

# Italian Chopped Salad Sandwich

*From the Kitchen of [Deep South Dish](#)*

## INGREDIENTS

### For the Dressing:

- 1/3 cup homemade or commercial Italian salad dressing or submarine dressing
- 2 tablespoons mayonnaise
- 1 teaspoon of Creole or yellow mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon dried Italian seasoning

### For the Sandwich:

- 1 medium head iceberg lettuce
- 1/2 cup sliced yellow or red onion
- 1/4 pound (about 6 slices) provolone cheese
- 1/4 pound (about 4 slices) black forest smoked ham
- 1/4 pound assorted Italian meats (such as hot capocolo, calabrese, sopressata, prosciutto, pepperoni or mortadella or any combination)
- 1/4 pound (about 16 slices) salami
- 1/3 cup pepperoncini peppers or olive salad, optional
- 6 hoagie, sub or large slider rolls or 1 large loaf Italian bread
- 2 tomatoes, sliced, optional

## INSTRUCTIONS

1. Whisk together the dressing ingredients until well blended. Taste and adjust seasonings as needed and set aside.
2. Remove outer leaves of lettuce and core; tear into large pieces, rinse and spin to remove excess water.
3. On a large cutting board spread out the torn lettuce into an oblong shape. Top with onion.
4. Top the lettuce with layers of the provolone and meats as follows: provolone on the bottom topped with slices of black forest ham, Italian meats and ending with salami.

5. Using a large, sharp chef's knife or meat cleaver, begin chopping the meats and cheeses into the lettuce without moving it much.
6. Top with the peppers or olive salad. Reserve half of the dressing and sprinkle all over with the rest of the dressing. Continue chopping and mixing together, reforming into an oblong shape.
7. Split the bread or rolls and apply an even thin layer of the remaining dressing on the cut sides of the bread or rolls.
8. Use a spatula or bench scraper to scoop up sections of the chopped salad and transfer to the bread or rolls.
9. Sprinkle on additional dressing, if desired and dress with sliced tomatoes.

## NOTES

For my Italian meats, I used a charcuterie variety pack containing hot calabrese, hot capocola and peppered salami, and added black forest ham. May also dress the salad with a mix of extra virgin olive oil and vinegar or use a commercial Italian submarine dressing like Beano's original all on its own. I like it better when made with a commercial Italian dressing due to the sugar that helps to balance out the tartness.

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