



Traditional Reuben Sandwich

Serves 4

TASTE OF CATER CARE FACT

The Reuben sandwich is one of those dishes where its origins are disputed. Some believe it was created at Reuben's Deli in New York, while others claim it was made for Reuben Kulakofsky at the Blackstone Hotel in Nebraska. One thing is for sure it was created in the USA!

The classic Reuben is usually complemented by Russian dressing. Despite its name, this is another creation of the USA, with it first appearing in the 1900's, but it wasn't until 1910 that mayonnaise was added to the dressing by James E Colburn, who sold it at his store in Nashua, New Hampshire. The original recipe used to incorporate caviar, and this is why it became known as Russian dressing. Although the Reuben sandwich is traditionally made with rye bread, this recipe uses a bagel, a bread dating back to the Jewish communities of Poland in the 1600's.

INGREDIENTS

- 80gm Whole Egg Mayonnaise
- 25gm Tomato Ketchup
- 15gm Horseradish Cream
- ¼ tsp Hot Sauce
- ¼ tsp Worcestershire Sauce
- 1/8 tsp Sweet Paprika
- To Taste - Tabasco
- To Taste - Sea Salt
- 700gm Corned Silverside
- 35ml White Vinegar
- 35gm Brown Sugar
- 8 Whole Black Peppercorns
- 1 Bayleaf - lightly crush.
- 1 Whole Clove
- 1 ½ Oranges - peel and roughly chop.
- 150gm Brown Onion - peel and roughly chop.
- As Required - Water
- 4 Plain Bagels - cut in half laterally and lightly toast.
- 8 slices Swiss Cheese
- 100gm Sauerkraut - drain.
- 4 Sweet and Spiced Gherkins - drain and finely slice lengthways.

METHOD

1. In a mixing bowl, add the mayonnaise, ketchup, horseradish cream, hot sauce, worcestershire sauce and paprika. Whisk to combine. Season to taste with tabasco and salt. Cover the Russian dressing with cling wrap and refrigerate until required.
2. Over a moderate heat, in a saucepan, add the corned silverside, white vinegar, brown sugar, peppercorns, bay leaf, cloves, oranges and brown onion. Cover with water. Bring to the boil. Reduce the heat and simmer for 3 hours or until the silverside is tender (add more water during the cooking process if required to ensure the silverside remains covered). Remove from the heat. Remove the silverside from the cooking liquid, cover with aluminium foil and keep warm. When ready to serve, finely slice.

TO SERVE

On a clean work surface, lay out the bagel bases cut side up. Evenly spread each with Russian dressing, top with corned silverside, top each with two Swiss cheese slices, and then evenly top with sauerkraut and gherkin slices. Put the bagel lids on top, and place the Reuben sandwiches onto a serving board or platter before serving.