

SCANWICHES

By Jon Chonko

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powerHouse Books

Scanwiches

by Jon Chonko

powerHouse Books
Brooklyn, NY

Scanwiches

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Thank you...

...to my family, Mom and Dad especially,
for teaching me, among many other
things, how to make a sandwich.

...to all my friends and coworkers for thinking
this was cool enough to put up with me
scanning their lunch and asking their help.

...to all my teachers who encouraged me not
to accept restrictions on creativity even when
it meant misusing school equipment.

...to everyone at powerHouse Books for
getting excited about a little lunch blog.

...and to my girlfriend, Jacqui, for letting
me borrow her scanner even though she
knew what I was going to do to it.

Too few people understand a really good sandwich.

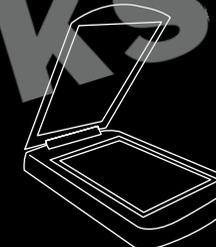
-James Beard

Scanwiches?

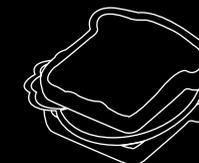
The first question people often ask is “why?” Why scan sandwiches? The answer to that is easy: There’s something about a sandwich to which everyone can relate. They’re one of the first meals you learn to prepare for yourself and one of the easiest comfort foods to put together in a pinch. We grow up with sandwiches, we grow old with them, they are the meals of our everyday life. They have cultural importance as well. Stories of regional and national identities are contained between the bread of the Bánh Mì, the Po’ Boy, the Hamburger, and many others.

More than most foods, the story of the humble sandwich reflects the world today, how we got here, and who we are. It’s ironic then that it remains such a humble food, a working-class meal that feels so familiar and comfortably mundane.

Which is why scanning is so appropriate. It may be a little unorthodox, but a flatbed scanner has a way of taking a familiar object (like a sandwich) out of its expected context, isolating and abstracting it into a thing vividly wonderful and alien from the paper-wrapped meal people eat every day. It becomes special. It becomes important. It gives the modest sandwich a long overdue celebration. That’s what *Scanwiches* is all about. Why scan sandwiches? Because they deserve it.



Scanner

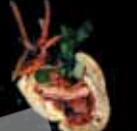
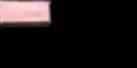


Sandwich



Scanwich

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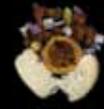
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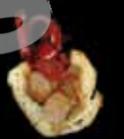
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Bánh Mì

.....
 1 Grilled Pork and Cha, 2 Cilantro, 3 Pate, 4 Carrots, 5 Daikon,
 6 Cucumber, 7 Chilies, 8 Baguette

A Revolutionary Sandwich

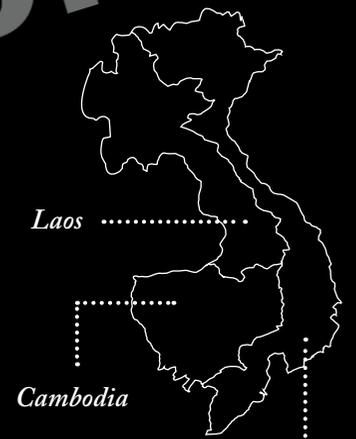
The story of the Bánh Mì is the story of modern Vietnam in a sandwich. It begins over 100 years ago during the peak of European imperialism in what was then called French Indochina.

The French imposed many things on the region during their time there. One of them was their bread, and it wasn't long before native Vietnamese cuisine rebelled.

Like a street-food Dien Ben Phu, Vietnamese ingredients took control of the baguette, and quickly replaced the old fillings with pork, daikon, and other local fare. Patés were allowed to stay—after all they are pretty tasty. Thus, the Bánh Mì was born.

By the time France pulled out (and the Americans came in) Vietnam had full custody of the Bánh Mì. It took some time to export but today it can be found worldwide.

Bánh Mì are fantastic meals. The combination of savory, spicy, fresh, and crunchy make them one of my favorite sandwiches.



Origin | Vietnam

Bánh Mì is actually the Vietnamese word for *bread* and describes a family of sandwiches with very few hard and fast rules. Once the baguette was co-opted anything could go in. Bánh Mì today incorporate, chicken, beef, veggie, and vegan options without losing their signature style.



