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DINING WITH DUFFY

Jersey Mike's Subs

Address: 6815 S. Emerson Ave., Indianapolis
Phone: 788-8838
Hours: 10:30 a.m. to 8 p.m. Monday through Saturday; closed Sunday
Credit cards: Major cards accepted
Entrée price range: \$3.50 to \$9

Tasty subs trace roots to teen years of president

Jersey Mike's Subs traces its roots to 1956, when it opened in Point Pleasant, N.J., as a modest sandwich joint called Mike's Sub Shop.

The current company president, Peter Cancro, started working there at age 14. In 1975 at the age of 17, he bought the store, passing up a football scholarship at the University of North Carolina to become a sub mogul.

In 1987, he started Jersey Mike's up and down the East Coast before heading west, making it into the central Indiana market around 2000.

One outpost is in a strip mall on South Emerson Avenue just south of Southport Road, where I made my Jersey Mike's debut.

Jersey Mike's has about 200 locations and growing, which puts it about 13,800 shops behind Subway. It continues to make a positive impact with its deli fresh approach, slicing its meats upon order and cooking roast beef products and baking sub rolls on the premises.

Amidst a mundane, serviceable dining area that invests little time and money on décor, the customer can focus full attention on the deli case, with its loaves of ham, Italian cold cuts, turkey, roast beef and Provolone and Swiss cheeses.

These find their way into a roster of 14 cold subs, including the "Cancro Special" with the mix of Provolone cheese, roast beef and pepperoni.

Hot subs include corned beef and Swiss reubens, barbecued beef, Philly cheese ribeye steaks, chicken breast and the chicken Philly arrangement of chopped chicken breast, onions, peppers and cheese. The turkey, ham, and roast beef also find their way into a limited selection of wraps.

I cast my lot with the meatball and provolone (\$5.75, regular/\$8.95, giant) on a 6-inch bun.

The sliced ground beef was adorned in melted provolone, tomato sauce and grated parmesan cheese.

The meatballs were not as generously portioned as some sandwiches I have eaten but were quite tasty in tandem with the cheeses. The wheat bun was fresh and tasty.

I also ordered Jersey Mike's signature cold sub, (\$4.29, mini/\$5.89, regular/\$9.25, giant). It comes with provolone, boiled ham, prosciutto, salami, pepperoni and an Italian deli meat called cappaculo.

I ordered the mini version thinking it would be a snack to complement my meatball sandwich without making me look like a contestant in a sub-seating contest.

But the mini sub more than sufficed as a filling sandwich. The well-balanced Italian deli meats were piled high, accessorized with optional lettuce, onion, tomato and oregano.

Jersey Mike's also lays on lettuce, potato and macaroni salads; tuna and chicken salad, soup and, if you insist, low-fat sandwiches, including a vegetarian version.

Distinguishing among the commendably crafted subs offered in central Indiana is increasingly hard, but Jersey Mike's clearly can hold its own against the giants.

Veteran restaurant critic Reid Duffy writes a weekly review for the Daily Journal. Comments may be sent to letters@thejournalnet.com.



The juicy fruit of a clementine is a tasty treat that is consumed in more American homes thanks to shipping changes from Spanish citrus groves. The fruit, much

smaller than an orange, is easier to peel than larger citrus fruits because fewer of the stringy white strips of the inner peel are left behind on the fruit.

Darling clementines

By MOLLY GORDY
 THE ASSOCIATED PRESS

NULES, Spain

Columbus brought oranges from Spanish groves to the New World, and Queen Victoria used slices of them in her tea.

These days, families who have grown citrus in clay-rich Spanish soil since the Middle Ages are exporting clementines in a little wooden crate that is transforming the way Americans eat fruit.

"It's a happy story," Bartolome Calfan, 62, said as he picked clementines in the scorching sun from trees rooted in the same earth that his father and grandfather worked.

"Before the little box we could only sell these around Christmas time and only in smaller countries, like France," he said. "Now we pick clementines from October through March, and almost all of it for Canada and the United States."

Nearly 180 million pounds of clementines entered the United States in 2005, with the majority coming from an area near the port of Valencia. Yet only 10 years ago, few Americans had ever heard of the smallest and sweetest of the mandarin oranges.

Even five years ago, most clementines were sold during the six-week holiday season from Thanksgiving to New Year's Day. Now the season lasts for five months, from late October until early April. More than 200,000 acres of Spanish farmland has been converted from orange and lemon cultivation to clementines to meet the steadily growing demand.

Clementines have been available in Europe for years, but the market for them in the United States didn't take off until a freeze in Florida in 1989 made domestic oranges scarce and expensive. More citrus was imported from Europe, and clementines started to catch on.

