

FOCUS ON WINE



RAY & ELEANOR HEALD

Cognac — a wine that's been distilled

Every meeting with Bernard Hine is a pleasure. He's the last family member in charge of production and brand ambassador to more than 85 countries for Hine Cognac. We hang onto every word he shares about the spirit he loves and has breathed for a lifetime. We've long respected his ability to relate love of cognac to an affinity for wine.

Much of what's written about cognac revolves around the unique distillation process. But that dis-

WINE PICKS
At the beginning of the new year, give some new wine tastes a try. Our top import recommendation is this category for the curious is 2000 Michel Torino Torrontes Argentina \$34. Indigenous to the Galic region of north-west Spain, torrontes has been planted in Argentina since 1990 and may well be the Argentine white wine with the "brightest future."

2000 Tablas Creek Clos Blanc \$35, a blend of four Rhone varieties, is our pick as the most creative white wine from California.

McDowell Vigneron \$16 is excellent with Pan-Asian food. At \$10, you can't beat 2000 Danzante Pinot Grigio.

"In Cognac, the soil and the grapes are our savoir faire; that's it," he said. "Once harvest is complete, a wine-maker knows the style of the wine he will make. For cognac, we select the components of the blend according to taste. We know the stock and will gradually assemble a final blend. Marrying the blend over time is the most important process for a fine cognac."

Developing personality

To maintain stock for blending, Hine purchases cognacs between 10 and 20 years old in a larger quantity than actually needed. Stock is aged in Limousin oak barrels that can be used for 50 to 60 years. "Each year, the angels take their share," Hine reminded us. "If you start with one 750 mL bottle of cognac, destined to become Triomphe (Hine's 45-year-old blend), by the time the aging process is complete, you are left with about 100mL."

Vintage is often dismissed when discussing cognac. "The quality of a cognac depends on the vintage," Hine insisted. "The amount of rain, sunshine, heat, or cold all contribute to the quality and personality of the crop. It is the same for wine. And just like wine, the quality of the product depends on the barrel aging."

Since 1987, Hine has reserved a few casks of cognac from each vintage and has plans to produce very special vintage cognacs. If after 10 years and extensive evaluation, the cognac from a particular vintage is not up to the Hine standard for a vintage quality product, then it becomes part of the regular stock.

But single vintage cognacs are important for blending. Because they come from a single harvest, their character is determined by the weather.

"An important point to make about vintage cognac," Hine said, "is that it should not be represented as the best because it has a vintage date on the label. The best cognacs are blended from several years to capture the superior characters of many components in a balanced whole that is greater than the sum of its parts."

The hallmark of a Hine cognac is that the taste of wine and fruit are not hidden by oak or vanilla. "When

Please see WINES, B2

Freshly baked, fondly remembered

New York Bagels are stuff of treasured childhood memories

By NORMAN PRADY
SPECIAL WRITER

The policeman's shout pierced the sweet air puffing out from the bagel factory. "Pull it up! Pull it up!" My father waved to him through the open driver's window of our Chevrolet as he rolled it forward toward the head of the double-parking lane.

The police long before had given up trying to run off the Saturday-night illegal parkers at the New York Bagel store on Detroit's Linwood Ave. near Clairmont Street. In an unlikely fit of reasonableness, they had taken to positive management: They'd let you stop your car, neatly if improperly, long enough to run in for a hot dozen or two and



NORMAN PRADY

even go to the delicatessen next door for some lox or some medium-hard salami or whatever other thrills your mouth might be thinking of.

Saturday night at the bagel factory wasn't just the freshly baked bagels. It was also late-evening snacks and it was preparation for Sunday brunch, a happy tradition for families and friends gathering in many Jewish homes, around dining room tables set with platters of scrambled eggs, stacks of sliced

cheese, foil packets of cream cheese, plates of smoked sturgeon and herring with slices of onion and tomato; wedges of honey cake and cinnamon coffee cake, carafes of coffee, pitchers of chilled home-squeezed orange juice, and brimming ladles of family news and neighborhood gossip.

Immigrant legacy
New York Bagel Baking Co. opened in Detroit in 1921, its sacks of unenriched flour, salt, sugar, malt and yeast blended bowl after bowl by founder Morris Goldsmith, a turn-of-the-century Russian immigrant, who named his business for the first U.S. City he and many other new Americans saw. The business now is in the hands Morris' grandson, Howard.

The bagel factory, as it was called by its customers, was on the east side of an active T-intersection, where a streetcar line doglegged. In the mid-1950s, the factory would close and New York Bagel stores would open along the path of Jewish migration through the city and to the suburbs. Today's New York Bagel stores are north of Detroit in ever-booming Oakland County, in its cities of Ferndale, Southfield, Troy, West Bloomfield and Oak Park.

Like pure peanutbutter, true licorice, chocolate syrup containing chocolate, and real baseball caps, Morris Goldsmith's bagel would come to be surrounded by synthetics and "pretenders."

"If you think of a product made with particular ingredients, boiled and then baked, a lot of what you're seeing today is lacking the ingredients — and they bypass some steps," says New York Bagel's Howard Goldsmith.

