

Christie Teehan Research

Taylor Ham/Pork Roll Egg and Cheese Sandwich



Marker Inscription:

PORK ROLL EGG AND CHEESE

Combines pork roll,  
fried egg, and cheese on a  
bagel or roll. A popular  
breakfast sandwich in  
New Jersey since 1856.

This sandwich goes by either Taylor Ham or Pork Roll egg and cheese locally, however the official name for the meat is Taylor Pork Roll. In 1856, The state senator John Taylor created a meat consisting of a mix of spices, salt, sugar curing and preservatives. Today, pork roll is served commonly in bagel shops in New Jersey on a sandwich along with cheese, egg, salt, pepper, and ketchup.

Ingredients:

Pork Roll

American Cheese

Fried Egg

Kaiser roll OR bagel

Salt

Pepper

Ketchup

GPS Location: Veteran's Mini Park, Trenton, New Jersey 40.2202° N, 74.7642° W



I chose this location because Trenton, New Jersey is where John Taylor first created what is now known as Taylor Pork Roll in 1856. This park is located in the heart of Trenton and features an open area to present the plaque. To acquire permission to install the plaque, I would contact

Trenton's Recreation, Natural Resources & Culture committee at the phone number 609-989-3635. Today, Trenton is home to many bagel shops that still serve pork roll, egg and cheese sandwiches.

### Hungry For History:

Hungry for History is a grant program by the Pomeroy Foundation. This grant program is designed to commemorate significant food dishes created prior to 1970 and the role they played in defining American Culture and forging community identity. In order to qualify for Hungry for History, the dish must be a prepared, ready-to-eat dish, must contain a minimum of 2 ingredients, must be created prior to 1970, historically significant to the greater community, must have origins in the local or regional community, and must still be available today.

### Primary:

*G & a Hot Bagels - about Us*, [www.gabagels.net/AboutUs.tpl?cart=173955510114914039](http://www.gabagels.net/AboutUs.tpl?cart=173955510114914039)  
Accessed 14 Feb. 2025.

G & A Hot Bagels & Deli is a bagel shop located in South Butler, New Jersey. This is a local bagel shop that sells the Taylor Ham/Pork Roll Egg and Cheese bagel sandwich, on hand rolled and boiled bagels.

Karim Shamsi-Basha | NJ Advance Media for NJ.com. "I'm from Alabama and Just Tried My 1st Pork Roll Sandwich. Here's My Honest Review." *Nj*, 8 Mar. 2023, [www.nj.com/entertainment/2022/07/im-from-alabama-and-just-tried-my-1st-pork-roll-sandwich-heres-my-honest-review.html](http://www.nj.com/entertainment/2022/07/im-from-alabama-and-just-tried-my-1st-pork-roll-sandwich-heres-my-honest-review.html).

This is a blog post written by Karim Shamsi-Basha who had previously spent 33 years in Alabama and has recently moved to New Jersey. In this post, Shamsi-Basha shares his first person account of trying the Pork Roll egg and cheese sandwich at Johnny's Pork Roll and Coffee Too! In Red Bank, New Jersey. The author notes that he found the sandwich to be delicious, also describing it as a "salt-bomb sandwich" that is crispy, a little spicy, and full of charred flavor.

Laperrue, Emma. "Why Pork Roll Is Amazing and Nothing Else Matters." *Food52*, Food52, 15 Oct. 2018,

[food52.com/blog/23185-what-is-pork-roll-taylor-ham-new-jersey-how-to-use?srsltid=AfmBOoqBFNkJbEgNlF4Wkk9Zs7Ckk89\\_By9t1QrDsRQstyjxyBOQjm\\_u](https://food52.com/blog/23185-what-is-pork-roll-taylor-ham-new-jersey-how-to-use?srsltid=AfmBOoqBFNkJbEgNlF4Wkk9Zs7Ckk89_By9t1QrDsRQstyjxyBOQjm_u)

This blog post, written by Emma Laperruque, describes her first encounter with Taylor Ham. The author then goes on to describe Taylor Ham as akin to spam, and states that it is better than ham, sausage, Canadian bacon and bacon itself. She concludes the post by suggesting the reader to incorporate Taylor ham into more breakfast and lunch meals.

“Why Taylor Pork Roll - the Original Taylor Pork Roll.” *The Original Taylor Pork Roll - A Taste of Happiness!*, 22 Jan. 2024, [originaltaylorporkroll.com/why-taylor/](http://originaltaylorporkroll.com/why-taylor/)

This is an article written by the Taylor Provisions Company, which prides themselves on being the origin of the Taylor Pork Roll. The article details the history of the meat, explaining that Pork Roll has its roots in early Colonial America and that it was invented by John Taylor. Pork Roll was advertised at locations such as Pennsylvania Railroad, the Jersey Shore, and the Trenton State Fair.

Secondary:

Commisso, Erica. “The History of Pork Roll vs Taylor Ham in New Jersey.” *Hoboken Girl*, 23 Jan. 2023, [www.hobokengirl.com/history-pork-roll-taylor-ham-new-jersey/](http://www.hobokengirl.com/history-pork-roll-taylor-ham-new-jersey/).

This is an article written by Erica Commisso that details the history of Pork Roll. Pork Roll was created by John Taylor in Trenton in 1856. John Taylor was a state senator and his cured meat had a mix of spices, salt, and preservatives. The meat originally was put on the market as “Taylor’s Prepared Ham” before later being renamed as the “Original Taylor Pork Roll”. This is because he was forced to take out the word ham because it did not meet the requirements to be considered ham. Today, the meat has become a phenomenon across New Jersey and the names “Taylor Ham” and “Pork Roll” are used interchangeably.

eighty6. “17 Mar the History of Pork Roll.” *Shore Catering*, 17 Mar. 1970, [shorecatering.com/the-history-of-pork-roll/#:~:text=Pork%20roll%2C%20affectionately%20known%20as.recipe%20short%20thereafter%20in%201870](http://shorecatering.com/the-history-of-pork-roll/#:~:text=Pork%20roll%2C%20affectionately%20known%20as.recipe%20short%20thereafter%20in%201870)

This is an article written by shorecatering.com user eighty6 that details the history of Pork Roll. The article states that Pork roll, affectionately known as Taylor Ham, got it's name from it's originator, John Taylor. Later, George Washington Case of Belle Meade, NJ,

created his own original recipe in 1870. In this article, the author states that the Lakewood Blueclaws minor league baseball team has a pork roll, egg, and cheese race during the fourth inning of every home game. Today, Taylor Provisions, Case, and Loeffler's Gourmet produce the majority of the pork roll in the United States. Although the meat is very popular in the tristate area, it is difficult to find in other states.

FredStrahl4. "The History of Pork Roll/Taylor Ham." *Pete and Elda's Bar / Carmen's Pizzeria*, 25 Aug. 2018, [peteandeldas.com/2018/01/history-pork-roll-taylor-ham/](http://peteandeldas.com/2018/01/history-pork-roll-taylor-ham/)

This article states that the origin of pork roll is unclear, but possibly has its origins in the Revolutionary War at the Battle of Trenton due to the Continental Army needing a food that can withstand travel. However, the official history is then stated to begin in 1856 when John Taylor created pork roll in Trenton, New Jersey. In 1870, farmer and butcher George Washington Case developed his own recipe for pork roll and packaged it in corn husks. In 1906, the Pure Food and Drug Act passed and Taylor Ham no longer fit the definition of ham, causing it to officially be rebranded to pork roll.