Hoagies



Sub refers to the shape of the roll of a submarine. This is the one distinguishing fact surrounding the origin of the sandwich with the United States. Others aspects of its history are questionable. Two of the few things research will shares with us are that the sandwich is an Italian import and this it was, in the United States, a depiction of a poor man's ability to feed himself. As taking meat and cheese especially between a roll was an uncooked cold use of two staples, bread and cheese. If meat were accessible, I'd guess it was then considered a genuine sandwich.

Despite the suggestion that hokey pokey men sold antipasto salad between a pinafore roll in the 1800's, during World War II written advertisements from 1940 in Wilmington, DE indicate the term originated from the Dominic Conti's Grocery Store sold such sandwiches to which he customized the name 'submarine' following a visit to the New Jersey museum viewing the 1901 Fenian Ram. His sandwich began with a layer of cheese and ended with cheese to prevent the roll from becoming soggy. It is also said that in Maine 1899, its Italian sandwich held salami, ham, Greek olives, banana pepper and pepperoni among other ingredients.

The knowledge of the times and the impact of access to a wage, money to feed one's self and the original intention of mimicking the Italian delight gave way to a host of names specific to the sandwich and its variation of ingredients. The submarine sandwich known most commonly as a hoagie originated in several different Italian American communities in the Northeastern United States. It was said to be sociologist Edwin Eames and Howard Robboy who identified thirteen different terms for this sandwich.

sub	**hero**	**Italian**	**blimpie**
submarine	**grinder**	**wedge**	**Gatsby**
hoagie	**spuckie**	**poor boy**	**Po'boy**
torpedo	**Zep**	**garibaldi**	**Cosmo**

The hoagie originated in the Philadelphia area with Italians working at a shipyard on Hog Island. It became the "Hog Island meal and its name shortened to "hoggies and hoagie." In the late 19th onto 20th century, deli owners would give away scraps of cheeses and meats in Italian hokie

bread as the "on the hoke" meant someone was destitute. And, in 1928 someone said "You have to be on the hog to eat one of those."

We what also know is that they were all immigrants and plausibly from the land of Italy having the same interest in survival and not being hungry. Maybe it was a hero sandwich as it fed people as long as the roll it was captured in allowed. Six-inch, 12 inch or party size were all viable means of feeding the grocery and deli customers.

As the years passed by and our bodies began to exploit their biological difference and taste buds changed, the hoagie, submarine sandwich took on different characteristic in cheese, meat, and add-ins choices. From onions to turkey to roast beef, oil and chipotle sauce, onto pickles and peppers, things began focus of the individual taste bud and not that of origin. A break from tradition that spurn on new items on the menu and built more revenue.

The sandwich strategically became a menu item of deli's, grocery store counters, local cafe restaurants and diners.



Regional differences and traditions for those who return to their native land(s) where they grew-up or lived adapting to the old hoagie of Philadelphia, the Pastrami grinder of New England or Louisiana Po' boy.

There were no known boundaries as time would bring forth new luncheon meats, types of bread, use of varied oils, sandwich spreads, and even brands of mayonnaise. Most popular during the eighty's and early nineties were Hellmann's, Miracle Whip, and brands of Mayonnaise. Yet, research tells us that the Italian submarines sandwich is spoiled in the use of such heavy additives as it relies upon solely oil and provolone cheese to accompany the cold cut meats. Commercials during the eighties were specifically targeting the use of the mayonnaise like items on bread to coincide with the new variations of sandwiches being sold around the country. There weren't just tuna and eggs salads, but Rueben's, cheese(s), and hot sandwich's gaining popularity. Each used different condiments onto the choice breads and seasonings for flavor.



Bread Types

The heart of the sandwich lies within the Italian roll as bakers were the precursors to the construction of the perfect delicious meat and cheese delight. As history has proven the origin of the sandwich as an American staple so does it reveal how time has transformed the roll onto a wide variety of ends. From a basic Italian roll comes variations of flour, water, and yeast inclusive of ingredients to dines thickness, color and flavor. Today we find bakery's all over who are suppliers of "bread" for grocery. In large outlets, the bakery inside supplements the need for variance in products, "freshly baked" at the store chains bakery.

Yet, as with all goods feed into our marketplaces, the popular and new versions have often transformed deli and cafe menus for change in product and cultural influence. The Ciabatta, soft rolls, wheat or white bread, the pita, rye, low calorie, bagels, flat breads, tortilla's Cuban bread and waffles are some of the more dominant selections as sandwich ends. There is also the egg infused breads such as brioche, kosher yeast challah, and Easter Italian bread which as all the other kinds have high carbohydrate counts, but tends to have a few more calories than the other types.

