

= The BLT Cookbook =

The BLT Cookbook is a cookbook about the preparation of bacon , lettuce , and tomato (BLT) sandwiches . It was written by Michele Anna Jordan and was published by William Morrow Cookbooks in the United States in June 2003 . Jordan is a food writer and has written for The Press Democrat ; The BLT Cookbook is her 14th published book . She researched the book for ten years and in the process she taste @-@ tested hundreds of variations on the sandwich , describing it as America 's most beloved sandwich . She instructs the reader on how to acquire and prepare the best ingredients for the sandwich . The book includes recipes with varying ingredients , though each recipe includes tomatoes . Many recipes in the book are not sandwiches , and include appetizers , soups , salads , and desserts . Jordan also suggests wines to accompany the sandwich .

The book was positively received , and the National Pork Board highly recommended it . A review in The Detroit News said that the book includes " mouthwatering recipes " , and the San Francisco Chronicle called it a " neat little book " on the subject . The food editor for the Daily Herald wrote that the book 's recipes " will surely shake up your next toasted meal " . The Anchorage Daily News called it the " definitive book " on the BLT sandwich .

= = Content summary = =

The BLT Cookbook discusses the author 's love of the BLT sandwich , which according to Jordan is " America 's favorite sandwich " . The author wrote , " There are times when the BLT just tastes right , primal and true , the best thing you could ever eat . The play of the salt and acid , the silk of the tomato against the salt crunch of the bacon ... It is sheer delight . " She discusses ways the combination can be used in soups , appetizers , and salads . Recipes are provided for multiple versions of the BLT sandwich . Jordan writes that to make the best sandwich , one should select the finest ingredients . She recommends shopping at farmers ' markets for fresh tomatoes , a butcher for choice bacon , and a bakery for fresh bread . The author recommends mayonnaise brands Hellmann 's and Best Foods , and Niman bacon from California . Jordan writes , " For lettuce , remove the first outer leaf and then use only the next three layers . Further in , iceberg lettuce gets a little cabbagey . "

The BLT Cookbook begins with a recipe for a mini @-@ cocktail selection of the BLT , followed by a larger version that the author recommends for large gatherings such as picnics . Non @-@ traditional presentations of the BLT combination include " Tomatoes Stuffed with Bacon Risotto " , " Potato Soup with Tomatoes and Bacon " and " Tomato Bread Pudding " . The author presents varieties of the BLT that omit one ingredient . " The Fisherman 's BLT " ? which uses seafood ? is an alternative to the standard sandwich and the " ZLT " comprises zucchini , lettuce and tomato . Jordan was inspired by a salmon sandwich she bought at Pike Place Market in Seattle to create a BLT sandwich with salmon . The " Bacon , Leek and Tomato Strudel " is a dish that does not use bread . All recipes presented in The BLT Cookbook include tomatoes . Towards the end of the book , recipes for bread pudding , strudel and tomato pie are included . Selected wines that Jordan recommends to accompany her dishes include a Rhone @-@ style red , beaujolais , or pinot noir .

= = Background = =

Food writer Michele Anna Jordan has contributed columns published in the food and wine section of The Press Democrat. and restaurant reviews for the San Francisco Chronicle . The BLT Cookbook is Jordan 's 14th book . She decided to write about the BLT sandwich after discovering it was a good remedy for morning sickness , and that others who frequented a food website shared her love of the BLT . Jordan spent ten years researching for the book , and spent a winter writing it . During her research , Jordan taste @-@ tested hundreds of variations on the BLT sandwich . In 2003 the author hosted two radio programs on KRCB @-@ FM , " Mouthful with Michele Anna Jordan " and " Red Shoes Rodeo " . The year the book was published , Jordan crafted a 1 @, @ 248 @-@ square @-@ foot (115 @. @ 9 m2) BLT sandwich at the Kendall @-@ Jackson Tomato

Festival .

= = Reception = =

The BLT Cookbook is " highly recommended " by the National Pork Board . Kate Lawson of The Detroit News wrote that the book offers " mouthwatering recipes ranging from variations on the classic sandwich to soups , salads and pastas . " Karola Saekel of the San Francisco Chronicle wrote , " Recipes for recommended basics like aioli and tomato concasse round out the neat little book . " Food editor of the Daily Herald Deborah Pankey wrote in her review of the book , " While giving the titled trio its due respect , author Michele Anna Jordan introduces a host of other ingredients that will surely shake up your next toasted meal (yes , she favors toast to help maintain the sandwich 's structure .) "

The Cincinnati Post said , " [Jordan 's] book presents practically all the possibilities for BLT combinations as she leaves the two slices of white toast far behind " . Staff writer for ANG Newspapers Jolene Thym wrote , " Not simply a cookbook , the little handbook is a discourse on the sandwich that is elegant enough to coax even the most virtuous eaters to gobble pork fat and mayonnaise with abandon . " T.C. Mitchell of the Anchorage Daily News said The BLT Cookbook is the " definitive book " on the sandwich .