

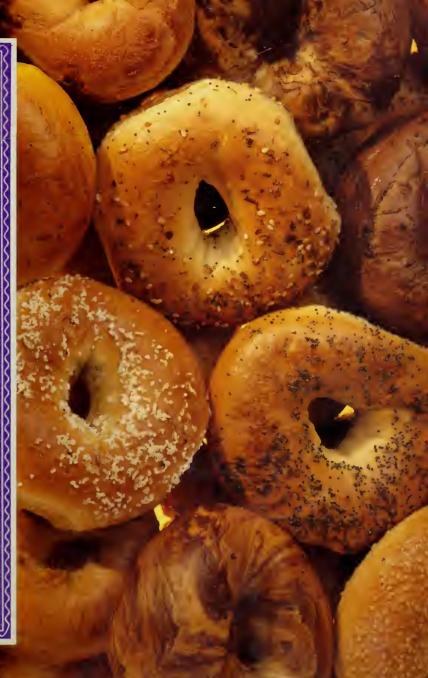
For Bagel Lovers, The Complete Guide to Great Noshing

Bagel fact and fiction • Recipes Bagel favorites of the stars Serving suggestions

From the preeminent authorities on the subject !



Marilyn and Tom Bagel (tbat's right, Bagel)



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The Bagel Bible

For Bagel Lovers, The Complete Guide to Great Noshing

> by Marilyn & Tom Bagel



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Preface

You picked up this book because you love bagels or you know somebody who loves bagels. Perhaps your love affair with the "cement doughnut" began many years ago. Or maybe it was the result of a recent chance meeting at a carry-out when your eyes met a dazzling bronze-skinned bagel and you were hooked, like millions before you.

Whether you're an old fan or a relatively new admirer, *The Bagel Bible* by Marilyn and Tom Bagel is the definitive book on bagels by genuine Bagels. Tom was born and "bread" in Milwaukee. Marilyn became a Bagel by marriage.

So get ready to sink your teeth into dozens of creative bagel recipes for quick and easy meals any time of the day or night. And for those of you who want to try your hand at bagel baking, you'll also find recipes for making hot, crusty bagels in your own kitchen. Enjoy!

When made with kosher products, the recipes in this book are considered to be kosher.



Whatsa Bagel?

Bagels *should* be found in the dictionary under *fun*, but according to Webster (who probably liked his with a *shmear*) a bagel is "a hard roll shaped like a doughnut that is made of raised dough and cooked by simmering in water and then baked to give it a glazed brown exterior over a firm white interior." The bagel is the only bread product that is boiled before it is baked. That's what gives the bagel its unique texture and the crust its characteristic shine.

Legend has it that in 1683 in Vienna, Austria, a local Jewish baker wanted to thank the king of Poland for protecting his countrymen from Turkish invaders. He made a special hard roll in the shape of a riding stirrup—*Bügel* in German—commemorating the king's favorite pastime and giving the bagel its distinctive shape.

As bagels gained popularity in Poland, they were officially sanctioned as gifts for women in childbirth and mentioned in community registers. Mothers used them as nutritious teething rings that their infants could easily grasp—a practice still popular today.

Bagels eventually made their way to Russia, where they were called *bubliki* and were sold on strings. Like other ring-shaped objects, they were said to bring good luck and possess magical powers. It is even said that songs were sung about bagels!



An American Debut

When the Eastern European Jewish immigrants arrived in America at the turn of the century, they brought the bagel with them. The American bagel industry established formal roots in New York between 1910 and 1915 with the formation of Bagel Bakers Local #338. This exclusive group of 300 craftsmen with "bagels in their blood" limited its membership to sons of members. At the time, it was probably easier to get into medical school than to get an apprenticeship in one of the thirty-six union bagel shops in New York City and New Jersey.

Professional bagel baking required know-how and backbreaking labor. Bagel makers' sons apprenticed for months to learn the trade. Men were paid by the piece and usually worked in teams of four. Two made the bagels, one baked, and a "kettleman" was in charge of boiling the bagels. The men earned about 19 cents a box, and each box typically contained sixty-four bagels. It was not unusual for a team to make one hundred boxes a night.

With the rising of the yeast in countless bakeries, the popularity of the bagel rose far beyond the boundaries of ethnic neighborhoods. In the late 1950s and 1960s, bakers from New York and New Jersey began moving to other parts of the country. One such veteran who opened a bagel bakery in a suburb of Washington, D.C., in 1966, remembers his skeptical landlord nervously questioning, "Who's gonna spend 7 cents for one of *those* things?" Other bagel bakers who emigrated from Eastern Europe settled in Canada, giving cities like Toronto and Montreal their reputation for superb bagels.

Prepackaged bagels first became available in grocery stores in the 1950s. With the introduction of frozen bagels in the 1960s, consumers had access to bagels even if they didn't live near a bagel bakery.

Bagel-making machines, a boon to commercial bakers, were also introduced in the early 1960s. Inventor Dan Thompson says, "I was born to invent a bagel machine. My father was thinking about a bagel-making machine when I was conceived." That may not be far from the truth, because Dan's father had a wholesale bakery in Winnipeg, Canada, and was already working on a bagel-making machine back in 1926. But it was far too complicated, too slow, and too costly to manufacture and it wasn't commercially feasible.

There were as many as fifty unsuccessful attempts to produce a bagel-making machine





Hot news for good nutrition

in the early twentieth century. The Thompson Bagel Machine Corporation developed the first viable model, despite "doubting Thompsons" who insisted that no machine would ever replace the human hand. Most of the early machines were leased by bakers who paid by the dozen on a running timemeter. Now most are purchased. One model can form 200 dozen bagels an hour, another as many as 400 dozen an hour.

You've Come a Long Way, Bagel

Bagels are not just for breakfast anymore; in recent years, consumer demand for bagels has absolutely exploded in this country, with sales approaching \$1 billion a year in the United States alone. Today considered no more "ethnic" than pizza or tacos, bagels are a mainstay on tables in households of every race, creed, color, and religion.

Major corporations have entered the bagel market in a big way, not just with bagels but also with a host of bagel products, from bagel chip's to bagel "dogs." Fast-food chains have bagels on the menu. You can find bagels at your local supermarket—at the bakery counter, in the bread section, at the deli counter, in special self-serve bins, and in the freezer section—and at bagel bakeries, convenience stores, department stores, even doughnut shops. Some bagel bakeries are open twenty-four hours a day, to satisfy the needs of true bagelholics. It's a far cry from pushcart sales on cobblestone streets at the turn of the century.

Commercial bagel bakers are responding to this bagel love affair not only by extending their product lines but by refining mass production techniques. Some companies are steaming instead of boiling the bagels prior to baking. In this process, racks of bagels are rolled into upright steam-injected rack ovens. This speeds production and results in a softer bagel that lends itself more readily to sandwich making: The fillings won't squeeze out when you bite into the sandwich. However, diehards argue that it's not a bagel unless the filling "squishes" out when you bite into it!

The Low-fat, No-cholesterol Wonder

Bagels are a dream come true if you're watching your weight, your cholesterol, or your fat intake. You'll find bagels on the recommended list of every major diet plan. They have no



cholesterol and very little fat. They are highly satisfying, and their chewiness makes them much more emotionally gratifying than a slice of bread. Take a fresh bagel along for a filling low-fat snack, particularly if you plan to be someplace—such as on an airplane—where your food choices will be limited.

Bagels vary in size from baker to baker and manufacturer to manufacturer. They can range from 1-ounce bagelettes (miniature bagels) to mega-bagels that tip the scales at over 5 ounces. On the average, you can figure on the following nutritional content for a 2.5-ounce plain bagel:

- 37 grams carbohydrate
- 8 grams protein
- 1 gram fat
- 0 milligrams cholesterol
- 450 milligrams sodium
- 190 calories

Bagels Are Even Good for Your Love Life

The "teddy bear of foods," bagels bring out the best in everyone. Even the most unemotional people you know will wax poetic when you ask them what their favorite bagel flavor is!

Share a bagel and you have a friend for life. Business goes better with bagels. Arguments are more civilized over bagels and coffee. Making up is more loving with bagels and champagne. And if you want to make a lasting impression, forget the dozen roses. Just bring a dozen hot bagels and some cream cheese. You'll make a big hit and save a lot of money too.





Bagel Styles of the Rich and Famous

What food other than a bagel could make such a distinguished assemblage of glitterati react with wild abandon . . . practically weep with joy . . . in other words, go bonkers over bagels? Here's what the "Who's Who" have to say about *their* bagels.

Jane Alexander

This highly acclaimed stage, television, and film actress is known for her memorable portrayals, but Jane's love of bagels is no act.

"I eat five or six bagels a week. I had my first bagel in 1960, and my favorite kind is plain—with the hole! My favorite way of eating them is with my teeth. I've tried all kinds of bagels, but I like plain ones the best. The strangest way I've ever eaten bagels is with refried beans. Why do I like bagels? They're chewy and exercise my jawline."



Meredith Baxter

This versatile, talented actress enjoys her roles in front of the camera. But her favorite "roll" behind the scenes is a bage!

"I love garlic and onion bagels. I first started eating bagels about thirty years ago and find their shape wonderfully appealing. I have three a week when I'm working, but none when I'm not. My favorite way of eating them is toasted very crisp—black on the edges—with scads of butter. For me, the strangest thing I've ever had on a bagel is cream cheese. I guess the reason I haven't experimented more with bagels is that I'm inhibited!"

David Brenner

A well-known comedian who always performs to packed houses, Brenner enjoys relaxing with well-packed bagels.

"I love eating my bagels 1) with my hands; 2) with thickly piled cream cheese and smooth peanut butter; 3) with cream cheese and tuna; 4) with cream cheese and crisp bacon. I especially love untoasted plain or pumpernickel bagels. I've been eating them since I was two months and three days old. On a good week I eat between 2,500 and 3,200."

