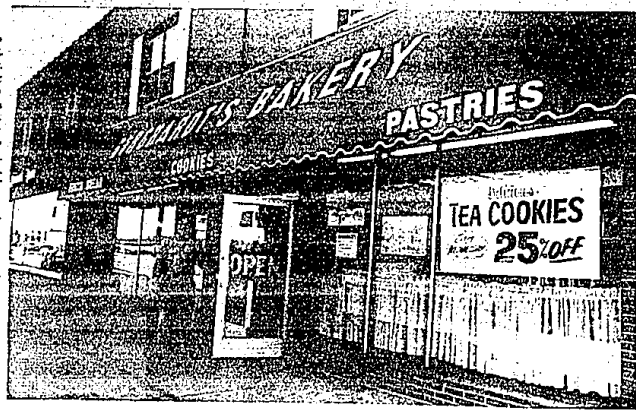




Bob Burghardt is proud to run his family's 115-year-old business. The bakery moved from Detroit to 33309 W. Seven Mile, Livonia, in 1978.

LAURA CASTLE/staff photographer

## Tradition

### Bakery celebrates anniversary

Continued from Page 1

dad had a heart attack so I started running the business." Will the family tradition continue? Burghardt and his wife, Evelyn, have two daughters, ages 11 and 8. "They love going to the bakery," Burghardt, who lives in Northville said. "But it's still too early to tell whether they like to cook."

Burghardt believes his bakery is the oldest bakery in Michigan.

"I'm the fourth generation, so it's always been a Burghardt running it," he said. "It's just been a tradition and you just sort of keep the tradition going. We're keeping a good product on the market. It's a matter of pride."

The bakery has 11 employees and is open from 9 a.m. to 5 p.m. Tuesday through Saturday. According to Burghardt, the only real drawback to his job are his working hours. He

works from 3 p.m. to midnight. The business bakes 800 loaves of sour dough and rye bread each day. The bread sells for \$1.15 for a one-pound loaf and \$1.99 for a two-pound loaf.

Business booms around the holidays, so the staff puts in extra hours of baking around Christmas and Easter. Today's customers still come from the German community, but they also come from other ethnic

communities as well.

Because they limit their products to just the bread, Burghardt said the bakery is pretty much a "cut and dried operation."

"We have a good product and we like making it," Burghardt said. "If you ever have this bread you'll always buy it again. It's just really good, wholesome bread, made the old-fashioned way."

— Bob Burghardt

## Dessert wines rich in history

Continued from Page 1

velop on the grapes, which extracts moisture from them, and the natural by-product is that the real amount of sugar (in the grape) increases."

Sauternes are a well-known French late harvest wine, and Germany also is famous for its late harvest wines, he said.

"In France people prefer the late harvest wines as appetizers but here we tend to stick with them as dessert wines," Zawidz said. "The late harvest wines are usually used to complement a dessert, while the ports probably could more often stand as a dessert on their own."

BUT FOR every "rule" about

wines, there is always an exception, he said.

"Appreciation of wine is really a progressive experience. For a first time wine drinker to buy a \$100 bottle of wine, they probably won't appreciate it."

The cost of wine varies greatly, but Zawidz says good late harvest wines can be found in the \$7 range. A good fortified wine can be purchased from \$8 on up, he added.

"Some of the late harvest California wines are on par with the best in Europe," Zawidz said. "If someone has never bought a port I'd suggest they start with something popular or well-known, such as Harvey's (Bristol Cream)."

"In any investment there is risk. If you limit your investment you limit your risk," he said. "Once you find something you like you can learn and then try more as you learn more. It's my feeling that you have to be able to swallow the price before you can swallow the wine."

ALTHOUGH THE U.S. ranks 20th in world wine consumption, with Italy first and France second, its per capita consumption has steadily grown over the last decade. American wines have steadily gained credibility as well.

"A vineyard has to be around for a long time to produce good grapes," he said, adding some of the California vineyards are more than 100

years old. "The grapevine must be in the ground seven years before it produces, and the older the vine is the better the grapes."

In the mid-1800s a disease swept through Europe, killing all the vines. "They took graftings from the California vines and transplanted them in Europe," Zawidz said. "All of the vines in Europe are actually American vines."

"European wines tend to be a good buy today because of the dollar value," he said, adding the German wines are a little higher priced than the French wines. "With the quality control used today there really are very little bad wines, just some that are better than others."