1
2
3
4
5

Bauru

1 Thinly Sliced Roast Beef, 2 Melted Mozzarella, 3 Tomato, 4 Pickle, 5 French Bread with Some of the Crumb Torn Out.

The Ponto Chic Kid

São Paulo 1934, the Ponto Chic Restaurant. Enter Casimiro Pinto Neto, a young law student and future radio personality. He recites to the waiter a sandwich recipe, thinking over each element as the sandwich nears completion. “Add roast beef,” he says. “Now add a tomato,” he whispers. Thus the Bauru was born.

That’s a bit dramatic, but the actual history isn’t much different, and (unusually for sandwiches) very well documented. Casimiro Pinto Neto did walk into the Ponto Chic (a joint that still exists today and maintains this origin story) and request the very same sandwich you see.

Inspired by a Department of Education and Health booklet written on proper childhood nutrition, Neto sought to create a snack that fulfilled the requirements for proteins and vitamins. Today the sandwich is a national icon and given its cheesy, beefy goodness, I’m sure the kids love it.



Origin | São Paulo, Brazil

The sandwich was first called a **Casey** after Casimiro Pinto Neto. However Neto was known affectionately by many in São Paulo as **Bauru**, the name of his nearby hometown. **Casey** didn’t last long. “Bauru’s sandwich” was overwhelmingly requested and ultimately became the sandwich’s name.

Cheesesteak

1 Grilled, Thinly Sliced Steak, 2 Melted Cheez Whiz,
3 Grilled Onions, 4 Mushrooms, 5 Hoagie

The Sandwich of Brotherly Love

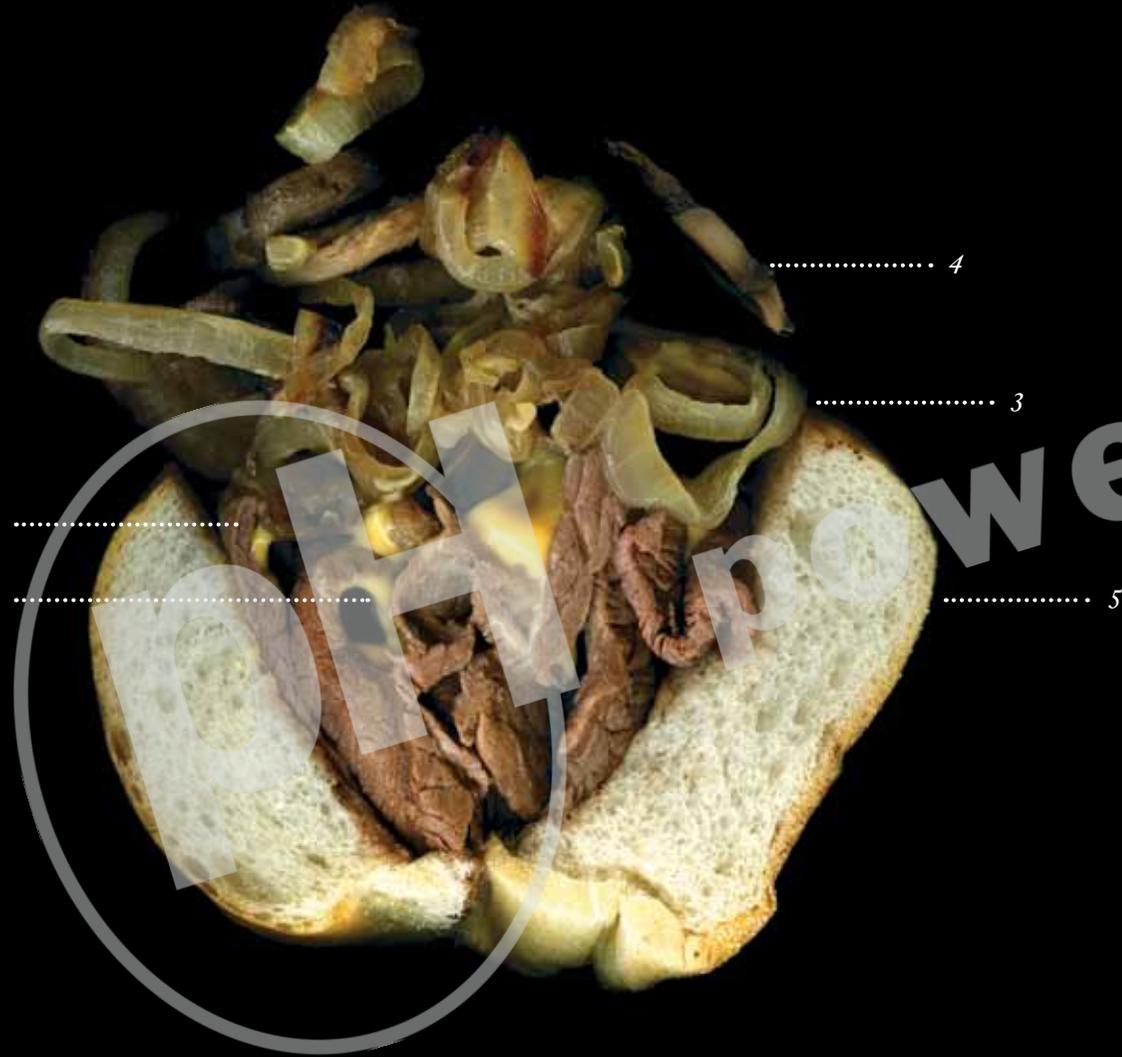
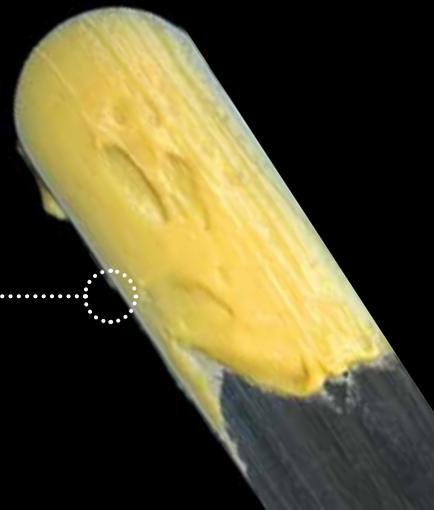
Few sandwiches are as associated with a place as strongly as the Cheesesteak is with Philadelphia. Even fewer sandwiches arouse as strong opinions as this greasy hoagie.

