

Sandwiches To Eat Before You Die

SEP 17 2012

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BY MARYAM SIDDIQI PRO PICKS

Pro picks: Steven Hellmann and Cafe Plenty



The latest Pro Pick is from Steven Hellmann of Foodies on Foot, whom I first learned about because he leads a SANDWICH TOUR OF TORONTO — the [Insanewich! Food Tour](http://foodiesonfoot.ca/our-tour-descriptions-toronto-food-tours/) (<http://foodiesonfoot.ca/our-tour-descriptions-toronto-food-tours/>). Really! Here, an introduction.

Steven is the co-founder of [Foodies on Foot](http://foodiesonfoot.ca/) (<http://foodiesonfoot.ca/>), a Toronto food events business that runs food tours, food events, and social dining experiences for the public and corporate/private

events. Steven follows chefs and dining the way sports enthusiasts follow statistics and their favourite players. From an early childhood, Steven learned the value of a home-cooked meal. Having travelled the world to experience the best in all things food, he transitioned from a career in legal management to pursue his true passion, Foodies on Foot was born.

Follow Foodies on Foot via Twitter [@foodiesonfoot](https://twitter.com/foodiesonfoot) (<https://twitter.com/foodiesonfoot>) and Steven [@stevenhellmann](https://twitter.com/stevenhellmann) (<https://twitter.com/stevenhellmann>).

What makes a good sandwich?

There are so many elements that go into making a great sandwich. Needless to say, the bread, or whatever is being used to hold the sandwich, must maintain its integrity, hold up, and compliment the delicious contents therein. Flavour is critical. You want to experience the intended flavours of a sandwich, all the way to last bite, so you cannot skimp on the ingredients. Fresh ingredients are also must. Any skimping on fresh, quality ingredients will immediately be exposed and ruin a sandwich.

Recommend eats

The pulled pork sandwich with house made BBQ sauce topped with a spicy red cabbage and mango slaw from Cafe Plenty at Dundas and University. I salivate just thinking of this sandwich. I stumbled upon this hidden gem of a cafe when going a few stores down to get my lifeline (read: cell phone) fixed. I did a double, then triple take, as, this beautiful cafe stuck out in the area. It was a sharp contrast to the Tim Hortons, Mr. Sub and other chains that are around the area. I went in, introduced myself to the owner, Melissa. I have since been back many times to try the rest of her sandwiches and they have never disappointed — but, you know what they say, the first time is always the most memorable. When I took my first bite of the sandwich, it was pure bliss. Perfection between my two hands. The pulled pork was perfectly tender. The BBQ sauce added just the right amount of sweetness. The spicy red cabbage and mango slaw were the perfect accompaniments to add a zing and crunch. The sandwich held up perfectly, and, there was enough of all the ingredients to ensure that you had flavour until the last bite. Did I already say that I still salivate thinking about this sandwich?



[Cafe Plenty](http://cafeplenty.com/) (<http://cafeplenty.com/>), 250 Dundas St. W, Toronto, \$9.99

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