

Serve it up Sassy

A HERO FOR YOUR SUPER HERO!



“Look, up in the sky, it’s a bird, it’s a plane..its Superman!” When it comes to super hero’s we often think of mighty men of valor fighting evil vigilantes combating threats against humanity. To honor your super hero make them a supersonic hearty meat and cheese filled hero sandwich, guaranteed to make them think they can “leap tall buildings in a single bound!”

No matter who your hero is they will love this hearty meat and cheese filled sandwich. An Italian sesame seed topped 14-inch bread loaf is cut in half and spread with mayonnaise and Ranch jalapeno dressing. Layers of thin sliced peppered turkey, black forest ham, sopressata, hard salami, mortadella, provolone cheese, ripe tomatoes and red onions are stacked one layer at a time on bottom half of the bread. Shredded iceberg lettuce sprinkled with dried oregano, salt and pepper is

lightly drizzled with oil and vinegar dressing and piled high on top of the layered meat and cheese sandwich. The upper crust is added to the layers making this a monstrosity of a sandwich. Cherry tomatoes with sweet pickle chips are skewered with long toothpicks equally spaced on top of the sandwich to hold it together. The sandwich is wrapped in plastic wrap or parchment and refrigerated at least one hour for the flavors to mellow together.

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A note about sopressata and mortadella; both are Italian cured ground pork compressed sausages that make a pepperoni style deli meat. These meats are usually made from pork fat and other miscellaneous sources of pork pieces. The mortadella has black pepper, pistachios and nutmeg for added flavor and is a great addition to the Italian sandwich. The sopressata is dry-cured from different regions of Italy and has distinct flavors from those regions, most flavors are hot as in spicy. Sopressata is becoming the new pepperoni on pizzas in large city pizzerias. Most local delis should have sopressata and mortadella; if not select the hard salami and pepperoni for a wonderful Italian hero sandwich.

Served with the hero sandwich are spiced potato chips. Heat potato chips on a baking sheet for a few minutes until the chips begin to shine, add your favorite herbs and spices toss and coat. Our chips were coated with Montreal steak seasoning, garlic powder, onion powder, salt and pepper. The chips seasoning compliment the jalapeno dressing on the sandwich.

Every super hero has to have a dessert and what hero doesn't love a rich dark chocolate brownie coated with caramel and pecans? Melted caramel bits, chopped pecans and dark chocolate morsels are added to the 'just out of the oven' warm brownies. The brownies are refrigerated

until set and cut into 2 x 2 inch squares before serving. These brownies will be eaten in a flash! Treat your super hero with their favorite foods, a hearty meat and cheese stuffed hero sandwich with seasoned chips, and caramel pecan brownies!

Who is your super hero? I'm sure it is not a sandwich, but a true super hero. A super hero is a person who is admired for their achievements and noble qualities, a warrior, or it can be an ordinary person facing extraordinary circumstances that acts with courage, honor and self-sacrifice. Sometimes a super hero lives in the hearts of children fighting big battles. Celebrate your super hero with sincere gratitude and appreciation. Be determined to be someone's super hero today.

Your super hero probably doesn't wear a cape, mask, or wear a label that refers to super hero status instead they calmly go about the day dedicated to a moral code of "protecting truth, justice, and the American way".

Helping you Make a Statement, Make it Sassy and Make it Yours!®
<http://www.lizbushong.com>

<http://brandongaille.com/37-famous-superhero-slogans/>
 The term "Super Hero" is jointly claimed by DC Comics and Marvel Comics



Super Hero Sandwich

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INGREDIENTS:

- 1 tsp. dried oregano
- Salt and freshly ground pepper, to taste
- 2 teaspoons Newman's oil and vinegar dressing
- 1-14" loaf Italian bread with sesame seeds
- 2 teaspoons Hellmann's mayonnaise
- 2 teaspoons Lite house Jalapeno Ranch dressing
- 2 cups finely shredded iceberg lettuce
- 2 tomatoes, thinly sliced
- 1 small red onion rings, separated
- 5 oz. thinly sliced hard salami
- 5 oz. thinly sliced peppered turkey
- 5 oz. thinly sliced black forest ham
- 5 oz. thinly sliced Sopressata
- 5 oz. thinly sliced Mortadella
- 5 oz. thinly sliced provolone cheese