Jane Brody

This noted cookbook author and *New York Times* "Personal Health" columnist is an expert on nutritious foods. That's why bagels are a mainstay in her bread basket practically every day.

"I first started eating bagels somewhere between the ages of six months and a year old. My favorite kind is sesame seed. I eat about five to seven bagels a week. I prefer them au naturel. I simply break off chunks and eat them plain. The strangest combination I've ever put on a bagel is caviar and sour cream—raising the bagel to new heights! I haven't done more experimenting because I like them just the way they come out of the oven. They're so chewy and satisfying."



Dr. Joyce Brothers

Dr. Joyce Brothers is a noted psychologist, radio and television personality, columnist, and author, whom millions of people rely on as a source of wisdom, common sense, and practical advice. According to Dr. Brothers, bagels play a significant "roll" in childhood.

"I first started eating bagels as an infant. My favorite kind of bagel is plain, and I eat a couple every week with cream cheese. Bagels are the best teething rings ever devised. They will keep a small child or infant, who's old enough to sit up and grasp an object, enter-tained and happy longer than anything else."

Jerry Buss

Jerry Buss, real estate company executive and owner of the Los Angeles Lakers basketball team, says that although it's baskets that count on the court, off the court it's a basket of bagels.

"I first started eating bagels ten years ago. My favorite are raisin bagels, especially at breakfast time when they're toasted, spread with butter or cream cheese, and served with bacon and eggs. They taste so good that I have to limit myself."

Dick Clark

Creator, producer, and host of many of the country's most widely viewed television series and specials, and a driving force in American music, Clark gives bagels a "100"—they have a great beat and are fun to dance to.

"I first started eating bagels in the 1930s. My favorite kind is plain. I have one or two a week. I like them toasted with cream cheese. The strangest combination I've ever had on a bagel is peanut butter and pickles. I would experiment more, but I still bear a scar on the third finger of my left hand from a knife I used during an unsuccessful bagel experiment!!!"



William Conrad

This highly accomplished stage and television actor, producer, director, and narrator, is also an acknowledged chili gourmet who thinks bagels are *really* hot stuff.

"I first started eating bagels at the tender age of three. My favorite kinds are salt, poppy seed, pumpernickel, raisin, rye—any water bagel, no egg bagels. I try to hold down the quantity to a baker's dozen a week. Bagels are sooo good! My favorite way of eating bagels is to toast them, then spread them with cream cheese and chives and fresh chopped jalapeño peppers. The strangest thing I've ever eaten on a bagel is chili con carne with rattlesnake meat. When it comes to bagels, I'm the best bagel experimenter on my block!"

Norm Crosby

This popular entertainer and wordsmith extraordinaire has a unique way of expressing himself. But ask Norm for a monologue on bagels, and he gives it to you straight.

"I started eating bagels when I was very young. I also played with them as a baby. They're difficult to chew with no teeth. I eat at least a half-dozen a week, especially pumpernickel. I like them toasted with cream cheese or open-face with tuna fish and a slice of onion. Actually, I've tried everything on bagels—hot dogs, caviar (not together!), mustard—and I often make a pickle sandwich using bagels. I like bagels because they're quick to prepare, tasty, and good for you. If these sensible reasons aren't enough, I like 'em 'cause they're bagels and maybe because I don't like anything square!"

Fred de Cordova

De Cordova, the well-known producer-director of NBC's "The Tonight Show," thinks bagels have star quality. For Fred it's "Lights! Cameras! Bagels!"

"Why do I like bagels? Because bagels like me. I entered puberty with a bagel. That's when I first started eating them. Now my week wouldn't be complete without at least one.



I would have experimented more with bagels if it hadn't been for parental warnings. Bagels can be habit-forming!"

Phyllis Diller

A well-known comedienne and popular entertainer, Phyllis Diller has them rolling in the aisles with her repartee, and her observations about bagels are no exception.

"Even the thought of bagels is an inspiration to me. I bet you didn't know that when Ronald Reagan ran for president, he was so gung ho to get all the ethnic votes, he went into a deli and ordered a bagel. The waiter said, 'How would you like that?' Ronnie said, 'On rye.' Incidentally, my advice is never eat a day-old bagel. There is a day-old bagel someplace in this world with teeth in it—mine! By the way, did you hear about the new Bagel Diet? You just eat the holes."

Olympia Dukakis

This accomplished actress always delivers memorable performances in roles she can really sink her teeth into. But the starring "roll" she tackles with gusto is a bagel.

"I've been eating bagels for over thirty years. I like sesame best of all. I eat about three bagels a week. I guest you could say I'm a traditionalist at heart, because my favorite way of eating bagels is still with cream cheese and lox. However, I have gone so far as to have a bagel with banana, mayonnaise, and peanut butter on it. I love bagels because they're soft inside and have such a wonderful taste.

Whoopi Goldberg

Whoopi Goldberg, gifted Academy Award–winning actress and comedienne, has nourished her natural acting talents with years of bagel eating.

"I first started eating bagels as a kid in New York. I really like salted bagels the best. I



have about four or five a week, usually toasted with butter. Bagels are great because they're chewy and satisfying! Who needs a pretzel when you have a bagel?"

Mark Goodson

The consummate innovative producer, Goodson has created many of television's most memorable, successful, and classic game shows, past and present, including "I've Got a Secret," "Beat the Clock," "The Price Is Right," and "Family Feud." Mark has absolutely no difficulty answering questions about bagels!

"I ate my first bagel in Sacramento—that sounds like the title of a song—when I was about ten. My favorite kind of bagel is good old-fashioned plain—with cream cheese (natch!) and smoked fish (natch!). No matter how many I eat, it's never enough. The strangest thing I've ever eaten on a bagel is caviar once, but I really haven't experimented because, bagel-wise, I'm a conservative. I like bagels because I love crusty things, and the taste of a bagel is redolent of my youth."

Heloise

This trusted "Dean of Household Hints" shares the suggestions of millions of fans in her widely read column, which appears in newspapers from coast to coast. Heloise will tell you that you should always have some bagels on hand, because no household is complete without them.

"Why do I like bagels? What's not to like!? I first started eating bagels in Washington, D.C., as a child. My favorite is whole wheat and, though I eat none when I'm in Texas, I eat as many as I can when I'm in New York. I like bagels with cream cheese, onion, and tomatoes, or peanut butter and cream cheese. Actually, nothing is too strange to put on a bagel."





"As you can see, Dahling, I only do starring rolls. . . ."

Bob Hope

The premier Global Showman has faced millions of adoring fans the world over with ease. But he finds facing a bagel his greatest challenge.

"I remember the first time I ate a bagel. It was also the first time I broke a tooth. My favorite kind is a soft one, if it can be found. How many do I eat? Maybe one a year. My favorite way of eating them is with a doctor on hand. The strangest thing I've ever eaten on a bagel is vegetable soup. I haven't experimented more with bagels, because I prefer to eat doughnuts before they're soaked in cement. Why do I like bagels? . . . Why do I like the I.R.S.?"

Marty Ingels

Marty Ingels, a man of many talents—actor, comic, writer, and Hollywood Super Agent—always knows what's "in" and what's "out" . . . and, of course, the super-scoop on bagels. To quote the Brooklyn Boychik:

"Actually, it wasn't till I was fourteen that I realized they were edible. They were always piled up and stuck together in the freezer. My mother talked about keeping 'onions' in them . . . and 'seeds' . . . even 'water.' And we could only buy them on certain days and only from a very fat man named Itzhak who dribbled when he spoke. Why would anyone want to eat one of those? (Once one of them fell out of the fridge onto my father's foot and broke two of his toes. Most kids I knew were scared of them.)

They were much easier to digest when I was a kid. 'Got a very sensitive stomach these days, so I take them intravenously. And people really differ on their health effect. My doctor once told me that he put absolutely no limit on the number of bagels he himself ate. But last week his widow left a message on my service to call her about that. And people like them with different things—with butter, with cheese, with lox, even with meat. I like mine with an ambulance. Somebody once asked me what was the strangest combina-



tion I ever put on a bagel. I once put a twenty-eight-year-old hooker named Beulah on one and turned the lights out. (She now lives on a kibbuiz just south of Haifa, and they say she's doing very well.) For a while, I tried "experimenting" with bagels, but I lost the grant.

Why do I like bagels?—No jokes? Because they bring me back to a sweeter, simpler time when good was good and bad was bad and right was right and wrong was wrong and we may not've known a hell of a lot, but we knew which was which and when. Today I'm not sure of anyone—or anything—except my bagel.

Shirley Jones Ingels

Shirley Jones, America's sweetheart, whose Oscar-winning career has included the movies *Oklahoma!, Carousel, The Music Man,* and *Elmer Gantry,* and the long-running television series "The Partridge Family," confides that she deserves an Oscar for living with husband Marty . . . and eating bagels.

"I first started eating bagels in 1977. Marty wrote it into our prenuptial agreement after he saw me order corned beef with mayonnaise. How many bagels do I eat a week? That depends on how often my in-laws visit (and how much mayonnaise I have in the house). My favorite way of eating bagels is with communion wafers. But the most gratifying combination I've ever put on a bagel is Bromo and Maalox. I haven't experimented with bagels because Marty said something about how eating them with anyone other than your husband constitutes some sort of Hebrew adultery. Why do I like bagels? I've lived long enough."

Larry King

America's favorite television and radio talk-show host, has been a bagel eater since birth. He really knows what he likes. Besides, bagels don't talk back!

"Bagels have a taste all their own. They are perfectly named: They fill, they bring pleasure—they are bagels! I eat about five or six a week. I especially like salt bagels. My favorite way of eating them is with lox and cream cheese. All others are frauds."



Ed McMahon

Host of the syndicated program "Star Search," Ed McMahon was for many years television's most celebrated sidekick, on "The Tonight Show." What else would you expect Ed to say about his favorite bagel but "*Heeere's onion*!"

