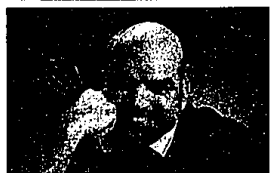


TASTE

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MONDAY, OCTOBER 19, 1992

TASTE BUDS



CHEF LARRY JONES

Toast morning with chewy, warm bagels

Bagels are to the East Coast what tortillas are to the Southwest. But the "iron doughnuts" long ago crossed geographical and cultural miles to become a common treat from Philadelphia to Phoenix.

A bagel is simply a round yeast bun with a hole in the middle. It can be eaten alone or topped, warm or toasted. It can be made smooth or twisted, plain or studded with onion flakes, sesame seeds, salt, poppy seeds or even raisins.

Bagel books

In their book "The Bagel Bible," (1992, The Globe Pequot Press,) Marilyn and Tom Bagel, that's right Bagel, have compiled a complete guide featuring bagel facts and fiction, recipes, serving suggestions and even bagel favorites of the rich and famous. Priced at only \$9.95, this paperback is a must read for any true bagel enthusiast.

A true bagel, according to Joan Nathan in "Jewish Holiday Cooking," (1988, Schocken Books), is made from white wheat, high gluten flour and is plain. European and Israeli versions are thinner and crustier than the commercialized American bagel.

The bagel's satiny sheen and crust comes from first being parboiled in water, which also reduces the starch content. Then bagels are brushed with an egg wash before oven baking. The traditional water bagel is made without eggs and, because it doesn't contain fat, is healthier than an egg bagel, another American invention.

Breakfast food

Bagels are a great breakfast food, can substitute for a luncheon sandwich or may be served as an alternative to dinner rolls. Halved mini bagels make great hors d'oeuvres and mini pizzas, even when sprinkled with a variety of "frostings."

The most traditional topping for a bagel is cream cheese. Lox (smoked salmon) is another favorite which is usually accompanied with sliced onion and dill tomatoes.

Although the simplicity of cream cheese and a warm bagel is in this writer's mind near perfection, variations on the theme are wonderful extras. With the introduction of flavored cream cheeses, bagels can now be topped with fruit, herb and/or savory additions like chive.

Reduced fat and other "lite" varieties of cream cheeses have sent bagel producers to new heights opening their market to yet even more calorie-conscious consumers.

There's a little argument that a fresh warm bagel is nothing short of heavenly. "There are a few tricks of the trade that need to be passed along to keep those bagels fresh and moist, especially when the only way to buy them is by the proverbial dozen.

Storage tips

To keep bagels overnight, leave the bagels in a plastic bag at room temperature. To keep two or three days, keep the bagels in the plastic bag in a sealed container in the refrigerator. To keep longer than three days, they are best kept in a plastic bag in the freezer.

To warm bagels (or fresher stale ones) I've read that you should first sprinkle them with a little water and wrap in foil, then warm gently in a 350 degree oven for 10 minutes.

Unfortunately, they never last that long at the Jones Gang house. One word to the wise is that you should never wrap warm bagels or they will get unbearably soggy. Always allow them to cool first, then wrap in foil or a plastic bag for optimum results.

Making bagels

The metro area has many small bagel outlets where folks like me and me can buy them. Tuesday nights usually offer a two-for-one deal, but with all due respects, they are fairly easy (and inexpensive) to make at home.

There are even recipes to make bagels in those nifty home bread machines. I've included a recipe for easy bagels that looks far more difficult than it really is to make.

Similar to a basic egg bread, the only additional step requires the bagel baker to drop the rounded dough into boiling water one at a time before baking for about one minute. This is a necessary step that gives bagels their characteristic chewiness.

Of course, for the culinarily uninformed, you can venture off to the grocery store for a package of frozen bagels, but once you've tested a warm bagel direct from the oven, you too will notice quite a difference.

So if you like the taste of a homemade bagel, remember an old Yiddish recipe for bagels from Joan Nathan's "Jewish Holiday Kitchen" that says "first you take a hole and put some dough around it..."

See Jones Family recipes inside.



JIM RUDER

German goodies: Inge Hosp (left) and Christine Olszyn show off some of the many imported German food items available at Hans Delicatessen and Imports in Troy.

■ Hans Delicatessen and Import in Troy has the foods that German Americans crave — hearty black breads, sausages and desserts.

By JOAN BORAM
Special Writer

Every school child knows that Detroit was originally a French city, but German immigrants, who started arriving in numbers early in the 19th century, quickly made their mark on the fortified town.

It has been said that the first thing the Germans established was a church, and the second a newspaper. Indeed, the French were not newspaper readers, and Detroit existed from 1701-1809 without any newspaper of any sort. The first German newspaper, the "Michigan Democrat," was founded in 1844.

After a church and a newspaper, could breweries be far behind? Or sausage makers? Or bakeries? Hearty bread, with wheat and a stain of beer, and Black Forest cake.