## Sherry's popularity increases in U.S.

Continued from Page 1

the alcohol content is stabilized with the addition of neutral, flavored grape brandy. Finally, dryness and palateness are regulated by the addition of sweet solera wine from the PX grape (Pedro Ximenez).

As if all the different types of sheries weren't hard enough to keep track of, when you add all the American brands, things can get pretty confusing.

As a totally non-ophyphic recommendation, pale dry and bone dry fino sheries are best when served chilled, but not iced. They make excellent aperitifs or can accompany any dinner. Amontillado sheries are best served chilled and are slightly darker and have a more nutty taste. They are excellent either as an aperitif or after dinner.

The oloroso sheries are nutty and sweet, but not as sweet as the

cream sheries. They are best served at room temperature, after dinner. Cream sheries, which make up the vast portion of American made sheries should be served at room temperature after dinner, instead of a liqueur. A tall, narrow flute is preferred, but not necessary. If you're "into" dessert wines and have yet to enjoy a really good sherry, look for these:

- Harvey's Bristol Fino... (fino)
- Williams and Humbert Dry Sack (Amontillado)
- Williams and Humbert Dos Cortados (oloroso)
- Domecq Celebration Cream (cream)

Skull Chef Larry Jones is a Michigan native and Livonia resident. A food enthusiast, he has worked at several area restaurants and is a graduate of the culinary arts program at Schoolcraft College.

## Spinach lasagna healthful eating

Lasagna... pasta primavera... spaghetti bolognese. Perhaps no other ethnic food approaches the popularity of Italian. Yet enjoying a favorite Italian dish often can mean overlooking resolutions to cut back on calories, fat and sodium.

Here's a mouth-watering microwave oven lasagna recipe that Italian food lovers will love, and lets them stick to their healthy eating plan.

Hofstra Spinach Lasagna is from Whippool Corporation's Nutrition for Fitness and Health brochure series. While giving helpful advice on storing, cooking and preserving foods to retain nutrients, the brochure also includes nutritious and delicious recipes.

This spinach lasagna dish was developed by the nutrition staff of the Hofstra Health Center, a nonprofit health center known nationally for its "Enlightened eating" program. Hofstra Spinach Lasagna helps meet the high fiber, low cholesterol, fat and sodium nutrition needs of today's health-conscious Americans.

day's health-conscious Americans. Made with cheese and spinach, this easy-to-prepare recipe is rich in calcium needed for strong bones and prevention of osteoporosis — a bone-weakening disease that chiefly affects women in the 45-and-over age categories. Whole wheat pasta, naturally low in sodium and high in fiber, enhances the flavor of this hearty dish, while salt-free tomato sauce reduces sodium content. Best of all, this delicious dish is quick to prepare in your microwave oven.

### HOPSTRA SPINACH LASAGNA

(Total cooking time: 28 min.)  
1 10-oz. pkg. frozen chopped spinach  
1 tsp. safflower oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 4-oz. can mushroom pieces and stems, drained  
2 8-oz. cans salt-free tomato sauce  
1/4 tsp. basil

- 2 tsp. oregano
- 9 whole-wheat lasagna noodles
- 1 lb. low-fat (1 percent) cottage cheese
- 2 tbsp. Parmesan cheese
- 4 oz. part-skim mozzarella shredded (1 cup)

Cook noodles according to package directions. Microwave spinach in package 4 minutes at high, or until defrosted. Drain and set aside. In 1 1/2-quart casserole, microwave oil, onions, garlic and mushrooms 2 1/2 minutes at high. Add tomato sauce and seasonings; microwave 3-4 minutes at high or until heated through. Mix cottage and Parmesan cheeses till smooth. In an 8 1/2 x 12 microwave safe baking dish, layer 3 noodles, 1/4 spinach, 1/4 cheese mixture, 1/4 sauce and 1/4 mozzarella. Repeat layers. Microwave 3 minutes at high. Reduce power to medium (50 percent) and microwave 10-12 minutes or until heated, rotating dish after 5-6 minutes. Let stand 3 minutes before serving.

## Dried herbs bring flavor in a pinch

AP — To add extra flavor to almost anything you cook add a pinch of dried herbs. For maximum flavor, store and use them right.

Seasonings lose their punch with age, so choose the smallest containers possible when buying dried herbs. Mark each container with the date of purchase and at the end of a year, discard the remaining herb.

Keep dried herbs in tightly covered, light-proof containers in a cool, dry place — not above the range. Heat, moisture and light rob herbs of flavor.

To use a dried leaf herb, measure it first, then finely crush it in the palm of your hand or with a mortar and pestle before adding it to the mixture.

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