Its origin, as with most sandwiches, is anecdotal, with the known facts pointing to Philly in the early twentieth century. Today there's little debate that the city owns the Cheesesteak. It holds it so close to its bosom, in fact, that it may have become a little overprotective. Cheesesteak zealots will question any sandwich that doesn't use the right cheese (Provolone, American, or Cheez Whiz), the right hoagie (Amoroso or Vilotti Pisanelli), and the most zealous dismiss any sandwich not bought within city limits.

The Cheesesteak shown was made at home in Brooklyn. It may be heresy to some, but like the rest of the country, where the hugely popular sandwich can be found in most delis and fast food joints, it's just too tasty to worry if it's a counterfeit or not.

Ingredient | Cheez Whiz

Michael Dukakis wore a helmet, Howard Dean screamed, and during his '04 campaign John Kerry requested swiss on his cheesesteak at an appearance in Philadelphia. Had he known better, and asked for Cheez Whiz, he may have been our 44th president.



Chicken Salad

.....
1 Cubed Chicken, 2 Mayo, 3 Apples, 4 Walnuts,
5 Raisins, 6 Sprouts, 7 Sourdough Bread
.....

Chicken Any Way

If chicken breast is a mundane but adaptable meat, then chicken salad is the furthest expression of its flexibility. Chicken salad recipes are diverse and exciting. From spicy, savory curry salads to nutty and fruity Waldorfs, the only hard-and-fast rule is that it has to include chicken.

Putting it in a sandwich takes it up a notch. Not only are there endless variables in the salad itself but a whole new set of opportunities for toppings, bread, and condiments open up.

For me Chicken Salad sandwiches are about surprises. Going into a new deli and ordering a Chicken Salad sandwich is like punching a set of coordinates into a hyperdrive computer and pressing the launch button without looking at the destination. At its best, it's an exhilarating journey that takes you to the edge of the universe. At its worst, you find yourself in an asteroid field or at the edge of a black hole. If you're brave enough to do it, and survive, you feel a little more alive. You also know whether to get the chicken salad there again or not.



Variation | Curry Chicken

A deli-bought Chicken Salad sandwich. Some of the more prominent ingredients include shredded chicken, grapes, nuts, and spicy, creamy curry sauce.





