



Garbage Plate Sandwich

Yields: 4-5 sandwiches

Total time: 1 hour, 25 minutes

One of our favorite places to golf, party and eat is the great city of Rochester, NY. Known for a lot of cool things, one thing we love is the food culture there - great fine dining, cool cultural mash-ups, and a legendary dish, usually served late night - the mighty garbage plate. A well-calculated mish-mash of different flavors, it was originally named the hot plate but lovingly renamed by college students in the '80s, when they said "gimme one of those plates with all the garbage on it." The name stuck, so much so that it's now trademarked by Nick Tahou's restaurant, where we had our first of many. Now, it doesn't have to be late night to be enjoyed, and we went to our laboratory and created a version that is actually a sandwich, is served cold, but is incredibly loyal to the original. Buttered Italian bread, mac salad, hot dogs, beef and the incredible spicy meat sauce that brings the whole thing together. Gimme that sandwich with the garbage all over it! (Note: Big ups to our boy Matty Craver for sharing a time-tested meat sauce recipe)

Ingredients

- 2 Tbsp butter for frying
- 8 thick slices of Italian bread
- 5 thick slices of bologna (one for each sandwich)
- $\frac{3}{4}$ lb of sliced roast beef
- 2 Tbsp yellow mustard
- 2 C of meat sauce (ingredients/directions below)
- A bag of good ol' wavy potato chips
- 2 C of macaroni salad (ingredients/directions below)
- 4-5 slices of a good sharp cheddar cheese
- Sliced white onions (in rings)

Ingredients for Mac Salad

- 1 lb of elbow macaroni, cooked to directions on box
- $\frac{1}{4}$ C mayo
- 1 red bell pepper, diced
- 1 stalk of celery, diced
- 2 shallots, diced
- 1 yellow bell pepper, diced
- 1 Tbsp sour cream
- 1 Tbsp maple syrup
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper

Directions for Mac Salad



- Mix all ingredients together, chill for 15 minutes

Ingredients for the Meat Sauce

- ½ C chopped onion
- 1 Tbsp butter
- 1 lb 80/20 ground beef
- 1 C water
- 1 can of 15 oz tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp cayenne pepper
- 1 Tbsp paprika
- 1 Tbsp allspice
- 1 Tbsp crushed red pepper
- 1 Tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- Hot sauce to taste (Frank's is what we used)

Directions for the Meat Sauce

- Heat a Tbsp of the butter in a large pan over medium, and cook the onion until soft, add the water
- Add in the ground beef and cook, breaking it up into small pieces
- After 10 minutes or so, add in the tomato sauce, and keep stirring and cooking
- Add all the rest of the ingredients and simmer for an hour
- Add in the hot sauce and stir at the end

Directions

- Put cheese on both the slices of bread and lightly toast in the oven at 350 for 3-4 minutes or so, set aside
- Cut a slice in a quarter of the bologna to prevent it from curling, and fry each slice of bologna in butter for a minute each side
- On the bottom slice, buttered side up, place ¼ C scoop of mac salad
- Place the fried bologna on top
- Squirt some of the yellow mustard on top of the bologna
- Place a few slices of roast beef on top of the bologna
- Top the beef with the meat sauce
- Top the meat sauce with the onion slices
- (If making this for later, wait for this next step until right before eating...)
- Top the meat sauce and onions with potato chips
- Enjoy the true might of the garbage plate sandwich