

Pan Bagnat sandwiches recipe
AF DuPage Cooking Demonstration
Saturday, August 15 at 11:00 am
Presented by Chef Chris Thielman & Karen Thielman

Servings: 4 portions

Special equipment: saucepan, microplane grater, plastic cling film

Ingredients:

4 -4-inch crusty rolls like Ciabatta or French rolls
2 cloves garlic
2 medium-size ripe tomatoes
1 small green pepper
4 ounces kalamata seedless olives, roughly chopped
1 small red onion
2- 5-ounce cans of tuna, packed in oil
2 hard-cooked eggs
1 small container (12 pieces) anchovies
Salt and pepper to taste
16 fresh basil leaves
6 ounces extra virgin olive oil
3 ounces red wine vinegar

Method:

Hard-cook the eggs in a saucepan for 13 minutes. Let cool.

Cut each roll in half horizontally and remove a little bit of the interior so the fillings will fit inside the roll.

Grate the garlic on a microplane and spread evenly on the insides of all the rolls.

Chop the tomatoes and place them on the bottom of each roll.

Slice the green pepper into small very thin strips and place about 4-5 strips on top of the tomatoes. Roughly chop the seedless black kalamata olives, then place the chopped olives on top of the green peppers.

Thinly slice the red onion and place on the rolls.

Remove the tuna from the can (do not drain), then split it evenly between the rolls.

Slice the eggs and distribute them evenly between the 4 rolls.

Salt and pepper the rolls.

Place 3 anchovies on each sandwich.

Place 4 fresh basil leaves on each sandwich.

Sprinkle the oil and vinegar on each sandwich including the inside of the top of the sandwich.

Wrap each sandwich very tightly in plastic wrap so the juices soak into the rolls. Place them in the fridge for a few hours or overnight so the flavors can meld together.

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