Bagels from page B1

Goldsmith's bagels are extruded from machines the company began using in the mid-1960s. Development of the bagel-forming machine, he says, fortuitously coincided with what he calls explosive growth in the bagel business at the that time, which 'made it harder and harder to keep my with demand" with a handwark production line. In addition to the national chain bagel stores and cafes that have opened in recent years, "you're also seeing more and more general retail locations carrying bagels," Goldsmith said. They get them frozen raw from food service companies, let them thaw and put them in an oven. There's a lot of opportunity today for people to buy a bagel – or a product remains fresh, or at time to buy more bagels."

Large market

The largest single slice of the current bagel pie is elaimed by Dunkin Denuts.

Boston area headquarters, Dunkin Donuts each year puts 264 million bagels into the mouths of visitors to its 3,600 shops. Among its 14 or so varieties, she said, are cinnamon raisin, onion, pumpernickel, egg, wheat, and many more.

By comparison, New York Bagel – in the eighth largost U.S. metro area, not surprisingly sells less, although Goldsmith keeps the exact number a secret. He said his best-selling varieties are plain, salt, onion, egg and raisin, although there are many other flavors.

"Yes we make blueberry bagels and raisin bagels," Goldsmith said, "but things like bannan and chocolate chip are better left for muffins."

Lender's Bagels, whose frozen product is sold

throuhout U.S. groceries, makes more than 3 million bagels, in 15 varieties, mack very day of the year, according to a spokesperson at the company's St. Louis office.

Aside from any kosher-related hesitations about pork and mixed service of meat and dairy products, what does Goldsmith think of McDonald's ham and cheese broakfast sandwich on a bagel?

Goldsmith answers with his own question: "How you had that bagel? Oy," he says. "That's my personal opinion."

Norman Prady, of Berkley, is a freelance feature writer with many years of experience in recognizing and savoring gen-uine traditional bagels.

Recipes for the top of your bagel

CRABAGELS:

Mix 8 oz crab meat with 2 oz (keup) mayonnaise, a stalk of finely chopped celery, % tsp. horseradish, 1 ths. ketchup and a dash of popper. Spoon over toasted bagel halves. Makes 4 to 6 halves.

STRAWBERRIES & CREAM BAGELS:

Mix % cup mashed strawberries with % cup cottage or ricotta choese and 1 tsp. sugar. Spread on toasted bagel halves and top with sliced strawberries. Makes 2 to 4 halves.

www.barrybagels.com

HOT ARTICHOKE DIP

1 14-ounce can artichoke hearts, drained and chopped

to 3 green onlone, finely chopped
2 to 3 green onlone, finely chopped
2 taps, TABASCO® Green Pepper Sauce

1 tsp. TABASCO Pepper Sauce 1 134. IABABOO Pepper Bauco % cup finely chopped fresh herbs (i.e. persiey, basil, dilli, chives) 2 heads Belgian endive (optional).

Salt to teste

Preheat oven to 375° F.

In a medium bowl, combine all ingredients. Transfer to shallow bak-ing dish and bake for 30 minutes. Serve with bagels or on chips, pita triangles, crackers or raw vegetable sticks and slices. Makes about 3

EGGPLANT CAVIAR

Loup chapped anion 2 tbs. lemon luice

the, olive or vegetable oil

small clove garlic

ኔ tsp. salt ኔ tsp. TABASCO brand Pepper Sauce

Lemon silce (optional)

Probest oven to 350°F.

Preheat oven to 350°F.

Flace eggplant in shallow baking dish. Bake 1 hour or until soft, turning once. Trim off ends; sitee eggplant in half lengthwise. Place cut-side-down in colander and let drain 10 minutes. Scoop out pulp; reserve pulp and peel. In blender or food processor, combine eggplant peel, onion, lemon juice, oil, garlic, salt and TABASCO® brand Pepper Sauce. Cover; process until peel is finely chopped. Add eggplant pulp. Cover; process just until chopped. Place in serving dish. Garnish with lemon alice, if desired. Makes 1% cups.

