

Cooking Corner

For Great Meal Ideas For Any Occasion, Think Between The Bread

(NAPSA)—Bring a brown-bag staple from standby to standout with delicious and flavorful sandwich ideas to satisfy any meal occasion—morning, noon or night. With the right ingredients and some tips from critically acclaimed chef, restaurateur, cookbook author and TV personality Bobby Flay, it is easy to escape midday mealtime monotony and prepare a superstar sandwich for breakfast, lunch or dinner.

Bobby Flay and Hellmann's® and Best Foods® Mayonnaise provide sandwich solutions with the Build the Perfect Sandwich program. An interactive Web site, www.buildtheperfectsandwich.com features a series of video segments that highlight members of a live audience challenging Bobby Flay with various occasions for on-the-spot sandwich creations.

"I honestly believe there is a perfect sandwich for everyone; taking into account the occasion, your current mood and even your personality is the first step towards figuring it out. There are endless textures and flavors that can be used to make a sandwich a truly delicious meal," said Flay.

His skills were put to the test by a wide variety of sandwich occasions, such as the "Ready to Rock" sandwich (a portable version of ham and eggs) created for a rock-star production manager who needed nourishment in his crazy, 14-hour day. The site can provide a wealth of sandwiches to suit just about any occasion, mood and personality trait. Many of the sandwiches are made with Hellmann's® or Best Foods® Real Mayonnaise, since



Sandwiches have always been a staple of the brown-bag lunch, but now they are an even more important mealtime main course as families look to do more with less.

Flay maintains it doesn't get more simple than its real ingredients of eggs, oil and vinegar.

The site also offers tips, recipes, sweepstakes information and even a "sandwich recommender," which asks visitors to answer six simple questions that measure current mood, habits and what's happening in their lives.

The Ready to Rock Sandwich

- ½ teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 2 teaspoons Hellmann's® Dijonnaise
- 3 tablespoons Hellmann's® or Best Foods® Real Mayonnaise
- Salt and freshly ground pepper
- ¼ cup canola oil
- 2 tablespoons finely chopped fresh chives
- ¼ pound arugula, washed and dried

- 3 tablespoons canola oil
- 1 loaf Ciabatta, sliced in half lengthwise
- 8 thin slices country ham or prosciutto
- 4 large eggs

1. Whisk together lemon juice, zest, mustard, mayonnaise, chives, ¼ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Whisk in the canola oil until combined.

2. Brush the cut side of the bottom half of the bread with 2 tablespoons of the oil and season with salt and pepper. Grill on a grill pan, oil-side down, over high heat until lightly golden brown, about 20 seconds; or place the bread on a sheet pan, oil-side up, and toast under the broiler until lightly golden brown, about 45-60 seconds. Reserve the remaining half for later use.

3. Heat the remaining tablespoon of canola in a large nonstick skillet over medium-high heat. Add the ham and cook until just warmed through on both sides, about 30 seconds per side. Gently crack the eggs onto the ham, season with salt and pepper and cook until the white is set and the yellow is slightly firm, about 2 minutes. The yolk should still be slightly runny.

4. Place the toasted bread on a flat surface and spread with a few tablespoons of the dressing. Top the bread with the ham/eggs and then top the eggs with the arugula. Drizzle with more of the lemon-chive dressing and serve immediately.