

Presenting The BIFFwich

Written by Debbi Covington

Monday, 15 February 2021 07:38 - Last Updated Wednesday, 17 February 2021 06:54



We're smack dab in the middle of the 15th annual Beaufort International Film Festival. It's been a wonderful week so far, and we still have several days of film watching to look forward to. In honor of BIFF, and with the help of BIFF co-directors Ron and Rebecca Tucker, I created the BIFFwich.

The BIFFwich is a monster sub sandwich that can be made a day ahead, cut into multiple servings, and tucked in your pocket or purse to take for snacking at the Film Festival. Best of all, there's plenty to share with your movie viewing buddies. For anti-carbers, I turned the BIFFwich ingredients, minus the bread, into a Filmmakers Salad. The salad, too, can be prepared the night before and would be fabulous for lunch during one of the breaks in between movie blocks. BIFF's official photographer, Susan DeLoach, took these beautiful food photos. If you'd like to join us at BIFF, you can still purchase tickets at www.beaufortfilmfestival.com. Hope to see you at the movies!

The BIFFwich Lowcountry Sub

Red onion, cut into thin slices

For the sandwich spread:

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1 cup mayonnaise

1/4 cup sweet pickle relish, drained

For the vinaigrette:

1 tablespoon dried oregano

1/3 cup red wine vinaigrette

1/3 cup extra-virgin olive oil

For the sandwich:

1 large loaf French bread

Green leaf lettuce

Cheddar-Jack cheese slices

Provolone cheese slices

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Deli sliced ham

Deli sliced turkey

Bacon slices, cooked and drained on paper towels

Salami, thinly sliced

Sliced tomatoes, seasoned with salt and pepper

Sliced banana peppers

Sliced black olives

Soak red onion in cold water for several minutes to cut the bite of the onion and mellow the flavor. In a small bowl, mix the mayonnaise with pickle relish. Set aside. In a bottle with a pour nozzle, mix oregano with red wine vinaigrette and extra-virgin olive oil. Shake well to combine. Slice French bread in half, lengthwise. Slather both sides of bread with mayo-pickle relish sandwich spread. Top with green leaf lettuce, cheeses, meats, drained red onions, tomatoes, banana peppers and black olives. Drizzle sandwich liberally with vinaigrette. Place remaining bread on top of the sandwich. For best results, wrap the sandwich tightly in saran wrap and refrigerate for 2 hours or overnight before slicing. Serves 6 to 8.

Filmmakers Salad

The ingredients for the sandwich spread and vinaigrette are listed in the BIFFwich recipe.

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1 tablespoon sandwich spread

2 tablespoons vinaigrette

Cut lettuce, cheeses and meats into bite sized pieces. Place in a salad bowl. Top with red onion, tomatoes, banana peppers and sliced black olives. In a small bowl, combine sandwich spread with vinaigrette. Mix well and drizzle over salad before serving.

The writer owns Catering by Debbi Covington and is the author of three cookbooks, Celebrate Beaufort, Celebrate Everything! and Dining Under the Carolina Moon. For more great recipes and to view her cooking demonstrations, visit and subscribe to Debbi's YouTube channel. Debbi's website address is www.cateringbydebbicovington.com. She may be reached at 843-525-0350 or by email at dbc@cateringbydebbicovington.com.