1

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Chivito

.....
 1 Melted Mozzarella, 2 Bacon, 3 Ham, 4 Sliced Steak,
 5 Boiled Eggs, 6 Lettuce, 7 Mayo, 8 Round Roll

Uruguay's National Secret

Uruguay is a country full of surprises. It ranks as one of the greenest nations, the most livable, and was the first South American nation to legalize same-sex unions. In some ways Uruguay is the best little country you never hear about.

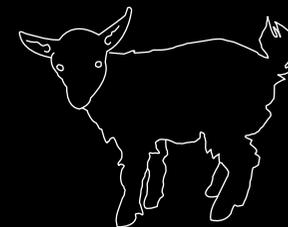
Add to that list of surprises, the Chivito. A true beast, the sandwich is piled high with steak, bacon, ham, eggs, and anything else that will fit. Rarely seen north of the equator, it remains illusive prey for most sandwich hunters. Like spotting Bigfoot or Nessie, it's a sandwich that haunts you after first spotted and food message boards are littered with stories of Chivito encounters from survivors hungry for more.

Maybe it's a good thing that the Chivito is so rare. After all, the United States' Hamburger was exported so aggressively it's almost lost meaning as a sandwich and even raised ire as it displaced local sandwich populations. Maybe keeping the Chivito in Uruguay preserves its purity and makes finding them outside their natural habitat all the more exciting.



Origin | **Uruguay**

Where the wild chivito's roam in abundance.



Name | **The Little Goat**

Chivito actually means *little goat*. Legend says, one evening a diner requested cooked goat, when the restaurant had none, they served the sandwich instead.

Elvis

.....
1 Bacon, 2 Banana, 3 Peanut Butter, 4 Honey, 5 Toasted White Bread
.....



A Meal Fit for the King

Elvis was known for many things. He was a musician, an actor, a soldier, a trendsetter, and a fashion faux pas. He was also a sandwich guy, with a taste for the rich and excessive.

Elvis's diet was as over-the-top as his latter-day rhinestone jumpsuits. Among his more famous requests was a sandwich known as the Fool's Gold Loaf, a jar of jelly, a jar of peanut butter, and a pound of bacon stuffed in a hollowed loaf of bread. Other sandwich requests were a little more reasonable. The most famous of those, a peanut butter, banana, and bacon sandwich, has adopted his name.

The Elvis truly is a sandwich fit for the king. The bacon, peanut butter, and banana is almost too decadent to believe and surprisingly addictive. Add a little honey to the mix and you're all shook up.



Variation | **PB&B**

There are many reports validating the peanut butter and banana sandwich as Elvis' favorite but not all of them include bacon. Most likely, like anyone, Elvis had his moods and those moods didn't always include the salty meat.

Gatsby

1 Fried Bologna, 2 Chips, 3 Ketchup, 4 Iceberg Lettuce, 5 Roll

The Great Gatsby

Sandwiches are often named after their inventors (Barros Luco, Elvis), and sometimes even their inventor's nickname (Bauru). More rarely they're named after a fictional inventor (Dagwood). The Gatsby may be one of the only sandwiches named after a fictional character who played no role in its invention at all.

In 1976, a Cape Town fish-and-chip shop owner named Rashaad Pandy ran out of fish one day. Desperate to feed a group of day laborers he hired, Pandy filled a round loaf with chips (fries), bologna, and a few other ingredients he had lying around. After trying the sandwich, a worker shouted "This is fantastic—a Gatsby smash! "Smash" was a local term for tasty dish and the 1974 film *The Great Gatsby* was screening in town, and the guy must have liked it. A lot more people liked the sandwich, and over the years it spread across Cape Town, the name Gatsby following it wherever it went.

Thus F. Scott Fitzgerald's love-sick bootlegger gained another footnote of notoriety and South Africa gained a tasty homegrown sandwich.

Key Ingredient | Hot Chips

Gatsbys are popular today, usually served on foot-long soft rolls with a wide range of ingredients. Chips remain the only requirement.



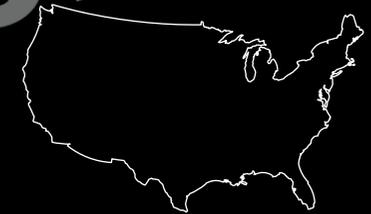
Grilled Cheese

1 Cheddar, 2 Buttered White Bread

Welcome Home

There's something genuinely comforting about a Grilled Cheese sandwich. Maybe it's the light, golden color of the bread and the creamy, womb-like warmth of the cheese. Maybe it's the bond of the two ingredients, the way they come together, almost hugging, impossible to divorce. Maybe the way it's prepared, carefully watching so it doesn't burn, flipping it at just the right time, creates a Zen moment when problems briefly melt-away in time with the cheese.

