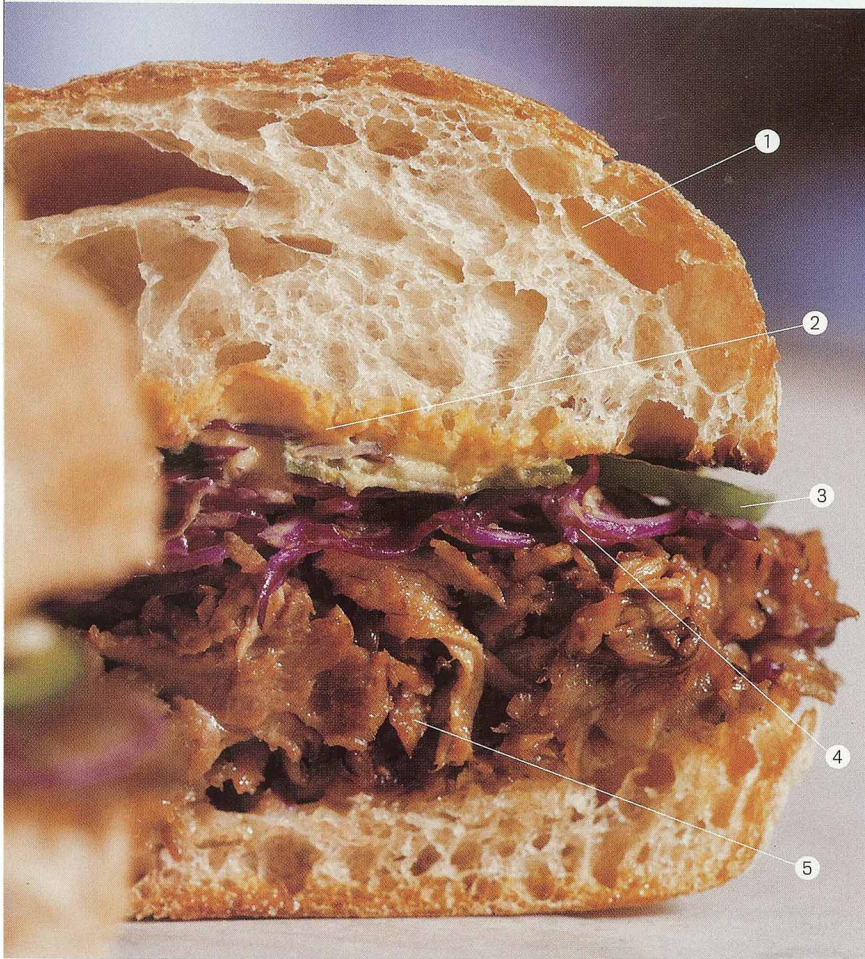


SEP. 06

M Eat

## The Art of the Sandwich

Building a great one requires planning. Chef Tom Colicchio provides the blueprint



▲ Slow-roasted pork with red cabbage, jalapeños, and mustard on a ciabatta roll; \$8.50 at New York's 'Wichcraft.

1

### Ciabatta roll

• "If there are juicy ingredients in there, you really need a bread with good texture and structure. You don't want soggy. We don't do it here, but if you have a lot of moist ingredients, think about using cheese to insulate the bread. Remember: Cheese will stop all juices."

2

### Mustard

• "Mustard and pork are a great match. The spiciness of the Dijon complements the richness of the pork better than another rich element, like mayo, would."

3

### Jalapeño

• "Spice for spice's sake is nothing special. But here the heat of the jalapeño helps balance the richness of the pork."

4

### Red cabbage

• "The key is making sure all the ingredients stand out. The cabbage is flavored with vinegar and oil. Pick things that complement the other elements or counteract them in a positive way."

5

### Slow-roasted pork

• "Piling up too much meat is as common a mistake as going back to generic ingredients like lettuce and tomato." —ADAM SACHS

→ "People don't give the sandwich the same respect they give other food," says chef Tom Colicchio, who, through his small empire of New York-based 'Wichcraft shops, is mounting a campaign to make the humble sandwich not quite so humble.

A good one, according to Colicchio, needs to do a couple of things. It needs to fit into your mouth. And—a radical suggestion—it needs to taste good. This means no roast beef with the untearable quality of a dog's chew toy, no marshmallowy pillows of white bread obscuring its filling.

"The biggest problem," he explains, "is that people put the least amount of thought into the most important ingredient: bread." Balance is key when choosing between, say, wheat toast and a ciabatta roll. "Think about the ingredients," Colicchio says. "Some require more bread to soak up juices; some are very subtle, so too much bread will kill them."

Ultimately, the perfect sandwich balances richness and acidity, moistness and crunch, sweet and sour. It looks—and works—something like this.