with.

# **ROAST BEEF**

This is beef that is roasted in an oven or grill. There are many cuts of meat used in roast beef from top round, eye or round and brisket. At Kravitz we use the eye or round which is very lean and cook it rare. Like turkey breast, roast beef comes in an array of quality.

# **HAM**

Ham has even more variety of qualities than turkey and roast beef combined. All types of ham start out as a roast cut from the hind leg of a hog. This is called a fresh ham. Before it's prepared, it is no different than any other pork roast. Unless the ham is sold as fresh, the hams are cured, which can mean wet-cured (brined) or dry-cured. Brine-cured ham is soaked in a liquid-salt mixture before being smoked and is the most common variety of ham. Smoked hams are typically cold smoked at under 100 F for days or even weeks.

# THE BREAD

Start with a good quality dense bread or roll. The bread creates the structure of the sandwich. Without a good bread all that it contributes to the sandwich is to keep the mustard off your hands. A good hearth baked bread provides the density needed to make a good sandwich and will stand up to grilling.

## Sandwich Breads

**Italian or French**- basically the same bread with a different shape. It is made from white flour. Traditionally lard is used in the dough, but most of these breads are now made with vegetable shortening. These sometimes are dairy when whey is added to the bread

**Sour Dough**-made usually from white flour. The rise comes from a sour dough starter which produces the yeast for this bread. The starter is started using dough from a prior batch. It has a subtle tang and more-substantial weight when compared to white bread.

**Rye**- be sure to get a traditional rye made from a sour dough starter. It provides the flavor and texture needed for a good quality rye bread. Rye Breads are made without animal or dairy.

**Egg Breads**-a softer bread made with eggs. Often seen as Challah or Easter Bread. This is a great bread for French toast or a Monte Cristo Sandwich (this is dipped in egg and then grilled)

**Whole Wheat Bread**- Whole wheat Bread and "Wheat" Bread are not the same. Whole wheat is milled with the outside part of the wheat grain giving it a nutty texture. "Wheat" Bread is basically white bread with color added. Most wheat bread contains either white flour or added vital wheat gluten. Without this gluten the bread cannot rise.

**Multi-grain Bread**- same as the Whole Wheat Bread but with other grains added.

# Classic deli sandwich rolls

- **Bulkie** (or hard) roll – type of roll with a crust that is usually slightly crisp or crunchy and has no toppings.
- **Challah Roll** – Jewish Challah bread dough formed into a roll, often in a knotted or swirled form. It is found in most Kosher sections of grocery stores, and therefore is commonly eaten by Jewish families across the United States.
- **Cloverleaf roll** – American version, consisting of three small balls of dough in a muffin cup, proofed and baked together.
- **Dinner roll** – smaller roll, often crusty (not usually used for sandwiches)
- **French roll** – generic term for the bread roll. Also a sweeter, softer roll with milk added to the dough.
- **Italian roll or hoagie roll**, long roll or steak roll – long, narrow roll with an airy, dry interior and crusty exterior.
- **Kaiser roll** – crusty round roll, often topped with poppy seeds or sesame seeds, made by folding corners of a square inward so that their points meet.
- **Kimmelweck** – kaiser roll or bulkie roll that is topped with a mixture of kosher salt and caraway seeds. This type of roll is a regional variation found primarily in parts of Germany and in Upstate New York.
- **Onion roll** – roll flavoured or topped with onions,<sup>[2]</sup> sometimes with poppy seeds.
- **Pretzel Rolls**- a basic roll that is dipped in an edible lye before it is baked and then topped with heavy pretzel salt

## CHEESES

**Swiss** Swiss cheese is made from cow's milk, is lightly flavored, sweet and nutty. Swiss cheese is known for being glossy, light or pale yellow and having large holes in it which is a result of carbon dioxide releases during the process of maturation

**Provolone** Provolone is a semi-hard Italian cow's milk cheese that has a smooth texture and a mild smoky flavor. Sandwiches usually use the unaged\mild variety

**Pepper Jack**- A Processed cheese with added dry chilies. It is a form of Monterey Jack cheese.

**American** A Processed cheese made from cheese (or byproducts of the cheesemaking process), mixed with whey, emulsifiers, vegetable oils, food colorings, salt, sugar, cream, gums and other ingredients. It can be flavored and spiced, and its shelf-life is generally longer than other types of cheeses. May sound bad, but it melts great.

**Cheddar**: Cheddar can range from mild in flavor to a sharp and powerful cheese. It is possibly the world's most recognizable cheese. Cow's milk with a mild to sharp flavor. Sandwich Cheddar is usually orange in color

**Muenster**-a rind washed semi soft cheese with a distinctive red/orange exterior which comes from washing the cheese while it is aging with a vegetable coloring. It melts very well and has a mild taste with a little funk taste on the finish to make it interesting.

# **TIPS ON HOW TO GRILL A SANDWICH**

-The real secret to grilling is to make sure the insides of the sandwich. There are several ways to accomplish this

Heat the sandwich in the microwave before grilling

Steam the filling before putting it in the bread

Pregrill the bread, add the filling and bake in the oven

Put a lid over the sandwich when grilling and grill slower.

-Always squeeze liquids out of wet ingredients

-When using wet ingredients, sandwich these between the meat and the cheese

-Thanks chemistry for grilled bread : The Maillard (pronounced my-YARD) reaction is a chemical reaction between amino acids and reducing sugars that creates the distinctive flavors in browned food. The Maillard Reaction is responsible for the tasty brown crust on your steak, and browned buttered bread and bits of cheese in a grilled cheese sandwich

-Be sure to use either softened butter or a buttery spread so you don't rip the bread

-Don't be scared of a little heat, but if the pan is too hot the sandwich will burn instead of brown. 275 degree grill or medium high heat

-If you want, grill both sides of the bread and then add the ingredients. You can either finish it on the grill or in the oven. Make sure that your ingredients are warm.

**HAPPY SANDWICH MAKING**