



NEW YORK SALT BEEF SANDWICH

Originating from the Jewish communities, this heavenly piling of salt beef all merged into two slices of soft bread, has become an icon of the New York food scene. You can also try swapping the bread for a bagel.

Pastrami on rye is a classic sandwich made famous in the Jewish kosher delicatessens of New York City. It was first created in 1888 by Sussman Volk, who served it at his deli on Delancey Street in New York City.

Making your own salt beef at home is simple, except that one ingredient – saltpeter or potassium nitrate – is considered dangerous (it's one of the ingredients of gunpowder) so it's hard to find. Ask your butcher or get 'curing salt' which contains a tiny amount of sodium nitrite.

INGREDIENTS

6 Salt beef (slices)	Piccalilli
½ Malted thick sandwich loaf	1 Lollo rosso lettuce (one head)
6 Gherkin slices	1 tbsp Mayonnaise
4 Emmental cheese slices	

METHOD

1. Wash and dry the lollo rosso lettuce and set aside
2. Toast the bread and lay out allowing 2 slices per sandwich. Spread half of the slices with mayo and the rest with piccalilli
3. Build as follows: bread, Piccalilli, cheese slices, Lollo rosso, gherkins, shaved beef and mayo
4. Top with the leftover slices of toasted bread
5. Cut and serve