"Onion bagels are number one with me. I eat three or four a week. I first started eating bagels while in the service during World War II. My favorite way of eating them is toasted with peanut butter or cream cheese and lox. I haven't tried other combinations because of my inherent shyness. Why do I like bagels? Because they're delicious! What better reason?"

Marvin Mitchelson

This famed palimony and divorce attorney to the stars says the splits he *really* likes to work on are two bagel halves.

"I've been eating bagels for over forty years. My favorite kind is pumpernickel. I usually eat from two to five a week and love them hollowed out, with lox, onion, and whitefish no cream cheese. The strangest combination I've ever had on a bagel is banana and cottage cheese. Why do I like bagels? The indefinable feeling of being Jewish."

John Moschitta, Jr.

John Moschitta is the uniquely talented television personality who began fast-talking his way into millions of American living rooms with his memorable commercials for Federal Express. The faster John speaks, the more time he has to eat bagels nice and slow!

"You never forget your first bagel. I had mine on Tuesday, July 14, 1957, at 10:07 a.m. My favorite kind is poppy seed. I have two a week. The strangest combination I've ever had on a bagel is pineapple with spaghetti sauce. But my all-time favorite way of eating bagels is with chopped liver, turkey, coleslaw, Muenster cheese, lettuce, and tomato. I call it the 'mighty mouthful!' Bagels taste great any time and any way, plus you can play ring-toss with them."



Paloma Picasso-Lopez

This world-class designer and savvy businesswoman heads a signature line that includes jewelry, scarves, handbags, perfume, cosmetics, china, crystal, and silver with great panache. She credits bagels as her inspiration.

"Since I am French, I did not grow up on bagels, but I had my first one in 1968. My favorite kind is plain. It's difficult to say how many I eat a week, because I don't spend that much time in America. Besides, I am always on a diet! I particularly enjoy eating bagels with smoked Scottish salmon. The strangest combination I've ever had on a bagel is mashed potatoes on a bed of lettuce with olive-oil vinaigrette. I would be even more inventive if I had more free time and did less dieting. I'm afraid of all the good things I can create. Why do I like bagels? Because of the taste and the look. You might notice there is a similarity—a definite connection—between my designs and bagels."

Ahmad Rashad

Ahmad Rashad, popular member of the NBC Sports broadcast team, was also a star football player for the Minnesota Vikings. But he fills his super bowl with bagels.

"I'm a basic, uncomplicated kind of guy. As a snack, I like my bagels not toasted with grape jelly and cream cheese. As a real meal, I like them toasted with cream cheese and grape jelly."

Phyllis Richman

Executive food editor and restaurant critic for *The Washington Post*, Phyllis Richman is a bagel purist. She started eating bagels as soon as she had teeth, and she's been giving bagels critical acclaim ever since.

"My favorite kind of bagel is a good one. But I won't tell you how many I eat a week. That's top secret! Now as to how I like eating them . . . is there any other way than with



nova and cream cheese? You don't mess around with perfection! Why do I like bagels?" That's like asking why I like breathing!"

Geraldo Rivera

Geraldo Rivera, controversial and widely viewed talk-show host, is well known for his penetrating style and investigative reporting. Geraldo investigated his first bagel more than twenty years ago and has been enthusiastically digging into the subject ever since.

"I started eating bagels around 1965 when I moved to New York after college. My favorite kind is poppy seed. I eat two or three a week, either toasted or untoasted, with cream cheese and olives—olives in between the bagel and the cream cheese. The strangest thing I've ever eaten on a bagel is not so strange at all—raisins. I'm very conservative about my culinary adventures, so I haven't experimented more. Why do I like bagels? They are tastier, funnier, and more creative than plain bread. And they taste great with cream cheese and olives!"

Joan Rivers

This popular talk-show host and comedienne is never at a loss for words, especially about bagels.

"I first started eating bagels when I was twenty minutes old. That's when I had a bagel and a Hershey bar! My favorite bagels are the ones with the hole in the center. I love all varieties. How many do I eat a week? I stop counting after Tuesday. My favorite way of eating a bagel is as a sandwich, filled with a pepperoni pizza. The strangest thing I've ever eaten on a bagel is a banana split. Why do I like bagels? They seem to like me. They go right to my thighs and just won't leave."



Phil Rizzuto

Phil Rizzuto, one of the most popular Yankees of all time, is also the team's legendary broadcaster. When Phil rounds the plate, there's always a bagel on it. Holy cow!

"I eat at least a half-dozen bagels a week. I've been eating bagels ever since 1937. My favorite kinds are salt and plain, with cream cheese, lox, and chive cheese. The strangest combination I've ever had on a bagel is jelly, bananas, and cream cheese. Why do I like bagels? They're the best, especially in the morning and late evening."

Willard Scott

Willard Scott, NBC "Today Show" personality and television host of "The New Original Amateur Hour," is America's favorite weatherman. According to Willard, the national radar weather map picks up bagels from coast to coast.

"Today's forecast is a sesame-seed bagel, my favorite kind! Take it from ol' Willard, bagels are the greatest. Especially sesame bagels piled high with cream cheese. I eat them every chance I get. Now if I could only figure out how to grow bagels on my farm!"

Doc Severinsen

Famed concert artist and for years the music director of "The Tonight Show" band on NBC-TV, Doc admits to putting down his trumpet for a bagel.

"My favorite bagel arrangement is ham on an egg bagel. I've found that bagels are not only high in food value, they're also useful for construction purposes."



Artie Shaw

This legendary clarinet virtuoso, bandleader, and arranger says that bagels have been music to his ears for years!

"I first started eating bagels sometime before or during the first Crusade. I love onion bagels, sesame bagels, plain bagels—any kind at all, just so it's a bagel. How many do I eat? About six or eight a week. I usually have them toasted with butter. Why, is there any other way? I'm your basic straight-ahead bagel type—nothing strange, nothing kinky. Asking me why I like bagels is like asking why I like breathing air or drinking water. All bagels are good and good for you, too. So what's not to like?"

Liz Smith

The widely read syndicated show-biz columnist of *Newsday* knows bagels make good press, especially with cream cheese.

"I had never even seen a bagel until 1949 when I came to New York and had my first one. I've tried peanut butter on bagels but haven't experimented more because I'm too gentile and cowardly. I love sesame bagels and would eat more of them, but I have to ration myself! My favorite way to eat a bagel is toasted with lots of butter and cream cheese. Bagels are delicious and a challenge to eat."

Abigail Van Buren

Abigail Van Buren, whose syndicated "Dear Abby" advice column is read and followed by millions of devoted readers, advises you to eat at least one bagel every day.

"I've been eating bagels ever since I had teeth. My favorite kind is an egg bagel. I go on sporadic bagel binges and eat bagels every day for a week. Then I knock off for a while.



My favorite way of eating a bagel is to slice it lengthwise, toast it, and load on the butter and cream cheese. I've also enjoyed caviar on bagels—a very expensive frivolity indeed, but worth it! I haven't experimented more because I'm happy with my present mode of eating bagels. I love them because they're delicious. Why else?"

Diane Von Furstenberg

This well-known designer, who heads one of the country's most successful dressmaking companies, is responsible for putting the "little print wrap dress" in the closet of every fash-ion-conscious woman in America. But what she enjoys wrapping her hands around is a bagel.

"I first started eating bagels when I was a child. I like bagels because they remind me of my father, because they are cozy like little pillows."

Duke Zeibert

Host to many of the most powerful people in the nation's capital, restaurateur Duke Zeibert is also a "roll-model" for bagel lovers everywhere.

"I eat bagels every day of the week, especially pumpernickel with cream cheese and mustard. I've been eating bagels for so many years now, I can't recall. Bagels give me wisdom and strength. Let's face it. How else could I settle petty differences between the chef, pastry chef, roll baker, and head waiter—and try to keep them all?"





Lox, stocked, and bageled



Handling and Storing Bagels

You can eat bagels any way you like—toasted, heated, or fresh from the bag. Everybody quickly develops a personal style. Some people only eat bagels toasted; others think it's heresy to toast them. Some cut them in half; others only eat them whole. And that's just for starters—it doesn't include all the individual flavor preferences!

Any way you slice them, bagels are a deliciously versatile experience. They sit up tall, proud, and golden-brown, waiting to be sliced, spread, topped, or scooped out and filled.

If you buy your bagels at a bakery where they're continuously baked, you'll often get them hot from the oven. If you're buying more than you plan to eat the same day, simply freeze the rest. If they're still hot, let them cool first before transferring them to plastic bags for freezing. This prevents them from getting soggy.

Cut your bagels in half before freezing them so you'll have the option of having the equivalent of a whole or half bagel whenever the mood strikes. You can toast your bagels frozen, or if you like them heated rather than toasted, put them in the oven or toaster oven for about five minutes at 400°.



You can freshen days-old bagels by putting them in a covered pot with a few drops of water and placing the pot in a preheated 350° oven for ten minutes or so. But frankly, it makes much more sense to freeze bagels instead of letting them sit around . . . unless you want to use them for paperweights, doorstops, or hockey pucks, or give them to the dog!

Toaster manufacturers have become quite accommodating to bagel lovers. They've come out with toaster models with larger-than-standard-size openings, so you might want to be on the lookout for one of these. If you have a toaster oven, all the better. It makes toasting or heating a snap no matter how big your bagels are.

Be aware that heating bagels in the microwave oven changes their consistency, making them somewhat rubbery. Use a microwave as a last resort, heating bagels for just a few seconds at a time. You *can* use the microwave to *defrost* frozen bagels successfully (fifty seconds on the DEFROST setting). You can also use your microwave to restore stale bagels from the frozen state (approximately seventy seconds on the DEFROST setting).

Please note that many of the recipes in this book call for the use of a foil-covered cookie sheet. We find that this makes for quick and easy cleanup. Once you remove the aluminum foil, your cookie sheet is instantly clean.





