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SF CHEFS AT LUNCH
YOGA IN THE VINEYARDS
A LITTLE PIECE OF EARTH
ANTHILL WINES

WINTER 2010 NO. 19



The New Hero

Make Way for Sustainable Sandwiches

edible CONTRIBUTORS

PHOTO BY ANDREA SCHER/SUPERHERODESIGN.COM




Marcia Gagliardi is a freelance food writer and publisher of the tablehopper (www.tablehopper.com), a free weekly e-column that is the Bay Area's most trusted resource for recommendations on where to eat, drink, and schmooze. Her work has appeared in *San Francisco Magazine*, *Travel + Leisure*, and *Edible San Francisco*. She has appeared on Oprah & Friends: The Gayle King Show, Playboy TV, the Martha Stewart

Living Today radio show, and many local programs. Her first book, *The Tablehoppers Guide to Dining and Drinking in San Francisco: Find the Right Spot for Every Occasion*, will be published this spring by Ten Speed Press.


Ben Tremper loved photographing The Sentinel and Pal's Take Away. It's tough interrupting a city's lunch hour to take photographs of sandwiches, and he had to literally push people out of the way to do so. In exchange for his efforts, Ben was rewarded with the best sandwiches he had ever tasted.



Since fall 2006, **Frank Stockton** has been living and working as an illustrator in New York City. His artwork has embellished the pages of many prestigious publications, such as *The New Yorker*, *The New York Times*, *Playboy*, *Communication Arts*, *Esquire*, and *Mother Jones*. Prints of his artwork can be purchased online at www.frankstockton.com.



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Where Chefs Like To Get Their Sandwich On

For this issue, we asked San Francisco chefs to tell us their favorite sandwich in San Francisco, and a sandwich they like to make for themselves.

Rob Lam of Butterfly and Eastside West

It's the turkey sandwich at **Arguello Super** (See above, 782 Arguello Blvd., 415-751-5121). You know, I hate Dutch crunch. I always found the texture to be weird but that place convinced me it can actually work. I order mine with white meat and dark meat, with a little skin because I'm a chef, and we like fatty stuff. I think they go through five or six turkeys a day—there's always a line. But they know me so now I call in my order. I get mayo, lettuce, onion, salt and pep-

per, and a slice of American cheese. It's all tastes so good, the mayo and the salty turkey skin.

I make a lot of sandwiches because I have my two girls. But when I have really good eggs, I like to slow scramble them in some butter, and them put them on some soft white bread. Yeah, that soft, white, un-nutritious white bread. No wheat bread here. I'll shave some white truffle on top if I have it, or truffle oil, and sea salt. It's a perfect little sandwich. But it's all about having good eggs.



Melissa Perello of Frances

I used to be hooked on brisket Friday at **Moishe's Pippic** (425 Hayes St., 415-431-2440)—they sell out early. But since **Ike's Place** (3506 16th St., 415-553-6888) is now a neighbor to my restaurant, I like to order the Tony Soprano—it's the closest thing to an East Coast sub. I also like the grilled cheese sandwich at **Hog Island Oyster Company** (Ferry Building, 415-391-7117).

When I'm making my own sandwich, I like grilled cheese sandwiches. Lately I have been griddling some levain, and then topping it with braised greens, leeks, and beans, plus some La Tur cheese and eating it open-faced.

**Michael Tusk of Quince and the upcoming Cotogna**

I like **Mario's Bohemian Cigar Store Café** (566 Columbus Ave., 415-362-0536)—they use focaccia from Liguria Bakery right around the corner, and get a nice toast on it in a Baker's Pride oven. There are about seven kinds—I like the one with Danish ham and cheese, or the eggplant and meatballs. I will sometimes split sandwiches with a friend so you can have two kinds, and I like the Italian peppers that come on the side. Since we East Coast guys take our sandwiches seriously, I also like the Mighty Vik at **Viking's**



Giant Submarines (1418 Lombard St., 415-673-5619). They also get a nice toast on the bread, putting it on the floor of the pizza oven they have, and you can choose a smaller or longer roll. The BLT is pretty good, too. Oh yeah, and the **Naked Lunch** (504 Broadway, 415-577-4951) guys do a nice job. I like the fried chicken sandwich, and the foie is good but I had to split it—I couldn't eat a whole foie gras sandwich.

I keep my sandwiches simple. I was in a phase of eating a confit of local tuna (or canned) on toasted bread. I would spread some aioli with a fair amount of garlic on there, and a Calabrian pepper spread, plus fresh sliced tomatoes when they were in season, and arugula. I go through a lot of that pepper spread—you can find it at delis.

Sharon Ardiana of Gialina

I loved the pulled pork that was at **Broken Record**—it was the best in the City. Now I gotta get over to **Bruno's** (2389 Mission St., 415-643-5200) and have it again since that's where they are now. I'm also a fan of the bahn mi at **Saigon Sandwich** (560 Larkin St., 415-474-5698). You can't go wrong with roast pork or the meatball version—it's so good with all the fixin's. You get the heat, pickled things... it has everything. But I don't like their paté, it's too livery. I also think the Slanted Door's **Out the Door** (outthedoors.com) has a good one. It's a gourmet version for sure: It comes on Acme bread, so it's a bit classier. And the pork is quality.



In the summer, I love to make a BLT with avocado. My mom used to fry an egg on top—so good. Crisp bacon, an over-medium egg, and lots of mayo to hold it all together, very important.

—MARCIA GAGLIARDI

OVERHEARD

I just saw something that changed my life, it was horribly disturbing and eye opening. I just saw the movie *Food, Inc.* Have you seen it?

No.

Look, I'm already up to \$149.00! Clearly, I'm going to have to spend more but it's worth it. It's the difference between living healthy or not.

—At the Safeway checkout stand