Healthy from page B1

tain cancer fighting substances such as caroteno (alpha and beta), lycopene, plus many more beneficial compounds. The powerbables, tomatoes, broccoli and cabbage. There are some cresearchers who feet that if everyone at eat least five servings of fruits and vegetables are some control of the control of th

min K rich vegetables), Macular degeneration causes blindness and is irreversible so ent lots of lutein which is in kale, spinach and collard greens. Vitamin C foods also help reduce the risk for this devastating disease. Fruits, vegetables and whole grains are naturally low in calories and help with weight loss.

One of the leading causes of dia-betes is excess weight. Make changes in your food choices, you'll look better and younger and you'll feel more healthy and energetic.

Lois M. Thieleke is an Extension Home Economist at Michi gan State University Extension Oakland County.

TACE HOME HEALTH CARE, INC. PUBLIC NOTICE

The Joint Commission on Accreditation of Healthrare Organizations will conduct an accreditation survey of this organization on January 22, 2002. The purpose of the averey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

necreditation should be awarded the organization.
Joint Commission standards doed with organizational quality of care issues
and the safety of the environment in which care is provided. Anyone
believing that he or she has pertinent and valid information about such
anotters may request a public information interview with the Joint
Commissions field representatives at the time of the survey. Information
presented at the interview will be carefully evaluated for relevance to the
carefulation process. Requests for a public information interview manmade in writing and should be sent to the fine request continue to the
five working days before the continue of the process the continue of the
line of the process that the standard is a standard to adversed to.

Division of Accreditation Operations

Division of Accreditation Operations

should be addressed to:

Division of Accreditation Operations
Organization Liaison
Joint Commission on Accreditation of Healthcare Organizations
One Henalisance Boulevard
One Henalisance Boulevard
One Henalisance Boulevard
The Joint Commission will a tear, acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the due, time, and place of the meeting.
This notice is posted in necordance with the Joint Commission's

process the mexchage.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is completed.

Date Posted: 12/12/01

Locality Design 10, 2001 (Sough January 20, 2002)

Rossel

Wines from page B1

you swallow and swallow a sec-ond time, you see that the after-taste is everlasting," Hine com-mented. "Perfection in cognac is lightness, elegance, and length with great finesse."

Hine cognacs

Hine cognacs
Within Hine cognacs, Rare &
Delicate \$40 is a blend of 30 cognacs, the youngest has VSOP
quality. Hine Antique \$100 contains 50 different cognacs older
than 20 years. Since some of its
components are up to 30 years
old, it is a grand introduction to
the world of mature cognacs.

Hine Triomphe Grande Cham-pagne \$207 is a single growth blend of more than 50 different

cognacs, aged separately for an average of 40 to 50 years.
Triomphe has been blended to be a robust style with more taste. Cigar afficionados will enjoy Hine Cigar Reservos \$70, a blend of 15 to 20-year-old cognacs with nuances that match handsomely with fine tobacco. By a warming firephace. Ah, the unbeatable joys of cognac in a Michigan winter!

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To ne them a voice mail message. dial (734) 953-2047, mailbox

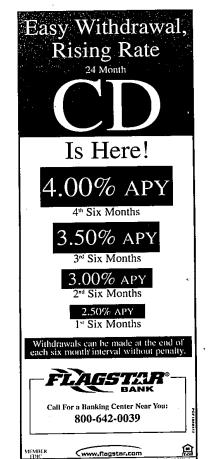
Try this dip recipe with chips

MUSKROOM PATÉ

10 oz mushrooms, chopped
1 Tosp, extra virgin cilve oil
1 lorge onion, chopped
1 Tosp, tamari
t tsp, nutmeg
t tsp ground thyrne
dash black pepper

Heat oil in heavy skillet over medi-um heat. Add the onion and gartic, and sauté until onion begins to soften (be

careful not to burn the garliet, Stir in the mushrooms, lower heat, and cook for about five minutes, stirring occasionally, Add all seasonings and attr to blend. Reduce heat and simmer for about ten more minutes. Remove from heat and adjust seasonings if necessary. Allow to cool a bit, then purfe in a food processor or blender. Chill in a covered container until ready to serve. (Also freezes well.)



Semi Annovi

