

# What's Cookin': Traditional sandwich fillings

Gerry is writing today

Today's recipe is for a ham salad, to help you get more mileage out of that Easter ham. A roast of any kind or a large piece of meat can save you hours in the kitchen by turning the leftovers into many delicious meals.

Ham Salad is an old fashioned, traditional sandwich filling, always seen at gatherings catered by the church ladies, farming community and other ladies organizations who cater functions. It is delicious and inexpensive and goes a long way. Just don't add salt.

**Lori Gysel & Gerry Kentner**



Speaking of sandwich fillings, last night on the evening news, I heard that this is "National Egg Salad Week" (I am not sure if this was an April Fool's joke or not), but I am running with it.

The best tip I have ever learned about egg salad is how to prepare the cooked eggs. About 35 years ago, a lady who worked for

us in our catering business was asked to make egg salad on her first day. After cooking her eggs, while still warm, she peeled them (this makes it easier), then grated them on a box grater. Wow! What a smooth even and perfectly sized egg mixture to add your mayonnaise to.

I prefer my egg salad simply with mayonnaise, salt, pepper and a bit of diced green onion. Eggs are a bland canvas, so add your own touches.

My answer for perfect hard cooked eggs is to place eggs in a pot of cold water, bring to a simmer and cook for eight minutes. Remove from heat, then run them under cold water. Peel when warm if using soon, or store refrigerated in cold water. This method never has given me grey or greenish yolks around the whites.

Sandwich fillings can be stuffed into tomatoes, pita breads, served on top of a green salad or rolled up in a lettuce leaf, so versatile.

Enjoy these ideas and take time to start thinking about that first picnic—we are.

Have fun and keep cooking!

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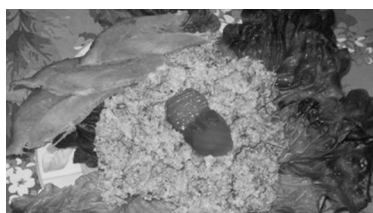
## Ham salad

### Ingredients

- 2 cups minced ham (from your roast or the deli)
- 1/4-1/3 cup of mayonnaise
- 2 Tbsp sweet green relish or chopped sweet pickles
- 1 tsp. dry mustard powder
- dash of pepper

### Method

Prepare ham in a food processor on pulse, so as not to



puree the meat. It should not be like baby food. Also, ham could be hand chopped into very small pieces

Remove to a bowl and add in remaining ingredients.

Spread on your favorite bread.

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