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Executive Chef Keith Eldridge (left) and Eli Zabar about to pop a batch of fresh quiches into the oven at the Vinegar Factory. Photo: David Williams

WALKING AND TALKING Covering Ground with Eli Zabar.

BY DAVID WILLIAMS

Mileage covered: 1.49 miles + a bit of driving. Sunny, 79 degrees

Needing little introduction, Eli Zabar is the eponymous head of one of the city's most famous sources for pretty much anything anyone would want to eat anywhere and at almost any time. Since 1973.

They used to say there was a huge kitchen under Third Avenue in the East 70s that served all the Italian restau-