Remember, just as with our books, what's inside matters as much as the attraction of its cover. And no, the Panini hasn’t taken over completely!

Cheeses

Today, it is also a notable nutritious combination of food(s) as it contributes to our diets as a meat, bread and cheese, vegetable food group offering. But, keep in mind there the lingering fat and cholesterol indicators as over consumption of a good old fashion hoagie provides. There must also be the consideration of diabetes, sodium intake and calorie counting for the diet conscientious counters.

Cheese, for most of us, has this special place inside, on-top, and rolled with hot and cold menu items or at home dishes. It is not only a dairy food but a complement to our meals adding flavor, oil, and salt. It is served with fruits and nuts creating a blend of flavor, color and textures as it is often an appetizer wine and cheese feature. It also melts and binds our foods together.

Most common cheeses are Swiss, Provolone, Muenster, American, Monterey Jack and Pepper Jack. Pepper Jack give us a spicy blend, Muenster and Monterey Jack are respectively nutty and

sweet thicker cheesy flavors, Provolone is an Italian semi-hard cheese, Swiss an odorous smell and degraded taste some build a taste for and the others regular accent to build food taste.

Pickles, Peppers and Olives

Dill Pickles are those cucumbers which have been packed inside vinegar, pickling salt, or a dill brine. They are found in many forms, dried, spear, chips, sliced etc... and can be prepared as a kosher item. Kosher suggest they are prepared according to Jewish dietary standards. We are most familiar as the pickle alongside of our sandwiches, burgers, or hot dogs. And, are menu items as fried sides on a stick, battered or as a chip.

Manufacturers add a bit of sugar to turn a dill pickle into a sweet one. Sweet Pickles are used for sandwiches and most notably become relish we love for topping our hot dogs, burgers, and as cold salad ingredient. They offer a sweet tangy taste the meshes well with olives and other alternative flavors in salads.

Pickles are favorites as a sandwich item and specially prepared bread and butter pickles are the best for at home customized sandwich use. They are sweet pickles which are induced in onions, peppers, coriander, mustard, and celery seeds or plants. The long sliced are typical additives for menu items and so fans favor using their juice for food preparation.

Gherkins are an unknow feature for Chicago-style hot dogs and cutting for salads or tuna mixes. Prepared as all the others, sweet or soured, they are found to be tiny crunchier tart item.

Hoagies are good with pickles but better with the use of pickled peppers or sweet pepper rings. Their hotness depends upon the type of pepper used such as Jalapenos, Banana or Cherry peppers. The most notable are "Banana Peppers" inside the cheese and meats selected for the sandwich and at times it is topped off with crushed red peppers marinated in oil. Pickles and peppers are from the vegetable family and offer our bodies nutrients calcium, beta carotene, potassium, and vitamin A and K.

How To Eat A Hoagie

I grew up with the concept of eating meat sandwiches, hoagies or hot plated items with soda pop and chips. Needless to say, it remains a standard practice despite the many kinds of sandwiches

we've been exposed to around the U.S. and throughout the world. With this in mind, I found a few videos you can peak at all about hoagies.

<u>On Youtube Youtubers:</u>

MyFirst!Time trying a Hoagie Mr.ChimeTime

The Absolute Best Way to Eat a Subway Sandwich Madzgoetz

Best Italian Hoagie Ever

Three tips for better subs Ethanchlebw [lubricant?]

The Ocky Way Sandwich MoMunchies

The most famous sandwich in the world Doobydobays

Langers Sandwiches LA

Italian Sub Sandwich Candy Tha Glam

References

Chan, Kathy L.. Cohen, Jacqueline. Parry, Kim. Flickr: Sandwich Evolution: Hoggy, Hoggie, Hoagie. accessed 7/133/2023

Petrou Foods. Pennslyvania Center For the Book. https://pabook.libraries.psu.edu

Rizzo, Mary. Hoagies. Copyright 2014 Rutgers

https://slamwichscratchkitchen.com, Top 10 Cheese For Sandwich That Gives Perfect Cheese Sandwiches Recipes 7/25/23 @ 9:20am

https://www.tastingtable.com/831648/different-types-of-pickles-and-what-makes-them-unique accessed 7/25/23 @ 8:56am

https://www.webstaurantstore.com Different Types of Pickles accessed 7/25/23 @ 8:45am

Wikipedia.com. Submarine sandwich accessed 7/13/2023