

Denver Sandwich.txt

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According to America Cooks, "early cowboys called the great-granddaddy of the Denver Sandwich 'Ham Toast'". It is also called a "Western Sandwich ... in such eastern spots as New York, where it's badly imitated ... with boiled ham, and garnished with lettuce and one olive; usually the pimiento is left out, and sometimes the onion". This version is the real thing, though.

MAKES 2 HEARTY SANDWICHES

2 tbsp. butter
1/4 lb. diced smoked ham
1 small yellow onion, coarsely chopped
1/2 small green bell pepper, cored, seeded, and
coarsely chopped
4 lightly beaten eggs
Salt and freshly ground black pepper
4 thick slices of generously buttered toast (slice your
own from a pullman loaf, if you can)

1. Heat butter in a large nonstick skillet (preferably a cast-iron one) over medium-high heat. Add ham and cook, stirring frequently, until just golden brown, about 4 minutes. Add onions and peppers and cook, stirring frequently, until wilted, 3-4 minutes.

2. Pour in eggs, season with salt and pepper to taste, and stir gently. Cook until eggs are light golden brown, then use a spatula to gently cut eggs in half down the middle. Carefully flip over each half and cook until light golden brown on the second side.

3. Sandwich each omelette between toast.