Foolproof Bagel Baking in Your Kitchen

If you've been unsuccessful at baking bagels in the past, your troubles are over: Here are recipes for homemade bagels you can brag about. If you've never tried to bake bagels before, get ready to be a first-time pro. Bagel making is fun, and it's a wonderful way to spend a couple of hours on a rainy day . . . or any time. Try your hand at it—you'll be deliciously rewarded.

Professional bagel baking is a tricky process. Making good bagels depends on many factors, each of which can significantly affect the outcome: the proper quality of high-gluten flour (commercial bakers use varieties not available in supermarkets); the water quality (hence the need for bakeries' water-purification systems in some areas); the right quantity of yeast; the right amount of salt (too much affects the dough's ability to rise); the expertise of the dough maker; the mixing; the boiling method; and so on. Weather conditions are also a factor. As one bagel baker puts it, "Bagel dough is like a human being—it senses temperature." When the weather is warm, bakers use less yeast. In humid or dry conditions, they make other adjustments.



In a professional bagel bakery, after the bagels are formed and have risen, they are placed in a refrigeration unit known as a *retarder*, which retards the rising process and also affects the formation of the crust. The retarder has a lower humidity than a standard refrigerator. Kettling—boiling the bagels—helps form the bagel "skin" and gives bagels their special shine.

Most professionals favor dry yeast over cake yeast, because it's easier to store. They have flour preferences as well. In fact, bagel bakers are so savvy, they can tell which brand of flour their competitors use and even when and if they switch brands.

In some bagel bakeries, the first stage of bagel baking takes place on burlap-covered redwood boards. The burlap boards are wet down with water; the bagels are then placed on the boards and put in the oven. Among bagel bakers, the expression "flipping the boards" describes the step of turning the bagels over from burlap boards onto the oven hearth.

Perhaps your neighborhood bagel bakers can take a moment when they're not too busy (although that's rare) and give you a behind-the-scenes peek.

Lucky for bagel lovers everywhere, we've streamlined the bagel-making process for easy home baking. Even if you're a beginner, these recipes will guide you step-by-step to delicious homemade bagels.

Basic No-Fail Bagels

This recipe is based on techniques used by professional bagel bakers. It makes sixteen delicious 3¹/₂-ounce bagels. You can bake them plain or, by adding different toppings just before baking, create an assortment of your favorites—for example, four sesame seed, four poppy seed, four garlic, and four onion bagels.

Two .6-ounce cakes fresh yeast or two ¼-ounce packets active dry yeast 2 teaspoons sugar (only if using dry yeast) 2½ teaspoons salt



6% cups high-gluten bread flour ½ cup yellow cornmeal Sesame seeds, poppy seeds, dehydrated onion flakes, dehydrated or fresh minced garlic

1. *If you use cake yeast:* Be sure to note the expiration date printed on the package. If you have any doubt as to its freshness, crumble it; cake yeast is good if it crumbles readily. Dissolve the yeast completely in 2½ cups *cool water* in a large mixing bowl. Let stand for 5 minutes. Proceed to Step 2. *If you use dry yeast:* Place the yeast in a glass with ½ cup *warm water* (the water should feel warm to your fingertips). Stir in the 2 teaspoons of sugar. Mix until the yeast is dissolved completely and set aside in a draft-free place for 5 minutes. The mixture should bubble up, producing a foamy layer on top. (If it doesn't bubble up, you probably used water that was too hot and killed the yeast, in which case you'll have to discard it and start again. If you have any doubts about the temperature, it's better to use water that's too cool.) Pour the mixture into a large mixing bowl and add 2 cups *lukewarm* water.

2. Stir in the salt. Add 5½ cups flour, a cup at a time, mixing with a wooden spoon to blend after each addition. Dough will be sticky.

3. Spread ¼ cup flour on a tabletop or other kneading surface. Place the dough on the flour. (You may have some dry flour remaining in the mixing bowl. Shake that onto the dough as well.) Place an additional 1/4 cup of flour on top of the dough.

4. Begin kneading slowly until the flour comes together with the rest of the dough. Then knead vigorously for 15 minutes. It may be necessary to add a bit more flour if the mixture is sticky. (That's what the extra ¼ cup is for.) *Note:* Sometimes—on a humid day, for instance—your dough may still be sticky and difficult to knead even *after* you add the ¼ cup flour. At these times, simply dip your hands in the flour, shake off the excess, and continue kneading. You can do this as often as necessary. Just be sure not to add additional flour to the dough. Your floured hands will be sufficient.

5. Using a sharp knife dipped in flour, cut the dough into sixteen equal sections.





Doctor of Hole-istic Medicine

6. Take a section of dough and roll it in your palms to make a ball. Poke your thumbs through the center and work around to make a hole a bit larger than the size of a quarter. Repeat with the remaining sections.

7. Spread ¹/₄ cup commeal on each of two trays or wooden cutting boards and place eight formed bagels on each, about 1 inch apart. Cover with a clean dish towel and place in a warm, draft-free spot for 45 minutes to rise. (An *unheated* oven is a perfect place.)

8. Remove towel and place boards or trays of bagels in refrigerator for 1 hour.

9. Meanwhile, preheat the oven to 400°. In a large pot, bring 3 quarts of water to a boil.

10. Prepare two cookie sheets by spreading them with some additional cornmeal.

11. After you've refrigerated the bagels for an hour, remove them and place them, four at a time, in the boiling water. This stage is called *kettling*. The perfect bagel, when kettled, should sink to the bottom of the pot of boiling water and rise immediately. Boil for about 4 minutes, turning the bagels over about every 30 seconds or so with a slotted spoon. If your bagels don't sink to the bottom when you first put them in the pot, don't worry. However, if they sink to the bottom and lie there, wait until they rise to the top (and they will) before timing your 4 minutes.

12. After kettling, remove the bagels with a slotted spoon and place them on top of a clean towel for a few seconds to drain off excess water. Then place the bagels on the cookie sheets (eight on each). Liberally sprinkle them with your favorite toppings. (Some people like to brush beaten egg on top before sprinkling toppings on. This makes a crustier bagel, which we do not recommend.)

13. Bake for 35 minutes, or until golden. Watch the bagels carefully toward the end of the baking time because every oven is different. After taking them out of the oven, remove the bagels from the cookie sheets and let them cool on a wire rack for 10 minutes—which will take all the willpower you have!

Makes 16 bagels



Whole-Wheat Bagels

2 packages active dry yeast
3 tablespoons honey
1 tablespoon salt
2 cups whole-wheat flour
2¼ cups high-gluten bread flour
1 tablespoon sugar
¼ cup yellow cornmeal

1. Mix the yeast and 2 cups of warm water (about 110°) in a large bowl, and let stand for 5 minutes. Stir in the honey and salt.

2. In a smaller bowl, mix the whole-wheat flour with 1½ cups of the bread flour. Using an electric mixer, add the flour mixture to the yeast mixture a bit at a time. When all of the flour has been incorporated, beat for about 4 minutes.

3. Add the remaining 1½ cups of bread flour and beat by hand. Dough will be stiff.

4. Turn the dough out on a liberally floured surface (such as a countertop or kitchen table), and knead for 15 minutes, or until smooth. If the dough is still sticky, add more bread flour a bit at a time and knead until it is not.

5. Place the dough in a bowl and cover with a clean dish towel. Place in a warm, draft-free spot for about 45 minutes to rise (an *unheated* oven is perfect). The dough will double in size.

6. Knead the dough gently for 1 minute and cut it into twelve pieces.

7. Take a section of dough and roll it in your palms to make a ball. Poke your thumbs through the center and work around to make a hole a bit larger than the size of a quarter. Repeat with the remaining sections.

8. Place the bagels on a lightly floured wooden cutting board, cover with a dish towel, and place in a warm, draft-free spot for 20 minutes.



9. Meanwhile, preheat the oven to 400°. Bring 3 quarts of water to a boil; add 1 teaspoon of sugar.

10. Follow the kettling and baking instructions on page 29 (steps 10 through 13).

Makes 12 bagels

Cinnamon-Raisin Bagels

These are so good, your family will swear you made a quick trip to the bagel store when they weren't looking.

2 packages active dry yeast
3 tablespoons honey
1 tablespoon salt
2¼ cups high-gluten bread flour
1½ cups golden raisins
1 tablespoon ground cinnamon
2 tablespoons sugar
2 cups whole-wheat flour
¼ cup yellow cornmeal

1. Mix the yeast and **2** cups of warm water (about 110°) in a large bowl, and let stand for 5 minutes. Stir in the honey and salt.

2. In a smaller bowl, mix the whole-wheat flour, 1¹/₄ cups of the bread flour, cinnamon, and sugar. Using an electric mixer, add the flour mixture to the yeast mixture a bit at a time. When all of the flour has been incorporated, beat for about 4 minutes.

3. Add the remaining 1½ cups of bread flour and beat by hand. Dough will be stiff.

4. Turn the dough out on a liberally floured surface (such as a countertop or kitchen table),



and knead for 15 minutes, or until smooth. If the dough is still sticky, add more bread flour a bit at a time and knead until it is not.

5. Place the dough in a bowl and cover with a clean dish towel. Place in a warm, draft-free spot for about 45 minutes to rise (an *unheated* oven is perfect). The dough will double in size.

6. Add the raisins, then knead the dough gently for 1 minute and cut it into twelve pieces.

7. Take a section of dough and roll it in your palms to make a ball. Poke your thumbs through the center and work around to make a hole a bit larger than the size of a quarter. Repeat with the remaining sections.

8. Place the bagels on a lightly floured wooden cutting board, cover with a dish towel, and place in a warm, draft-free spot for 20 minutes.

9. Meanwhile, bring 3 quarts of water to a boil. Preheat the oven to 400°.

10. Follow the kettling and baking instructions on page 29 (steps 10 through 13). Makes 12 bagels





Low-Fat, Low-Cal Feasts

Bagels are good for you! They have no cholesterol, very little fat, and more protein than other bread products, consisting solely of complex carbohydrates, water, and flavoring. And sinking your teeth into a bagel beats a boring piece of bread any day. So try these winning combinations. Then create your own healthful favorites.