A Grilled Cheese sandwich isn't usually ordered in restaurants. It's not the kind of thing most people feel like eating when other, more complicated and grand options are available. No, the Grilled Cheese sandwich is the meal of home. It's the sandwich of an afternoon returned from school, the late night meal back from the office, or the sick day on the couch paired with a cup of tomato soup. A Grilled Cheese sandwich provides profound comfort and nourishment in one soft, warm, easy to hold package.



Origin | Unites States

The availability of pre-sliced bread and easily melted Kraft Velveeta in the 1920s made the Grilled Cheese an instant hit.



Variation | Ham

What's the only thing better than a Grilled Cheese sandwich? A Grilled Ham and Cheese sandwich.



Lobster Roll

1 Boiled Lobster, 2 Mayo, 3 Green Onions, 4 Top-Loader Hot Dog Bun

New England Summers

Growing up in Central Texas, I was unprepared for my first Lobster Roll experience. It was summer and I was visiting my girlfriend's family in New Hampshire. We were at a seafood restaurant on the state's tiny stretch of coastline and we ordered Lobster Rolls. The entire meal was like a religious experience, a sensation out-of-state Lobster Rolls have never matched.

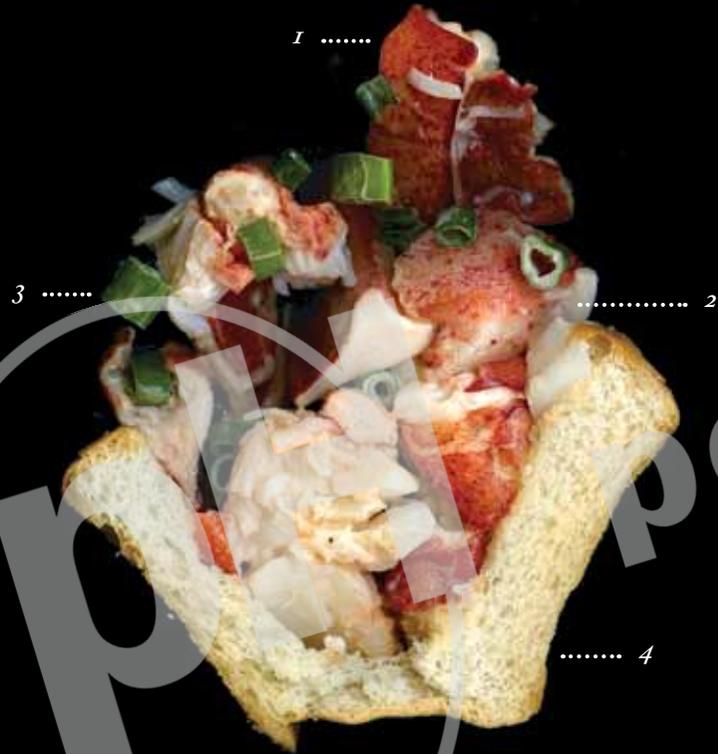
The quintessential New England summer snack, the Lobster Roll is rare outside the Northeast. Anyplace else, lobster is too expensive and luxurious to put in a sandwich. It's all for the best. Some things are so entwined with a place and time that divorcing them destroys their power. New England summers and Lobster Rolls are one such pair.

Variation | Connecticut Style

The Connecticut style roll consists of hot lobster and drawn butter. Invented the 1930s by Harry Perry, a restaurateur in Milford, Connecticut at the request of a traveling salesman, the style was once the more common roll. Today it's found very few places outside of Connecticut.

Sandwich Tool | Crackers

If you want to boil your own lobsters it's important to have the right tools. Claw crackers are essential. Nut crackers, like these, work in a pinch.



Mother-in-Law

1 Beef Tamale, 2 Chili, 3 Onions, 4 Sport Peppers, 5 Hot Dog Bun

A Tamale in a Sandwich

There's a joke that asks, "What's in a Mother-in-Law sandwich?" Answer: cold shoulder and tongue (cue rimshot). But there is a real sandwich called the Mother-in-Law that's popular on Chicago's South Side and while it doesn't have cold shoulder and tongue, its actual ingredients are just as strange.

