

## How Steak Sandwiches Became an American Classic

Broil, fry, grill, barbecue, or sear beef and serve it on bread or a roll, and you have a steak sandwich. Add toppings of cheese, onion, mushrooms, peppers, tomatoes and even coleslaw or French fries. The first steak sandwich in the United States was at Louis' Lunch of New Haven, Connecticut. It didn't take long before other restaurants were serving steak sandwiches since it was one of the customers' favorites. Many inspired variations appeared and developed their own loyal customers.

Below are only a few of the steak sandwiches that thrill Americans.

**Cheesesteak Sandwiches:** are simply thin sliced pieces of steak and melted cheese in long rolls that became a favorite food in Philadelphia, being known as the "**Philly Cheesesteak**" It was credited to Pat and Harry Olivieri in 1930 without the cheese, but by 1940, a manager added provolone and the cheesesteak was born. It wasn't long before someone added Cheese Whiz in the 1950s, making the sandwich even more melty. It has since incorporated new ingredients and flavors and been featured on restaurant menus across the U.S. So don't be surprised to find some added heat, hoagie styled buns, or cooked veggies invited to the cheesesteak party.

**Italian Beef Sandwiches** on Italian-styled rolls are generously filled with slices of seasoned roast beef that are dripping with meat juices They have been on restaurant menus since 1930 in Chicago. If you stop in the city, you might find yourself double dipping into the au jus juices and nibbling on some giardiniera or sauteed Italian sweet peppers. It's interesting to note that the sandwiches are called Italian, but no one seems to know about them in Italy.

**French Dip Sandwiches** are American hot sandwiches, filled with thinly sliced roast beef and served on French rolls or baguettes. The best part is that they are served with au jus sauce, which means seasoned meat juice. They originated in Los Angeles California during the first decades of the twentieth century. Of course, no one in France seems to know about this one either.

**Roast Beef Sandwiches** are made using sliced roast beef and sold in many fast-food chains. They are usually served on hamburger buns and may be topped with gravy or barbecue sauce, melted American cheese, and may have some horseradish or a dill pickle spear. The origins for this sandwich stretch back to 1877 but became very popular in 1931.