Bagelberry Slam-Dunk

Enjoy these with a cup of steaming almond extract-flavored coffee.

1 cup part-skim ricotta cheese

One 10-ounce package frozen raspberries, thawed and drained 1 cup blueberries (fresh or frozen, thawed and drained) 1 tablespoon confectioners' sugar (or artificial sweetener to taste) 3 bagels, halved and toasted



In a blender or food processor, blend the ricotta cheese, raspberries, blueberries, and sugar. Cut toasted bagel halves in sections and dunk your way through breakfast.

Makes about 1½ cups (6 servings)

Per serving ½ bagel and ¼ cup dip: 28 g. carbohydrates; 9 g. protein; 4 g. fat; 2 mg. cholesterol; 225 mg. sodium; 183 calories

Strawberries-and-Cream Bagels

³/₄ cup fresh strawberries
¹/₂ cup part-skim ricotta cheese
¹/₂ teaspoon granulated sugar (or artificial sweetener to taste)
1 bagel, halved and toasted
Fresh mint (optional)

1. Mash ¼ cup strawberries and mix with ricotta cheese and sugar.

2. Blend well and spread each toasted bagel half with mixture.

3. Slice remaining strawberries and place on top of ricotta cheese.

4. Garnish with mint leaves, if desired. Serve open-face.

Makes 2 servings

Per serving: 27 g. carbohydrates; 11 g. protein; 6 g. fat; 2 mg. cholesterol; 225 mg. sodium; 205 calories



Palm Beach Salad

4 chicken breasts cooked, deboned, and cut into bite-size chunks
½ cup Kraft Free® Catalina® nonfat dressing
⅓ cup nonfat yogurt
⅓ cup finely chopped celery
Salt and pepper to taste
1 tablespoon capers (optional)
4 bagels, halved

1. While chicken chunks are still warm, mix them with dressing; refrigerate for several hours or overnight.

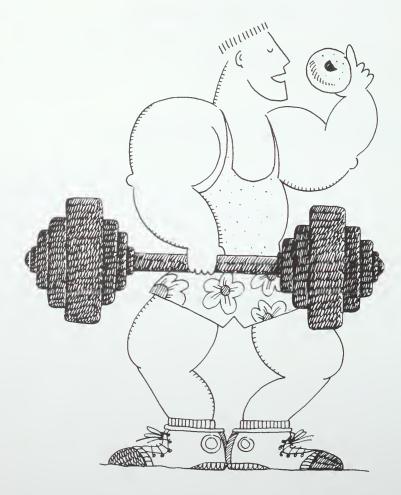
2. Add yogurt, celery, salt, and pepper to taste, and capers, if desired. Refrigerate until ready to serve.

3. Make into bagel sandwiches or serve on salad greens with bagels on the side.

Makes 4 servings

Per serving: 49 g. carbohydrates; 46 g. protein; 7 g. fat; 109 mg. cholesterol; 762 mg. sodium; 443 calories





Gluten Maximus

Eggsactly Bagels

4 hard-boiled eggs, peeled and chopped 2 teaspoons nonfat mayonnaise ¼ cup nonfat yogurt Salt and pepper to taste ¼ cup finely chopped celery (optional) 4 bagels, halved

Mix eggs, mayonnaise, and yogurt. Add salt and pepper to taste and celery, if desired. Spread on bagels.

Makes 4 servings

Per serving: 39 g. carbohydrates; 15 g. protein; 8 g. fat; 254 mg. cholesterol; 477 mg. sodium; 287 calories

Veggie Bagels

³/₄ cup 2 percent cottage cheese
¹/₈ cup very finely chopped radishes
¹/₈ cup grated green pepper
¹/₄ cup finely chopped celery
¹/₈ cup grated carrots
¹/₄ cup finely chopped scallion (spring onion)
Salt and pepper to taste
1 bagel, halved



Mash cottage cheese with a fork; add radish, green pepper, celery, carrot, scallion, and salt and pepper to taste. Spread on bagel halves.

Makes 2 servings

Per serving: 20 g. carbohydrate; 13 g. protein; 4 g. fat; 12 mg. cholesterol; 520 mg. sodium; 169 calories

The Big Dipper

One 16-ounce container 2 percent cottage cheese 1 package light powdered Italian Dressing ½ teaspoon garlic powder 1 tablespoon finely chopped onion Bagel chips, carrot sticks, celery sticks, green and red pepper slices

Puree the cottage cheese in a food processor or blender. Fold in the seasonings. Serve with bagel chips and raw veggies for dipping.

Makes about 2 cups (8 servings)

Per ¼ serving of dip: 3 g. carbohydrates; 8 g. protein; 1 g. fat; 5 mg. cholesterol; 85 mg. sodium; 54 calories



Raisin in the Bun

½ cup 2 percent cottage cheese, mashed with a fork
1 teaspoon dark brown sugar
1 tablespoon golden raisins
1 cinnamon-raisin bagel, halved

Blend cottage cheese and brown sugar. Add raisins and mix well. Spread on bagel halves.

Makes 2 servings Per serving: 29 g. carbohydrates; 11 g. protein; 2 g. fat; 5 mg. cholesterol; 115 mg. sodium; 177 calories

Cheese Melts

1 bagel, halved 3 slices fat-free cheese 2 thin tomato slices Dash garlic powder Dash black pepper

Place 1¹/₂ slices of cheese on each bagel half. Top each with a slice of tomato. Sprinkle with garlic powder and black pepper. Place in toaster oven or under broiler until cheese melts.

Makes 2 servings

Per serving: 20 g. carbohydrates; 12 g. protein; .53 g. fat; 5 mg. cholesterol; 485 mg. sodium; 138 calories



Bagel Eggels

¼ cup egg substitute
Seasonings to taste
Suggested toppings: your favorite brand of salsa; assorted chopped fresh veggies "sautéed" in water and seasoned to taste
1 bagel, halved and toasted

Scramble the egg substitute according to the package directions. Add seasonings. Spoon onto toasted bagel halves and add the topping of your choice.

Makes 1 serving Per serving: 30 g. carbohydrates; 13 g. protein; 1 g. fat; 0 mg. cholesterol; 530 mg. sodium; 215 calories

Tuna Trimmer

6¹/₂-ounce can white tuna in water, drained
 teaspoon low-fat mayonnaise
 tablespoons nonfat yogurt
 tablespoon finely chopped celery
 teaspoon finely chopped onion (optional)
 bagels, halved

Mix tuna, mayonnaise, and yogurt in a blender or food processor for a couple of seconds, or just until blended. Stir in chopped celery and onion, if desired. Divide mixture in half to make two bagel sandwiches.

Makes 2 servings

Per serving: 40 g. carbohydrates; 30 g. protein; 3 g. fat; 37 mg. cholesterol; 865 mg. sodium; 314 calories





Breakfast Bagels

The Big Cheese

2 bagels, halved 4½-ounces brie cheese, cut in thin slices ½ cup slivered almonds Strawberry preserves

- 1. Preheat the oven to 350°.
- 2. Cover each bagel half with slices of brie.
- 3. Top with slivered almonds and bake on a foil-covered cookie sheet until the cheese melts.
- 4. Serve each half with a small spoonful of strawberry preserves.

Makes 4 halves



Bagel Castanets

2 eggs
Freshly ground pepper to taste
2 tablespoons finely chopped onion or scallion (spring onion)
2 tablespoons finely diced green pepper
1 tablespoon finely chopped black olives
2 tablespoons chopped fresh tomato
1 ounce diced pastrami or corned beef
2 teaspoons margarine
1 bagel, halved, toasted, and spread with margarine
Bottled mild taco sauce, warmed

- 1. In a bowl, beat the eggs; add 2 tablespoons of water and freshly ground pepper.
- 2. Add chopped onion, green pepper, olives, tomato, and choice of meat. Mix well.
- **3.** Melt the margarine in a frying pan over medium heat; add the egg mixture and scramble until done.
- 4. Spoon half the mixture onto each bagel half; top with taco sauce.

Makes 2 halves



For-Herring-Lovers-Only Bagels

Bagels, halved One 8-ounce jar herring in cream sauce

Spoon herring in cream sauce onto toasted bagel halves.

Bagels Benedict

2 bagels, halved Margarine 4 poached eggs 4 slices Monterey Jack cheese Hollandaise Sauce (see Note) Fresh parsley sprigs for garnish

Toast the bagel halves and spread them with margarine. Top each bagel half with a poached egg. Place a slice of cheese on each egg. Pour on Hollandaise.

Makes 4 halves

Note: To make Hollandaise Sauce: Heat ½ cup (1 stick) butter or margarine until melted and hot. Don't let it brown. Meanwhile, place 3 egg yolks, 1 tablespoon lemon juice, and a dash each of white pepper and salt in a blender and blend well. Pour in hot butter or margarine, and blend for a second or two. Makes ¾ cup sauce.



Bagel Pancakes

This is a great way to use up stale bagels. For a delightful variation, add grated apple to the batter before frying. You can freeze leftover pancakes and reheat them in a preheated 400° oven for 5 minutes (or if you're in a rush, microwave them for 1½ minutes at full power).

3 bagels 3 eggs, beaten 1½ cups milk ½ plus ½ teaspoon salt ½ teaspoon sugar ½ teaspoon vanilla Margarine for frying Syrup, preserves, honey, or confectioners' sugar for serving

1. Cut the bagels in small chunks and put in the blender or food processor a few at a time, grinding into crumbs.

2. Place the crumbs in a mixing bowl; add the beaten eggs, milk, salt, sugar, and vanilla. Mix very well. (Mixture will be thick.)

3. Heat the margarine on a griddle or in a large frying pan.

4. Drop the batter by heaping tablespoons into the pan (as you would regular pancakes). Flatten each with the back of the spoon.