"For instance, a lot of places now are adding what are called dough conditioners to make the bagels softer and more roll-like. Bagels these days are becoming bigger and bigger."

True bagels

Boiled and then baked?

"The boiling," Goldsmith says, "Essentially helps create the hard outside and soft inside. You might say it gelatinizes the outside of the bagel."

Please see BAGELS, B2



STAFF PHOTO BY TOM HOTMYER

Fresh: Employees at New York Bagel in Ferndale, Timothy Jones (left) and Torrance Jones take the bagels out of the former machine and place them on boards to prepare for seasoning before being placed in the oven to bake.

BAGELS

½ cup warm water
2½ tsp. yeast
1 tbs. sugar
1 tbs. salt
4½-5 cups flour
2 tbs. molasses

optional toppings of choice:

sesame seeds
poppy seeds
kosher salt
onion bits, etc.

Makes 1 dozen

Combine ½ cup warm water, 1 tsp. sugar and yeast in a large bowl. Stir to dissolve, then let stand for about 5

minutes or until foamy. Stir in remaining 1½ cups warm water, sugar, salt and about 4 cups of flour and mix until well combined. Mix in enough of the remaining flour until you have a soft dough.

Turn dough onto a lightly floured surface and knead until smooth and elastic, about 5-8 minutes. Shape into a ball and place in a greased bowl. Cover with a clean kitchen towel and let rise in a warm place for until doubled, about an hour and a half.

Punch down dough and divide into 12 pieces. Cover with the towel again and let rest for 20 minutes.

With floured hands, roll each piece of dough into a rope 12-14 inches in length. Wrap the rope into a circle and pinch to close. Repeat with remaining pieces.

Preheat oven to 375° F. Bring a large pot of water, mixed with the molasses, to a boil. Drop a couple of bagels into the water at a time, poaching them for

about 20 seconds. Use a slotted spoon to transfer bagels to an ungreased baking sheet, (or one that's covered in parchment paper). Sprinkle with toppings, if desired, and bake for about 20 minutes, or until crusty and browned.

TIPS:

Baking — Here is the most important part. Bagels are cooked on bagel boards, but for the home-cooked bagel, you can use a cooking sheet. Putting a wet towel under half of it, the bagels are placed on the towel (seed side down), for baking. After about 6-7 minutes of baking, use the towel to turn the bagels onto the side that is baked (so that the bagels are seed-side up on the hot baking sheet; now they won't stick to the baking sheet). Bagels should not be flat and hard on the bottom, that is the reason for bagel boards. The main idea is to keep the seeds intact until the bottom has raised enough to not stick to the pan. Storage —

Eat healthy foods; limit fast foods

New Year's Resolution
n Assemble all those new games and gadgets you got for gifts

n Read the instruction booklets for all those new games and gadgets
n Use all those games and gadgets
n Find a place to store all those games and gadgets

n Throw away food gift packages that needed refrigeration that you forgot to refrigerate

n Eat the "good stuff" that you received as a gift

The major resolution should be to eat a diet rich in fruits, greens and whole grains to help you stay younger longer.

The second part of that resolution is to limit the meals from fast food restaurants. Bad food choices and no exercise will age you very quickly and make your body more vulnerable to many diseases.

Heart disease (heart attacks and strokes), cancer, osteoporosis, muscular degeneration and diabetes are all dis-

HOME
SENSE



LOIS M. THIELEKE

no benefits.

Sugars are carbohydrates that serve as a source for energy. Some sugars occur naturally in foods and can not be removed. Read the label and see the list of all the sugars plus the added ones. Brown sugar, corn sweetener, corn syrup, confectioners' sugar, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup,

honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, raw sugar, sucrose, syrups, table sugar and turbinado sugar. Remember all of these sugars contain calories.

Fruits and vegetables contain heart friendly nutrients, such as flavonoids, potassium, organosulfur compound, plus vitamins, nutrients and fiber. Eat five or more servings a day especially those intensely colored vegetables.

Ways to Add Fiber to Your Diet
n Add sliced fresh fruit to cereal, yogurt or cottage cheese. Use fresh fruit slices instead of jelly on peanut-butter sandwiches.

n Use whole wheat or rye bread in place of white bread. Choose whole grain crackers in place of saltines or snack crackers.

n Use fresh fruit and vegetables every day. Instead of potato chips, try raw broccoli, cauliflower, carrots and green pepper with dips. Fresh fruit in season is a great snack or dessert.

n Use more beans and peas in meals. Try split pea or lentil soup, brown rice and beans, or chili. Use cooked or canned dried beans in salads and casseroles.

n Use whole wheat flour in place of all or part of the white flour in recipes.
n Choose whole grain cereals for breakfast in place of refined, sugary cereals.

n Eat potatoes with the skin.
n When you cook vegetables, steam or stir fry until tender but still crisp.

n Use sunflower seeds, sesame seeds or wheat germ for toppings on casseroles or to add to baked goods such as quick breads and cookies. Use them when you make meatloaf, and use rolled oats in place of bread crumbs.

(Fiber list provided by the American Cancer Society.)

Research shows that vegetables con-

Please see HEALTHY, B2