



**The New York Times Food** ✓

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It's a great day for sandwiches.



## Eli Zabar's Egg Salad Sandwich Recipe

In 1975, Eli Zabar, the owner of E.A.T., Eli's at the Vinegar Factory and numerous restaurants and markets throughout the city, invented what he calls the platonic ideal of an egg salad sandwich. He did it by eliminating half the egg whites. During...

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