5. Cook slowly over medium heat. You may want to add additional margarine as the pancakes cook to keep the pan from becoming dry. Cook each side until golden-brown.

6. Serve with syrup, preserves, honey, or confectioners' sugar.

Makes 12 pancakes

Note: If you want to make less than this recipe calls for, one bagel makes four pancakes. Reduce other ingredients accordingly.





"Oh, what a bagelful morning!"

Denver Bagels

4 ounces pastrami or bologna, diced
1 tablespoon finely chopped green pepper
1 tablespoon finely chopped onion
Dash pepper
Dash oregano
2 eggs, beaten with 2 tablespoons water
1 teaspoon maragine
1 bagel, halved, heated or toasted, and spread with margarine

- 1. Mix the pastrami with the green pepper, onion, pepper, and oregano.
- 2. Add the beaten egg mixture and blend well.
- 3. Heat the margarine in a frying pan, and scramble the eggs until firm.
- 4. Spoon the mixture onto the bagel halves. Serve open-face.

Makes 2 halves



Scrambled Bagel

bagel
 egg
 tablespoons cream cheese, cut in small pieces
 tablespoon milk
 Freshly ground pepper to taste
 Salt to taste
 ½ teaspoon chopped scallion (spring onions) or chives (optional)
 teaspoon butter or margarine

1. Slice off the top quarter of the bagel horizontally. Set the "top" aside.

2. Carefully scoop out the inside of the remaining bagel with your fingers and set aside the bagel bits, leaving a bagel "shell."

3. Heat the bagel shell and top in the oven; while they are warming, beat the egg with a fork or whisk.

4. Finely crumble the bagel bits you scooped out; add the crumbs to the egg.

5. Add the cream cheese, milk, pepper, salt, and scallion, if desired.

6. Melt the butter in a frying pan; scramble the egg until dry.

7. Fill the warmed bagel shell with cooked egg, and replace the bagel top.

Makes 1 serving

Note: For variety, experiment by adding shredded cheese or sliced cooked mushrooms to the egg mixture before cooking.



Bullseye Bagels

1 bagel, halved 2 teaspoons margarine 2 slices bologna 2 eggs Freshly ground pepper

1. Toast the bagel halves lightly and spread each with $\frac{1}{2}$ teaspoon margarine.

2. Meanwhile, heat the bologna slices on both sides in a frying pan; place one slice on each toasted bagel half.

3. In a separate frying pan, heat the remaining teaspoon of margarine; fry the eggs until the whites are set.

4. Sprinkle the eggs with freshly ground pepper and place one on each bagel half. Serve open-face.

Makes 2 halves

Sunrise Bagel

1 bagel, halved 1 teaspoon margarine 1 turkey-sausage patty, cooked

Heat or toast the bagel halves in a toaster or oven. Spread with margarine. Add the sausage to make a bagel sandwich.

Makes 1 serving



Fishing for Compliments

bagel, halved
 ounces smoked whitefish or 2 slices sable (from your favorite deli)
 cucumber slices
 thin onion slices
 Mayonnaise

Place fish on bottom bagel half. Top with cucumber and onion slices. Spread mayonnaise on other bagel half and place on top.

Makes 1 serving

The Traditional Bagel

 bagel, halved
 good-size slices smoked salmon (nova has a more delicate flavor; lox is stronger and saltier)
 thick tomato slices
 thin onion slices (optional)

Spread the bagel halves with cream cheese. Top each with a slice of smoked salmon, tomato, and onion, if desired. Serve open-face or (for the adventurous) as a big sandwich.

Makes 2 halves or 1 bagel sandwich









Luncheon and Dinner Bagels

Cheese Toppers

Whole bagels Slices of your favorite cheese

Top whole bagels with slices of your favorite cheese. Place in oven or toaster oven and heat thoroughly until cheese melts.



Health Bagel

bagel, halved
 Mayonnaise
 small avocado, peeled and sliced
 tablespoons alfalfa sprouts
 cup shredded Monterey Jack cheese
 tablespoons sesame chips, crumbled

Spread the bagel halves lightly with mayonnaise. Place the avocado slices, then alfalfa sprouts on each half. Put ½ cup of cheese on each, and top with sesame chips.

Makes 2 halves

Bagelcues

2 bagels, halved
1 pound ground beef or turkey
½ teaspoon garlic powder
1 onion, finely chopped
1 tablespoon dark brown sugar
½ cup barbecue sauce (any kind)

1. Preheat the oven to 375°.

2. With your fingers, scoop out the insides of the bagel halves, leaving "shells." Place the scooped-out bits in a blender and process to make fine crumbs.



3. In a frying pan over medium heat, crumble the ground meat; add the garlic powder and chopped onion, and cook thoroughly. Drain off fat.

4. Add the brown sugar, bagel crumbs, and barbecue sauce, and stir well over low heat.

5. Fill the bagel shells with the meat mixture and bake on a foil-covered cookie sheet in the preheated oven for about 15 minutes, or until heated thoroughly.

Makes 4 halves

Deli Boss Bagel

1 bagel, halved Mustard 2 ounces pastrami 2 ounces salami 2 tablespoons chopped liver

Spread one bagel half with a thin coat of mustard. Place the pastrami and salami on top of the mustard. Spread chopped liver on other bagel half and make a sandwich.

Makes 1 serving



Bagel Soufflé

This is an absolutely scrumptious main dish or side dish! Every bite is heavenly.

¼ cup (½ stick) plus 1 tablespoon margarine or butter
4 bagels, halved
7 eggs
¼ teaspoon salt
2 cups milk
¼ teaspoon paprika
Freshly ground pepper
6 ounces Monterey Jack cheese, grated
6 ounces cheddar cheese, grated

1. Preheat the oven to 350°.

2. Grease a 2-quart casserole with 2 tablespoons of margarine or butter; cut the bagel halves into small bite-size pieces and set aside.

3. In a mixing bowl, beat together the eggs, salt, milk, paprika, and pepper.

4. Place half of the bagel cubes in the greased casserole. Mix the cheeses together; place half of the cheese mixture on top of the bagel cubes; repeat with the remaining bagel cubes and remaining cheese.

5. Carefully ladle the egg mixture into the casserole dish on top of the bagel-cheese layers, making sure to cover evenly so it seeps through. (You may want to poke holes through with a knife as you ladle.)

6. Set the casserole in the refrigerator and let it stand overnight, and until you are ready to bake it the next day.

7. Bake the casserole in preheated oven for 1 hour, or until top is golden.

Makes 8 servings



Bagel Slaw

2 cups shredded cabbage
4 ounces mild cheddar cheese, shredded
4 ounces Monterey Jack cheese, shredded
1 carrot, peeled and grated
½ cup plus 1 tablespoon mayonnaise or salad dressing
Freshly ground pepper
1 bagel, cut in small bite-size cubes

- 1. In a mixing bowl, combine the cabbage, cheeses, and carrot.
- 2. Add the mayonnaise and pepper, and mix well. You can make ahead to this point.

3. Just before serving, add the bagel cubes, and mix thoroughly.

Makes 4 servings



Bagels Bourguignonne

cup flour
 teaspoon seasoned salt
 pounds pot roast, cut into bite-size cubes (or use stew beef chunks)
 tablespoons cooking oil
 cup beef consommé
 cup dry white wine
 garlic clove, minced
 onion, finely chopped
 carrots, peeled and julienned
 celery stalks, finely chopped
 halved

1. Mix the flour and seasoned salt and put in a plastic bag. Add the beef cubes and toss thoroughly to coat with flour mixture.

2. Heat the oil in a large heavy pot and brown the beef thoroughly.

3. Pour the consommé and wine over the beef.

4. Add the garlic, onion, carrot, and celery. Stir well.

5. Bring to a boil; reduce heat and let simmer for 2 to 3 hours, stirring periodically.

6. Serve over hot bagel halves.

Makes 4 servings



Bagel Burger

1 bagel, halved ¹/₄ pound ground beef or turkey patty ¹/₄ onion, chopped or sliced Shredded lettuce Bottled Thousand Island salad dressing

1. Heat or toast the bagel, or use it plain.

2. Fry the hamburger patty in the onion, and place it on one half of the bagel.

3. Top with shredded lettuce, salad dressing, and other bagel half. Then get ready to open wide!

Makes 1 serving

Bagels and Gravy

Bagels, halved Leftover gravy from roast or bottled "home-style" gravy (see Note)

Heat the gravy in a saucepan. Spoon over heated or toasted bagel halves.

Note: Choose whatever flavor bottled gravy you prefer, or make your own. Brown gravy, chicken gravy, mushroom gravy, turkey gravy, and onion gravy are all great on bagels!



Chicken-fried Bagels

1 tablespoon cooking oil
1 egg, beaten
½ cup plus 1 tablespoon milk
1 teaspoon baking powder
¼ teaspoon salt
½ teaspoon pepper
¼ teaspoon paprika
¼ teaspoon garlic powder
1 cup flour
2 bagels, halved
Oil for frying
Honey or white-sauce gravy for serving

1. In a mixing bowl, beat the oil and egg with fork.

2. Add the milk, baking powder, salt, pepper, paprika, and garlic powder. Beat thoroughly with an egg beater.

3. Add the flour and beat until well mixed. Batter will be thick.

4. Place the bagel halves in the batter one at a time; using a spoon and a fork, coat both sides with batter.

5. In a large frying pan, heat about 1 inch of cooking oil. Over medium heat, fry the bagels on cut side first; when golden-brown, turn with a fork and cook on the other side until golden-brown.

6. Drain on paper towels. Serve warm, with a side dish of honey or gravy for dipping.

Makes 4 halves



Bagel Tuna Boats

4 bagels

One 6 ½-ounce can white tuna packed in water, drained One 10 ½-ounce can cream of mushroom soup 2 tablespoons fresh parsley, chopped ½ of an 8-ounce can water chestnuts, drained and chopped 2 tablespoons margarine or butter

1. Preheat the oven to 375°.

2. With a serrated knife, slice a thin portion off the top of each bagel. Using your fingers, scoop out the insides of the bagels and reserve, leaving bagel "boats." Set aside.

