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**COOK'S CORNER**

## Just like Dagwood

You, too, can be creative when making sandwiches

By **Ron Mikulak**  
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The Courier-Journal

Recipe requests from readers Tiffany Lynch and Rodman Waddell have prompted me to ponder a bit about sandwiches.

Lynch expressed interest in the components of the Renaissance sandwich she enjoyed at the Cafe at the Louisville Antique Mall, 900 Goss Ave. Waddell said the cranberry tuna salad from Whole Foods Market, 4944 Shelbyville Road, was "wonderful."



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The Renaissance sandwich from the Cafe at the Louisville Antique Mall is not quite an Italian sub. It's served on a French baguette with Genoa salami, ham, Swiss cheese and olive relish. (By Arza Barnett, The Courier-Journal)



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Now, sandwiches often seem to me the quintessence of off-the-cuff, make-it-up-as-you-go-along food prep. The paragon of extempore sandwich construction is, of course, Dagwood Bumstead, who seems to find nothing in the fridge too outré for his masterpieces. Dagwood certainly needs no recipe for his sandwiches.



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And all of us know of someone who swears by exquisite combinations they created as a child and still, in private, wolf down unashamedly: peanut butter and pickle sandwiches, pork and beans on whole wheat slathered with mayonnaise -- that sort of thing.

Restaurants can push the taste envelope a bit, to intrigue their patrons, but need to stay within what most would agree on as rational parameters. Cafe owner Sal Rubino does that with a sandwich that is not quite an Italian sub, but has enough Italian influences for the "Renaissance" moniker to be reasonable.

The ingredients for the tuna salad are listed on the deli bar at Whole Foods. I played with the proportions a bit, until I got what seemed a good approximation of the sample I bought.

Cafe at the Louisville Antique Mall's Renaissance sandwich

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1 loaf French baguette, about 15 inches long

4 tablespoons olive relish (see recipe below)

About 3 tablespoons bottled Italian dressing

¼ pound thinly sliced Genoa salami

¼ pound thinly sliced baked ham

4 slices Swiss cheese

¼ cup banana peppers sliced into rings

1 medium ripe tomato, sliced

Red leaf lettuce

2 dill sandwich-sliced pickles

Cut the baguette in half for 2 large sandwiches. Cut each half lengthwise and spread the halves apart.

For each sandwich, spread about 2 tablespoons of olive relish on the bottom half of the bread. Spread over that about 2 tablespoons of the Italian dressing. Place half of the salami slices atop relish across the length of the baguette, then place half the ham on top of salami, and spread the second 2 tablespoons of dressing over the meats. Top with 2 slices Swiss cheese.

Sprinkle half the banana pepper rings over meat and cheese, and then top with sliced tomato and leaf lettuce. Close the bread, and pin together with toothpicks speared through a dill pickle slice.

Repeat with remaining half of baguette.

Cut sandwiches in half to serve.

Makes 2 large sandwiches.

**Nutrition data per sandwich:** 919 calories, 46 grams protein, 59 grams carbohydrate, 3 grams fiber, 51 grams fat, 3,383 milligrams sodium.

### Olive relish

1 cup green olives, rinsed

1 clove garlic, peeled and minced

½ teaspoon coarsely ground black pepper

1 tablespoon olive oil

2 tablespoons onion, diced

1½ teaspoons red wine vinegar

In a food processor, purée all ingredients into a coarse paste. Store in refrigerator.

Makes about 1 cup, which is more than you need for two sandwiches, but the extra is a good condiment to have in the fridge, and makes a pleasant spread on crackers for appetizers.

**Nutrition data per 2 tablespoons:** 52 calories, 1 gram carbohydrate, ½ gram

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fiber, 6 grams fat, 220 milligrams sodium.

### Whole Foods' cranberry tuna salad

2 5.5-ounce cans yellow fin tuna, drained

½ cup mayonnaise

¼ cup celery, strings removed and diced small

½ red onion, peeled and diced small

1 small carrot, scraped and diced small

½ cup dried cranberries

1 tablespoon lemon juice

Salt and pepper to taste

¼ cup parsley, minced

Drain the tuna well. Combine tuna, mayo, vegetables and dried cranberries in a bowl. Taste, and add about ½ tablespoon of lemon juice and salt and pepper to taste. Taste again, and add more lemon juice or seasonings to suit your taste. Stir in parsley.

Makes enough for about 4 tuna salad sandwiches.

**Nutrition data per serving:** 365 calories, 19 grams protein, 16 grams carbohydrate, 2 grams fiber, 24 grams fat, 561 milligrams sodium.

Want a restaurant recipe? You must send us the restaurant's actual name and address. Write to "Cook's Corner," The Courier-Journal, P.O. Box 740031, Louisville, KY 40201-7431. Include your name, address and phone number (this won't be published).

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