In a Mother-in-Law you'll find a beef tamale, covered in chili, nestled in a Hot Dog bun. It being Chicago you may also find some pickles, onions, relish, and peppers on top.

The sandwich's name and origin are complete mysteries. Some theories claim it originated in the Mississippi Delta, where tamales are a popular snack. Others point to a large Mexican population in Chicago as a possible source. Corn meal mush was also a common meal in Illinois during the late-nineteenth/early-twentieth century, so that might be a third explanation.

With so many questions asked but left unanswered, eating a Mother-in-Law can be a fascinating and thought-provoking experience.

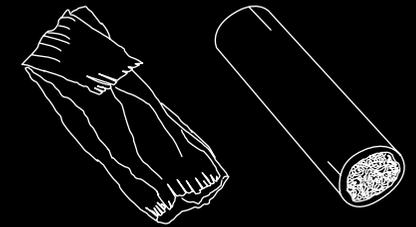
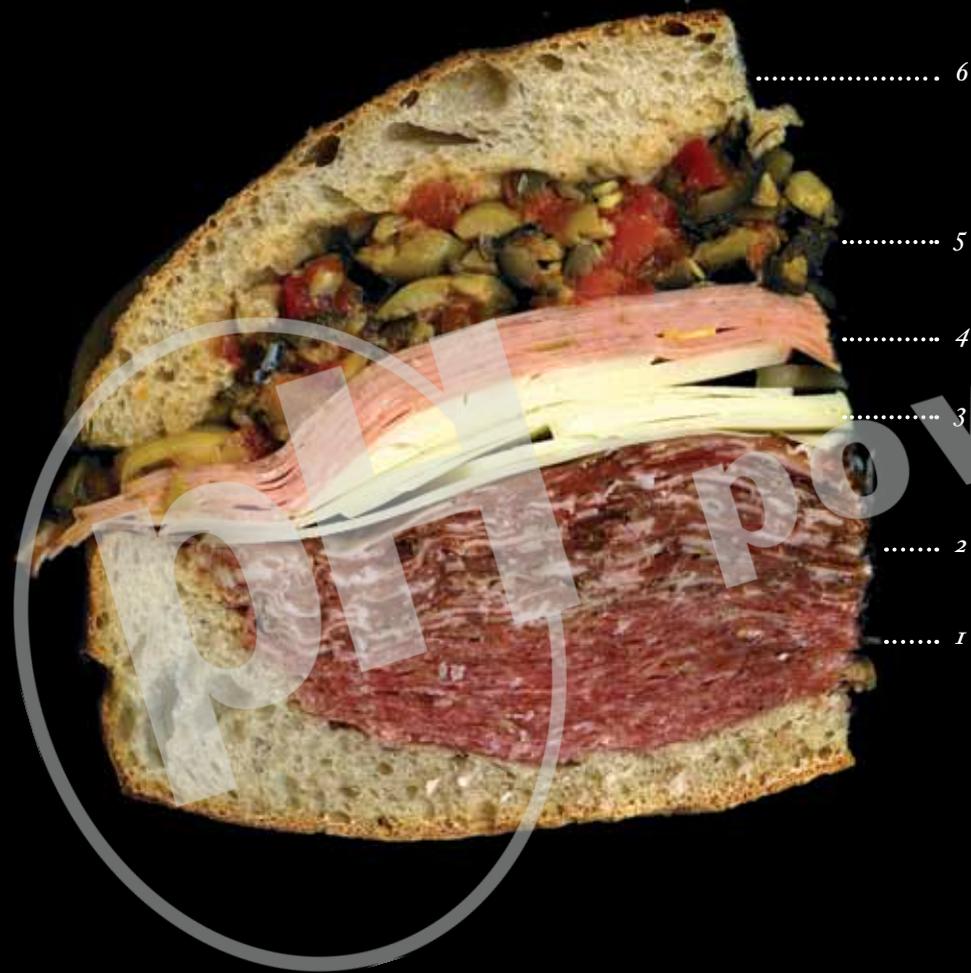


fig. A

fig. B

Ingredient | Tamale

Traditional tamales (fig. A) are often made by hand and come wrapped in corn husks. Mother-in-Law sandwiches use a style of tamale unique to the Midwest (fig. B). The husks and handmade preparation are gone, instead the tamale resembles a tubular, meat-stuffed cylinder, the result of being extruded through a machine in a factory.