Seedless, juicy and easy to peel, they are especially popular with children. And as their availability increases, the clementine is moving onto restaurant menus and dining-room tables.

But that alone does not account for their rising sales.

Clementines are the only fruit that retailers sell primarily in bulk, shipped and sold in miniature balsam-wood crates covered with orange plastic netting.

This sets them apart from other fruits and guarantees that the customer will buy from 28 to 35 clementines at one time.

That's a far larger quantity and a far greater price than customers will usually devote to produce purchases. The average retail price of a 5-pound crate of clementines ranges from \$4.99 to \$11.99.

Initially, U.S. supermarket chains were not eager to add another produce line. Customers would buy a few clementines at a time, while significant quantities rotted on the shelf.

Spanish citrus grower Javier Arnal, 44, noticed the small fruit flew off the shelves in Europe when it was sold in 5-pound boxes.

"It made for a very attractive presentation," he said, "and I got to wondering, what would happen if we did that year-round?"

What happened is that sales took off, other growers followed the example and a new fruit craze was born.

Growers singing praises of fruit as its popularity increases



A crew sorts clementines by size, shape and color for packing at the Nulexport factory in Valencia province, Spain. Any blemished or irregular fruit is separated out to make juice.

Savory sandwiches star cheddar

The Associated Press

Suggestion for cooks with hungry folks to feed when they're watching a game or being otherwise entertained: Once you have the ingredients lined up, you can easily serve up repeat orders of hearty grilled or toasted sandwiches.

Sandwich in one hand, maybe a mug of soup in the other, and no one will miss a move.

The cook won't be left out either.

The recipe for Grilled Bacon, Cheddar and Hot Pepper Jelly Sandwich takes about 15 minutes from start to finish, less if you do a bit of advance prep.

Split pea, mushroom or onion soups or a shrimp and corn chowder are options you could buy or make ahead and warm on the stovetop for dipping into as needed.

Kitchen clue: If you can't find hot pepper jelly for this grilled sandwich, try red pepper jelly or mango chutney.

Grilled Bacon, Cheddar and Hot Pepper Jelly Sandwich

Time commitment: 15 minutes from start to finish

Ingredients:

4 slices whole-grain or sourdough bread, toasted

8 tablespoons hot pepper jelly

6 ounces sliced sharp Cheddar

½ pound sliced bacon, cooked

Instructions:

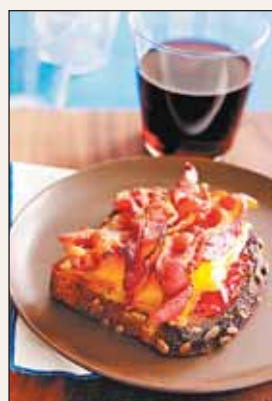
Preheat broiler.

Spread one side of each bread slice with pepper jelly, then evenly top with cheese and bacon.

Transfer bread to a cookie sheet and broil just until cheese melts.

Cut slices in half if desired, and serve it warm.

Makes four servings. The



Pop these speedy bacon sandwiches under the broiler for a few minutes, and game food is served.

recipe can easily be increased or decreased as needed to feed a crowd or one person.

Fair offers one-stop shopping for couples planning nuptials

By ANNETTE JONES
 DAILY JOURNAL FEATURES EDITOR
 ajones@thejournalnet.com

Engaged couples can compare prices and services and book wedding vendors at Sunday's bridal fair in Franklin.

The free show features more than 30 businesses, including caterers, photographers, florists and fashion retailers, from noon to 5 p.m. at Holiday Lane Banquet and Conference Center, 180 Lovers Lane in Franklin.

A fashion show with styles for the entire bridal party will be ongoing throughout the day.

"We'll have a wide range of gowns in all price ranges and sizes," says Sheryl Feyen, Holiday Lane general manager.

Caterers will provide food samples and menu options; photogra-

phers and florists will display examples of their work.

Information about day spa packages, gift shops, limousine services, videography, travel and product rental will be available.

The show is designed to simplify wedding planning by providing a one-stop shopping for couples.

"Brides can meet one on one with vendors," Feyen says. "They can book on the spot."

Feyen says she has noticed trends in nuptials among events booked at the banquet center.

- Wedding parties are larger, with as many as 14 people.

- A disc jockeys instead of live music is booked for most receptions.

- Brides are spending more on gowns, and more are choosing strapless dresses.

- Couples are choosing a buffet rather than haute cuisine.

Wedding vendor fair

When: noon to 5 p.m. Sunday

Where: Holiday Lane Banquet and Conference Center, 180 Lovers Lane in Franklin, just west of Interstate 65

Admission: Free