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High Five

High Five With David Lynch

Edited by Raquel Laneri, 12.21.09, 02:25 PM EST

The iconoclastic filmmaker picks his five favorite sandwiches.



David Lynch is, among many things, a photographer, a painter, a rather droll [weatherman](#), an entrepreneur (he has his own line of organic coffees), a philanthropist and, most famously, a filmmaker. His widely influential and notoriously weird oeuvre includes cult classic *Eraserhead*, *Blue Velvet*, the TV series *Twin Peaks*, *Mulholland Drive* and, his latest, *Inland Empire*--a landmark in digital moviemaking. The Missoula, Mont., native will next head to India to begin shooting a documentary on the Maharishi Mahesh Yogi.

Lynch has also been an enthusiastic practitioner of Transcendental Meditation for 30 years. Through his David Lynch Foundation for Conscious-Based Education and World Peace, thousands of students, teachers and parents have learned to meditate for free. The foundation additionally provides funds for researchers to examine the effects of the

program on academic performance, learning disorders, depression and [substance abuse](#).

Meditation is only one of the things that fuel Lynch's creativity. Another: food. He found much of his inspiration for *Blue Velvet* while slurping on chocolate milkshakes at Bob's Big Boy, where he went nearly every day for seven years at 2:30. "If you came during lunch they made so many of them that they would never get cold enough to be like ice cream--it would be like soup," he said; at 2:30 they would be "just right." Lynch took a minute before a recent speaking engagement with the Hudson Union Society at the Russian Tea Room in [New York City](#) to give *Forbes* his top five favorite sandwiches.



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Bacon, Lettuce and Tomato

The bacon has to be super crispy, almost burned and snappable. The sandwich has to be contained in levels within the bread (not spilling out on the edges). Use toasted white bread, iceberg lettuce and mayonnaise. (Note: I like iceberg lettuce. Other varieties of lettuce may be healthier, but

their tastes can "putrify" the environment.) There has to be a sufficient amount of bacon--four or five strips, maybe six.



Susan Kinast/Getty Images

Grilled Cheese

This sandwich has to be well grilled using white bread and plenty of butter until the cheddar cheese is melted and hot. You can use tomatoes, but they do alter the taste, so the tomatoes should be firm and not too watery.



Liza McCorkle/Getty Images

Egg Salad

The egg salad has to be thick but spread out uniformly across the bread so that is it contained within the sandwich and is not spilling out. You can use toasted or untoasted white bread.



Michael Valdez/iStockphoto

Peanut Butter

Pretty straight ahead: You can use whole wheat bread (toasted or untoasted), preferably with organic, crunchy peanut butter. (Jiffy peanut butter is very tasty but may not be as healthy.) If you use organic, then when you open a new jar you have to stir the oil on the top into the entire jar's worth of peanut butter. It is hard work and messy, but it's worth it.



lorraine kourafas/iStockphoto

Chicken with Swiss Cheese

Use thin sliced, well-cooked chicken, swiss cheese, lettuce, tomato and mayonnaise on whole wheat bread. You need a proper balance of chicken and cheese so one does not overwhelm the taste of the other. Three slices of chicken will blend nicely with one thick slice of swiss cheese. I like Lays (original style) potato chips with the chicken sandwich; the chips are optional with the other sandwiches.