Muffaletta

.....
1 Salami, 2 Capocollo, 3 Provolone, 4 Mortadella,
5 Giardiniera and Olive Salad, 6 Hollowed, Round Italian Loaf
.....

The Big Meaty

New Orleans is known for many things, among them, big personalities, voodoo magic, and southern hospitality. The Muffaletta is a New Orleans sandwich that has a little bit of each. The Muffaletta was created by Salvatore Lupo, owner of Central Grocery, to feed the hungry farmers selling their goods in the French Quarter. The farmers would order items piecemeal, a little ham here, a bit of bread there. To Salvatore this seemed like an inefficient way to make a lunch. To satisfy these hungry mouths and make it easier to eat, Lupo took a large round loaf of bread and filled it with the ingredients he had at hand. Thus the Muffaletta was born. The sandwich is still made and served at Central Grocery today, conjuring up lines that wrap around the block come lunchtime.

Ingredient | Muffaletta Filling

Muffaletta may take its name from the Sicilian word for soft loaf (*muffuliette*), but its filling (made up of olives, herbs, giardiniera, and oil) is the otherworldly element. Let it sit over night and it becomes supernaturally delicious.



Panini

.....
1 Grilled Chicken, 2 Sun-Dried Tomatoes, 3 Spinach,
4 Feta, 5 Grilled Ciabatta Bread
.....

So Hot Right Now...

The Panini is a modern-day sandwich phenomenon. One of the most popular and globally successful foods of the past decade, the Panini has made the sandwich vogue like never before.

Maybe its striking black lines and svelte shape catch the eye better than unpressed sandwiches. Maybe it's the name? Panini. It sounds so stylish and high-brow, compared to the boorish Grinder, Hoagie, and Po' Boy. Its roots are fashionable as well, akin to luxurious Italian fashion houses. Toasted Panini were common in Italy for much of the twentieth century and were especially popular with the youth, nicknamed "Paninari," who were too active to sit for meals, scarfing the pressed sandwiches as they went about doing trendy things.

How can a sandwich with such a great figure, name, and pedigree not become a sensation? The Panini is the sandwich du jour and a common site in stylish cafes and bistros worldwide.

Variation | Nutella and Strawberries

Variation | Roast Beef and Peppers

One reason the Panini is so popular is that it's really just a preparation style. Any combination of ingredients and bread that can go into a press will emerge a Panini. That flexibility means there's a Panini for every taste.



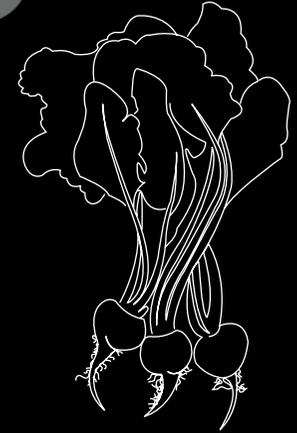
Stalwart Goatherd

.....
1 Goat Cheese, 2 Honey, 3 Roasted Beets, 4 Roasted Red Pepper,
5 Arugula, 6 Roasted Garlic Spread, 7 Whole Wheat Raisin Nut Bread
.....

We Have a Winner

The Stalwart Goatherd, a sublime rush of honey, goat cheese, and beets between raisin nut bread, was the winner of the *Scanwiches* “Fanwiches” competition. The delightful veggie sandwich was the brainchild of Brianne Muscente, a long-time vegetarian, who designed the sandwich after brainstorming all the delicious homemade sandwiches of her past and combining some of the best elements of each.

What the Stalwart Goatherd, and its competition, ultimately show is the power of the sandwich. As a meal, it’s so flexible and easy to experiment with that you can’t help but create something new, something personal. It’s a meal for one, after all; no reason to try and satisfy anyone but yourself. That sort of uninhibited spirit combined with an endlessly modular assembly method means that the sandwich world is full of delicious unknowns. For every classic Club or B.L.T. there’s likely a dozen Stalwart Goatherds silently enjoyed as midnight snacks or weekend lunches, blissfully anonymous and perfectly satisfied to be an undiscovered delight.



Key Ingredient | Beets

The Stalwart Goatherd’s creator went through a laundry list of her favorite toppings to create the sandwich. Many didn’t make the cut including homemade dill cucumbers, sprouts, and hummus. Beets, however, were at the top of the list. The fact they would go in the sandwich was a given.



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