INSTRUCTIONS:

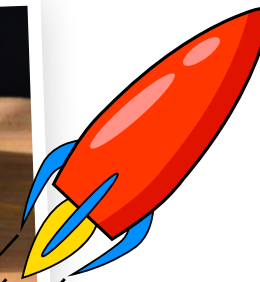
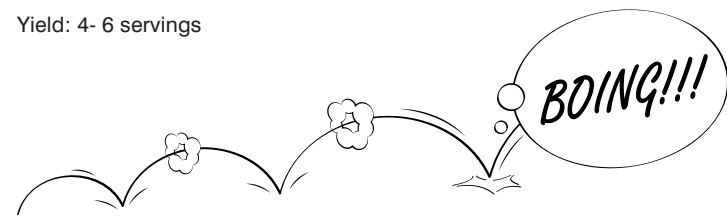
In a small bowl, whisk together Newman's oil and vinegar, oregano, salt and pepper. Add shredded iceberg lettuce, toss to coat. Set aside.

On a work surface, place a long piece of plastic wrap or parchment paper and position the bottom half of the cut loaf over the wrap. In small custard cup, mix together mayonnaise and ranch dressing. Stir to combine and spread over the bread. Layer ham, turkey, sopressata, mortadella, and salami, provolone cheese, tomato slices, onion rings and shredded lettuce.

Top with sesame seed top crust. Wrap sandwich in plastic wrap or parchment paper and refrigerate for at least one hour or up to 4 hours to develop the flavors.

To serve, unwrap sandwich and garnish with cherry tomato with pickle slice skewered with a frilly toothpick. The picks will keep the sandwich together while cutting. Cut sandwich into desired portions.

Yield: 4- 6 servings



Seasoned Potato Chips

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INGREDIENTS:

- 1-8.5 ounce package wavy potato chips or kettle chips
- 2 teaspoons Grill Mates Montreal Steak seasoning
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons salt
- 2 teaspoons chili powder

INSTRUCTIONS:

Preheat oven to 325 degrees. Spread potato chips on a large baking sheet. Bake in oven until chips are slightly heated and appear to be shiny. In small bowl, combine spices to blend. Remove chips from oven and sprinkle with seasoning mix. Toss to coat. Store in airtight container for up to 2 weeks. Serve as desired with or without a dip.

Yield: 6-8 servings

Caramel Pecan Brownies

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INGREDIENTS:

- 1-18 ounce package Brownie Mix, eggs, vegetable oil as per package
- 1-11 ounce package Kraft Caramel Bits or 25 unwrapped caramels
- 2 teaspoons half and half
- 2 cups chopped pecans
- 1- cup dark chocolate morsels

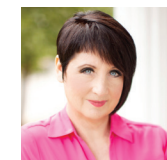
INSTRUCTIONS:

Line an 8 x 8 inch square pan with aluminum foil. Lightly grease foil and coat with flour. Remove excess flour and set aside. Follow instructions on brownie mix and pour into prepared pan. Bake brownies 50-55 minutes. Remove brownies from oven and keep warm.

Meanwhile, melt caramel bits and half and half in microwave for 1 minute or until melted. Pour melted caramel over warm brownies covering entire surface. Garnish caramel with chopped pecans and dark chocolate morsels. Refrigerate brownies to firm before slicing.

Yield: 16-2" brownies

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Liz Bushong is an expert in the three-dimensional art of entertaining. She transforms simple dining occasions into beautiful and memorable moments by adding a touch of her own "sassy" style. For the past several years Liz been entrusted to decorate the White House for several Holidays. She is a featured monthly guest chef/designer on Daytime Tri-cities, Daytime Blue Ridge and other television shows. Liz is the author of the Just Desserts and Sweets & Savories cookbook as well as a contributing writer for VIPSEEN and Bella Magazine. For more information about Liz go to www.lizbushong.com or www.serveitupsassy.com

