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# How to make a real authentic MAINE ITALIAN SANDWICH like the original AMATOS



By Darlene Michaud  
*User-Submitted Article*

Member

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I live in Maine... the home of the Italian Sandwich. We call them simply Italians around here. I was shocked to know that Italian [Sandwiches](#) are not well known in other parts of the US. Seems like it's mostly a New England delicacy! But you can make yourself one. It's easy!

make a real authentic MAINE ITALIAN SANDWICH like the original AMATOS

## Instructions

**Difficulty:** Easy

1. First I must warn you... if you substitute any of the ingredients your sandwich can no longer be called an Italian. You must follow the exact ingredients or it loses the name. The only variation is you can use [salami \(#\)](#) or ham (salami is the 1902 Amato's original, see the history in the resources section below). So you can have a salami Italian or a ham Italian. But all the other ingredients must be exact. If you vary any ingredient or add lettuce or mayo you can call it a sub or a grinder or a po-boy or a hoagie or a hero... but you can't call it an Italian!
2. Split a long soft sub roll (we actually have Italian [sandwich \(#\)](#) rolls here) and add the ingredients in the following order... meat, cheese, tomatoes, sour pickles, green peppers, onions, black olives, oil, salt, pepper. You can eat the sandwich right away or wrap it and keep it in the fridge. If you store it, wait to add the oil just before you eat it so it won't soak through the bread. Italians actually taste better if you wrap them and let them sit awhile. But they should always be served at room temperature so take them out of the refrigerator before serving them.
3. There is nothing as good as an Italian sandwich and a bottle of Moxie! They just go together well. If you can't get Moxie then any soda will do. You can make mini Italians in finger rolls to serve at your next gathering. They will be a big hit!

## Things You'll Need:

- Soft long sub roll
- Salami or ham slices
- American cheese slices
- Sliced tomatoes
- Green pepper slices
- Chopped onion
- Sour pickle
- Black olives
- Oil
- Salt
- Pepper

## Resources

- The HISTORY of the REAL ITALIAN SANDWICH by Amatos in Portland, Maine
- If you are a PLUS SIZE lady please visit my web site!
- Watch me lose 100 pounds!
- See my eBay auctions!

## Comments

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sfmickmaster said

on 8/9/2009 I found a video showing an Amato's employee making an Italian sandwich:

<http://www.facebook.com/video/video.php?v=184420030356>

Note, that the cheese goes down first. Also, the tomatoes are cut into wedges. It looks like he cut them relatively thinly, but I remember when they used to put big wedges of an entire small tomato in the sandwich.

The American cheese is firm. I think it's called "white American". I'm not sure where you get it but it has a very creamy taste.

The olives are Greek, brine-cured olives -- don't use the bland ones from a can.

I'm not sure what type of pickles they use. They are sour but I don't remember if they are dill or not.

This sandwich is the best deal in Maine. I wish I could get one now!

--Shawn

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darlenemichaud said

on 7/25/2009 I specifically said Maine Italian like Amatos. I said nothing about a North End of Boston. You have yours and we have ours! :o)

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italianangel143 said

on 7/16/2009 OK....this is NOT a true Italian!!! try any "mom and pop" in the North End of Boston for the REAL thing! American cheese belongs on an "american" sub...NOT the Italian. Look for cappicola, mortadella, sopresatta, prociutto, and hard salami. Top that with provolone cheese, lettuce, and diced tomato, pickles and onions. Finally, its not just a "s squirt of oil" that makes an authentic italian sub. Its a mix of both red wine vinegar and OLIVE oil.

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reenaveen said

on 3/24/2009 That's one of my favorite sandwiches. Thank you for the recipe. 5\*

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DenaEBolton said

on 3/19/2009 I have had these before in TN! Love them. And there is an Amato's in Kingsport (near where I live) that has the best Italian food in the world! I even did a restaurant review on them once. 5\*

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