3. Put the drained tuna in a mixing bowl and separate into fine pieces with your fingers.

4. Fold in the undiluted can of cream of mushroom soup, parsley, and water chestnuts, and mix until well blended.

5. Fill each bagel boat with a little less than a ¹/₂ cup of tuna mixture.

6. Crumble some of the scooped-out bagel bits with your fingers (or in a blender or food processor) to make fine crumbs.

7. In a frying pan, melt the margarine; add the crumbs and stir quickly, until they are light brown.

8. Sprinkle the crumbs over the tuna mixture in the bagels. Bake on a foil-covered cookie sheet for 15 to 20 minutes, or until thoroughly heated.

Makes 4 servings

Note: You can put the bagel tops and any bagel bits you didn't use for crumbs into a plastic bag and freeze for later use. You can also freeze the filled tuna boats and reheat them in a preheated 400° oven for 10 minutes.



Soup and Bagels

For a satisfying and fun meal, make a tureenful of your favorite hearty soup. Serve with a big basket of assorted hot, toasty buttered bagels.

Bagel Stuffing

A great way to use up stale bagels!

3 bagels, cut into small cubes 4 cup (1 stick) margarine 1 celery stalk, chopped 1 medium onion, chopped 8 mushrooms, chopped 4 cup chopped fresh parsley 4 teaspoon poultry seasoning 2 eggs, beaten

1. Put the bagel cubes on a foil-covered cookie sheet, and bake in a preheated 375° oven for 15 minutes. Place the cubes in a mixing bowl.

2. In a large frying pan, melt the margarine; sauté the celery, onion, mushroom, and parsley until tender.

3. Stir in the poultry seasoning and mix thoroughly.

4. Pour the mixture over the bagel cubes in the bowl, and mix well.

5. Add the eggs and mix thoroughly. Refrigerate the stuffing mixture until chilled before stuffing poultry.



Enough stuffing for 8 pounds of poultry.

Note: To stuff a 4-pound chicken, simply cut the recipe in half. Or if you'd rather stuff yourself than the chicken, add bite-size chunks of cooked poultry to the stuffing mixture, bake in a greased casserole dish for 1 hour at 375°, and enjoy as a main course.

Beef-o-Bagels

4 bagels, halved
3 tablespoons soft margarine
3 tablespoons mustard
1 pound very lean ground beef or ground turkey
¼ cup catsup
1 onion (small or medium), chopped fine
¼ teaspoon garlic powder
¼ teaspoon seasoned salt

1. Place the bagel halves under the broiler until cut sides are toasted.

2. Meanwhile, blend the margarine and mustard.

3. Remove the bagel halves from the broiler, and spread the cut sides completely to the edges with margarine-mustard mixture. (You'll use half of the mixture for this, and the rest at the end of the recipe.)

4. In a bowl, place the ground beef, catsup, onion, garlic powder, and seasoned salt; mix well with your hands.

5. Divide the mixture into four portions. Take one portion, divide it in half again, and press it onto a bagel half, spreading it all the way to the edges. Repeat with the remaining bagel halves.



6. Place them under the broiler for 10 to 12 minutes, or until the meat is cooked.

7. Remove from the broiler and immediately spread the top of each with remaining margarine-mustard mixture.

Makes 8 halves

Whopper Bagel

bagel, halved
 ounces corned beef (heated or cold)
 cup coleslaw
 teaspoon catsup
 tablespoon mayonnaise

Place the corned beef on one bagel half; top with coleslaw. Mix the catsup and mayonnaise; spread on other bagel half and place on top. This recipe makes one whopper of a bagel! (If you prefer, you can serve it open-face on two halves.)

Makes 1 serving





The art of being well-bread

Iron Bagel

bagel, halved
 teaspoon mayonnaise or salad dressing
 cup chopped liver
 slice tomato

Spread each bagel half with $\frac{1}{2}$ teaspoon of mayon naise. Top with chopped liver and tomato slices, and make a bagel sandwich.

Makes 1 serving

Easy-Cheesy Bagels

bagel, halved
 tablespoons cream cheese
 ounces cheddar cheese, shredded
 ounces Monterey Jack cheese, shredded
 stuffed green olives, sliced

Spread each bagel half with a tablespoon of cream cheese. Mix shredded cheeses together and spoon onto halves. Top with olive slices.

Makes 2 halves



Bagel Garlic Bread

4 bagels, halved 2 tablespoons plus 2 teaspoons soft margarine or butter Garlic powder Oregano Grated Parmesan

- 1. Preheat the oven to 375°.
- 2. Spread each bagel half with 1 teaspoon margarine. (Use more if desired.)
- 3. Generously sprinkle with garlic powder, oregano, and Parmesan.
- 4. Cut each half in half again vertically.

5. Place on a foil-covered cookie sheet; bake until the bagels are thoroughly heated and the tops start to brown.

Makes 16 pieces



California Bagel Spread

Bagels, halved One 4-ounce package cream cheese, softened 1½ tablespoons honey ½ cup golden raisins 1 medium carrot, peeled and grated ¼ cup chopped walnuts

Mix the cream cheese and honey. Add the raisins, carrot, and walnuts. Spread on bagels. Makes approximately 1 cup of spread

Poorboy Bagel

bagel, halved
 teaspoons mustard
 thick salami or bologna slices
 lettuce leaf
 thin tomato slices

Spread the bagel halves with mustard. Place the salami slices on one half; top with lettuce leaf, tomato slices, and other bagel half.

Makes 1 serving



Kojak Bagel

bagel, halved
 Olive oil
 Shredded lettuce
 ounces feta cheese, crumbled
 tomato slices
 thin onion slices
 pitted Greek olives, sliced
 slices of anchovies (optional)

Drizzle the bagel halves very lightly with olive oil. Place a small amount of shredded lettuce on each. Add feta cheese, and onion and tomato slices; top with sliced olives and anchovies, if desired.

Makes 2 halves

Bagel Melts

One 6^{1/2}-ounce can white tuna packed in water, well drained and flaked

¹/₄ cup mayonnaise

1 tomato, cut into cubes

1 celery stalk, chopped

2 bagels, halved

4 slices cheddar cheese



1. Preheat the broiler.

2. Mix the tuna, mayonnaise, tomato cubes, and celery until well blended. Spoon onto bagel halves. Top each half with a slice of cheddar cheese.

3. Place under the broiler, and cook until the cheese melts.

Makes 4 halves

Bagel Croutons

Here's another good recipe for using up stale bagels.

cup cooking oil
 garlic clove, thinly sliced
 bagels, cut into cubes
 cup grated Parmesan cheese
 cup dried parsley

1. Place the oil and garlic in a small bowl; let sit for 1 hour.

2. Heat the garlic oil in a large frying pan; add the bagel cubes and cook until crisp and golden-brown, tossing constantly.

3. Drain on paper towels.

4. When cool, toss the croutons with Parmesan and parsley, and add them to your favorite salad.

Makes approximately 2 cups



Chili Bagels

2 bagels, halved One 15-ounce can chili 1 small onion, finely chopped

- 1. Toast the bagel halves or heat them in the oven.
- 2. Meanwhile, heat the chili in a saucepan.

3. Spoon the chili onto the heated bagel halves; top with chopped onion.

Makes 4 halves

Swiss Bagels

½ cup mayonnaise
1 cup diced Swiss cheese
1 teaspoon dried or 1 tablespoon freshly chopped parsley
2 bagels, halved
4 slices dill pickle (optional)

1. Preheat the oven to 375°.

2. Mix the mayonnaise, cheese, and parsley.

3. Spoon the mixture onto the bagel halves, and bake on a foil-covered cookie sheet for about 10 minutes, or until the cheese melts. Top each half with a dill pickle slice, if desired, before serving.

Makes 4 halves



The Winner's Circle

bagel, halved
 teaspoons mayonnaise or salad dressing
 hard-boiled egg, sliced
 lettuce leaf
 Salt and freshly ground pepper to taste.

Spread the mayonnaise on the bagel halves. Place the hard-boiled egg slices on one half, then a lettuce leaf. Sprinkle with salt and pepper to taste. Add other bagel half.

Makes 1 serving

Eggsotic Bagels

4 hard-boiled eggs, chopped
½ cup chopped salt-free dry-roasted peanuts
4 tablespoons mayonnaise or salad dressing
½ teaspoon mustard
Salt to taste
4 bagels, halved

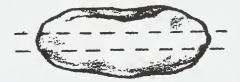
Combine the chopped eggs, peanuts, mayonnaise, mustard, and salt to taste. Spoon onto four bagel halves; top with remaining halves to make sandwiches.

Makes 4 servings



Club Bagel

1 bagel, cut in thirds horizontally, as shown



Thousand Island salad dressing 2 slices corned beef ¼ cup chopped liver 2 slices (2 ounces) turkey or chicken 2 lettuce leaves 2 slices tomato

Spread salad dressing on each layer of bagel. Place corned beef and chopped liver on one bagel layer. Top with a second bagel layer and add turkey, lettuce, and tomato. Cover with remaining third of bagel.