German-born Inge Hosp has been presiding over a little bit of Germany in Troy for over 20 years. You can't get a cold brew at Hans Delicatessen and Import, 1049 East Long Lake Road, but there are cold cuts and sausages made by German sausage makers in America, including Detroit's own

discover hearty
GERMAN
fare

Alexander and Hornung. Other sausages come from New York or Chicago.

"We have some imported German black breads," said Hosp, "and on Thursday and Saturday we have fresh German-style rolls, crisp on the outside, and chewy on the inside."

"Occasionally, we have homemade cakes baked by a German lady who lives in the area. We also have imported noodles, jam, mustard, cake mixes and other foodstuffs that German-born

Americans crave."

Since 80 percent of the deli's customers are from Germany, it's only appropriate that 90 percent of the employees speak German, including manager Christine Olszyn who was born in Poland.

There's a little cafe in the store, serving soups, salads and sandwiches. A very popular sandwich is a German-style "Bavarian Delight," a hearty combination of liver loaf, melted Swiss cheese, Bavarian mustard, onion, lettuce and tomato, served on German-style light rye bread.

"In the afternoons, Europeans in the area stop in for coffee and cake," said Hosp. The cafe is not open for dinner.

The store also carries German cards and gift items, and German videos for rent or for sale.

Brenda Wugazzar of Southfield doesn't cook German-style foods, but she and her family have welcomed several German exchange students into their home, and have in turn visited the students in Germany.

"The German custom of eating the main meal at noon is one of the hardest things for an American to get used to," said Wugazzar. "Most often, we would be served sauerbraten, goulash, or schnitzel for lunch. A typical meal might be sauerbraten and potato pancakes with onions, served with the gravy from the sauerbraten."

"Then, around 6 p.m. supper would consist of cold cuts and cheese, and perhaps a "monkey" type bread, that you pull apart. Generally, supper isn't a cooked meal. Families we visited would sometimes offer us a heavier evening meal as a courtesy to our "foreign" tastes, but it wasn't the typical German supper."

"You might think a heavy noon meal would make you sleepy, but the Germans are used to it, and besides they walk everywhere so they walk it off."

Wugazzar adds that the family missed the green salads that they're used to. "A typical German salad consists of julienned white radish, carrots and zucchini. As soon as we get back to the States,

See GERMAN, 2B

Deinhard & Company offers flavorful wines

FOCUS ON WINE



ELEANOR & RAY HEALD

In the mid 1980s, German wines lost their luster with many American wine drinkers when they discovered chardonnay. They considered German wines sweet and they wanted

crisp with fruity acidity and have an almost indelible aging capacity.

German wines are significantly lower in alcohol than chardonnay and their finesse and breed harmonize them easily to a broad spectrum of lighter foods such as seafoods, cold meats, poultry, veal and pork. They are especially flavorful with stir-fried vegetables and roast turkey.

Germany's Mosel and Rhine winegrowing regions experienced a trilogy of exceptional vintages in 1988, 1989 and 1990. These wines are available and represent good value.

As Americans, we're into over-chilling our beverages. Before serving, remove a German wine from the refrigerator for at least 20 minutes. If served too cold, the wine will not immediately reveal its full bouquet, flavor or complexity.

Connoisseurs frequently refer to Deinhard wines as the first "chateaux" wines of Germany. Deinhard has a complete line of wines from a sparkling (referred to as sekt in German) through elegant, lush dessert bottlings.

Deinhard created its first sekt in 1833, when one of the partners married a member of a leading family of Champagne. The sparkling Lila Brut (pronounced Lee-lah) for the German color violet is produced from 100 percent riesling grapes which give it breed and elegance. It sports a generous, fresh fruitiness and long-lived effervescence. Slightly floral and spicy notes pair it well to hors d'oeuvres and at \$8.25, Lila Brut is bargain-priced bubbly.

Perfect as an accompaniment to appetizers or fresh fruit is the delicate, apple blossom and floral 1989 Bereich Bernkastel Riesling Q.b.A. (\$6.25)



KURHARD CORPORATION

Wine selection: Deinhard Riesling Dry is one of the wine selections of the week.

Wine Selections of the Week

Lila Brut, \$8.25
1989 Bereich Bernkastel Riesling Q.b.A., \$6.25
1990 Riesling Dry, \$7
1990 Piesporter Riesling Q.b.A., \$9.50
1989 Piesporter Goldtropfen Riesling Q.b.A., \$2.50
1989 Piesporter Goldtropfen Riesling Spätlese, \$14

from the Mosel-Saar-Ruwer area. It's fresh, clean finish is a great starter wine.

Deinhard's 1990 Riesling Dry (\$7) is 100 percent riesling from the Rheinhessen. With only 11 percent alcohol, its fresh dough and baked apple aroma remind us of fall. Pair it with broiled whitefish.

See WINES, 2B