Makes 1 serving



Sloppy Bagels

pound ground beef or turkey
 celery stalk, chopped fine
 medium onion, chopped fine
 teaspoon salt
 teaspoon pepper
 ounces bottled or canned spaghetti sauce
 pound mushrooms, sliced thin
 bagels, halved

1. Brown the meat in a large frying pan with the celery, onion, salt, and pepper. Drain off any fat.

2. Add the spaghetti sauce and mushrooms to the meat.

3. Simmer, uncovered, over low heat for about 10 minutes, stirring occasionally.

4. Toast the bagel halves in a toaster or oven. Spoon the mixture onto the bagel halves and serve.

Makes 6 halves



Mushroom Bagels

tablespoon margarine
 cup chopped fresh mushrooms
 small onion, chopped
 teaspoon dried thyme
 Dash salt
 bagel, halved
 slices Swiss or Muenster cheese

- 1. Preheat the oven to 375°.
- 2. Sauté the mushroom and onion in margarine; stir in the thyme and salt.
- 3. Spoon the mixture on the bagel halves; top each with a slice of cheese.
- **4.** Bake on a foil-covered cookie sheet for 8 to 10 minutes, or until the cheese melts. Makes 2 halves



The Wurst Bagel

jumbo cooked hot dog or knockwurst
 bagel, halved
 cup sauerkraut, well drained
 teaspoon sweet pickle relish (optional)
 Mustard and catsup

Slice the hot dog in half and then into thin strips; place the strips on one bagel half. Top with sauerkraut; add relish, if desired. Spread mustard and catsup on the other bagel half and place on top.

Makes 1 serving

Bagel Mignon

4 thin packaged sandwich sub steaks, cooked according to package directions 1 bagel, halved 2 teaspoons cooking oil 1 small onion, thinly sliced 4 mushrooms, thinly sliced ½ green pepper, thinly sliced

1. Place two thin sandwich sub steaks folded in half, on each bagel half.

2. Heat the oil in a frying pan; add the onion, mushroom, and green pepper slices, and cook until tender. Spoon the mixture onto the bagel halves.

Makes 2 halves



Tofu Bagel

10 ounces tofu ¹/₃ cup mayonnaise or salad dressing 1 tablespoon Dijon-style mustard ¹/₂ teaspoon garlic powder ³/₄ cup finely chopped celery ³/₄ cup finely chopped green pepper 1 small onion, finely chopped 1 tablespoon soy sauce 2 bagels, halved

Drain and mash the tofu. Mix it with the remaining ingredients, except the bagels, and blend well. Spoon one-fourth of the mixture onto each bagel half.

Makes 4 halves

Stir-Fried Bagels

Make your favorite recipe for vegetarian stir-fry, spoon over toasted bagel halves, top with cheese, and broil until the cheese has melted. (You can also use chicken or beef stir-fry and omit the cheese.) Delicious!



Sir Bagel Olive-ier

1 bagel, halved Cream cheese Stuffed green olives, sliced Finely chopped walnuts

Spread the bagel halves generously with cream cheese. Top with stuffed green olive slices and sprinkle with walnuts.

Makes 2 halves

Tongue-in-Cheek Bagel

1 bagel, halved Mustard 4 ounces sliced tongue Tomato and onion slices

Spread the bagel halves with mustard. Layer tongue, tomato, and onion slices, and enjoy! Makes 2 halves





Bagel Party Fare

Bagels Italiano

Bagels, halved Margarine Bottled Italian salad dressing Grated Parmesan Oregano Dash garlic powder

1. Preheat the oven to 375°.

2. Spread the bagel halves with margarine; cut each half in four sections and place on a foil-covered cookie sheet.

3. Carefully spoon 1 teaspoon of Italian dressing on top of each section.

4. Sprinkle with Parmesan, oregano, and garlic powder.

5. Place the cookie sheet in the oven, and bake for 10 minutes, or until golden.



Rumaki Bagels

pound chicken livers, drained
 tablespoons bottled teriyaki sauce
 teaspoon sugar
 One 8-ounce can water chestnuts, drained and chopped
 cup mayonnaise
 bagels, halved
 Fresh parsley for garnish

1. In a frying pan, cook the chicken livers with 1 tablespoon of the teriyaki sauce. As the livers cook, cut them into small pieces with a knife and fork.

2. When the livers are completely cooked, remove the pan from the heat; add the remaining 1 tablespoon teriyaki sauce, sugar, and water chestnuts. Mix thoroughly.

3. Add the mayonnaise to the mixture and blend well.

4. Spoon onto bagel halves. Cut each half in quarters. Garnish with fresh parsley, and refrigerate until serving time. You can also serve these warm: Just heat them for 10 minutes in a 375° oven. This recipe freezes beautifully.

Makes 24 portions



Fish and Chips

½ pound fish fillet (any kind), cooked
¼ cup mayonnaise or salad dressing
1 celery stalk, chopped fine
½ teaspoon Old Bay[®] seasoning
1 teaspoon dehydrated onion flakes or 1 tablespoon fresh chopped onion
Ground pepper to taste
One 6-ounce bag bagel chips

Crumble the fish in a mixing bowl with a fork. Add the mayonnaise and mix well. Add the chopped celery, Old Bay[®] seasoning, onion, and pepper, and mix until well blended. Serve as a dip with bagel chips. This is also good spooned on bagel halves, or atop shredded let-tuce with a toasted bagel on the side.

Makes approximately 2 cups



Ring Around the Bagel

4 onion bagels, halved
8 ounces cream cheese
4 hard-boiled eggs, chopped fine
1 small onion, chopped fine
One 1-ounce jar caviar

1. Spread each bagel half with approximately ¹/₈ cup (2 tablespoons) of cream cheese, spreading completely to the edges and covering the bagel hole.

2. Using a small spoon, carefully place the chopped egg on the cream cheese, forming a circle along the outside edge of the bagel halves. Press the egg gently into the cream cheese. When you've finished, each one will look as if it has a "wreath" of chopped egg.

3. Make a circle of chopped onion inside the circle of chopped egg.

4. Place a spoonful of caviar in the center of each bagel half.

Makes 8 halves *Note:* For an alternative to caviar, try flaked canned tuna or salmon



Bagel Tartare

³/₄ pound ground sirloin
¹/₂ teaspoon salt
¹/₄ teaspoon garlic powder
Ground pepper to taste
¹/₄ cup finely chopped green pepper
¹/₄ cup finely chopped onion
1 tablespoon capers (optional)
¹/₄ cup chopped fresh parsley for garnish
4 bagels, halved and then quartered

1. Mix the sirloin, salt, garlic powder, pepper, green pepper, onion, and capers, if desired. Blend well. Place in a serving dish, and garnish with chopped parsley.

2. Serve immediately with a basket of bagel quarters. If you are not serving immediately, be sure to keep refrigerated until serving time.

Makes approximately 3 cups



Blue Bagels

½ cup mayonnaise
1 teaspoon dried or 1 tablespoon fresh chopped parsley
1 cup crumbled blue cheese
2 bagels, halved
4 tomato slices

- 1. Preheat the broiler
- 2. Mix the mayonnaise, parsley, and cheese. Spread onto bagel halves.
- 3. Place under the broiler until the cheese has melted.
- 4. Remove, and top each half with a tomato slice.

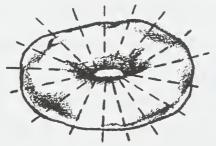
Makes 4 halves



Bagel Coins

1 cup cooking oil

1 to 2 garlic cloves, minced (use a garlic press if you have one) 3 bagels, sliced into thin "coins" as shown, using serrated knife



¹/₄ cup grated Parmesan cheese ¹/₂ cup dry-roasted peanuts

1. Place the oil in a large frying pan; add the minced garlic, and stir well. (For onion-flavored coins, substitute dehydrated onion flakes for the garlic cloves.)

2. Heat the oil and add the bagel "coins." Fry until brown and crisp on both sides.

3. Drain on paper towels. When cool, place in a plastic bag with the Parmesan, and toss well.

4. Remove from the bag, mix with the peanuts, and serve. Bagel coins store well in a tightly capped jar.

Makes approximately 2½ cups



Mexicali Bagel Fondue

3 bagels, halved 4 tablespoons (½ stick) margarine 1 small onion, finely chopped One 4-ounce can mild chopped green chilies Flour One 15-ounce can whole tomatoes, mashed (do not drain) Worcestershire sauce to taste Garlic powder to taste 12 ounces shredded cheddar cheese

- 1. Toast the bagel halves in a toaster or oven.
- 2. Cut each half into ten "chunks"; set aside.
- 3. In a frying pan, brown the onion in margarine; add the chilies.
- 4. Add enough flour to make a thick paste.
- 5. Over a low flame add the tomatoes, Worcestershire sauce, and garlic powder, and mix well.
- 6. Stir in the cheese, and blend all of the ingredients together over low heat.

7. Serve in a fondue pot with toasted bagel. (Spear chunks and dip into hot cheese mixture to coat.)

Makes approximately 3½ cups



Bagels Parmesan

2 bagels, halved 1 cup grated Parmesan cheese ½ cup mayonnaise 1 medium onion, grated Paprika

1. Preheat the oven to 375°.

- 2. Mix the cheese with the mayonnaise and onion; blend well.
- 3. Spread onto bagel halves; sprinkle each with a dash of paprika.
- 4. Bake for 10 minutes, or until golden.

Makes 4 halves





Legendary duos: Fred and Ginger, Bagels and Cream Cheese

Delhi Bagels

If you like curry, you'll love this!

½ cup soft or whipped cream cheese
¼ teaspoon plus ¼ teaspoon curry powder
2 teaspoons chutney
½ cup finely chopped unsalted peanuts
1 tablespoon shredded sweetened coconut
1 bagel, halved

Mix the cream cheese, curry powder, chutney, peanuts, and coconut; blend well. Spread on bagel halves.

Makes 2 halves

Bagel Beer Fondue

1 small garlic clove, halved

³/₄ cup beer

1 tablespoon flour

8 ounces Swiss cheese, shredded

4 ounces sharp cheddar cheese, shredded

Freshly ground pepper

¹/₈ teaspoon paprika

5 bagels, cut in large bite-size chunks



1. Rub the inside of a heavy saucepan with the garlic; discard the garlic.

2. Add the beer and heat slowly.

3. Meanwhile, place the flour in a plastic bag; add the shredded cheese and shake to coat.

4. Gradually add the flour-cheese mixture to the beer. Stir constantly until thickened and bubbly, but do not boil.

5. Stir in the pepper and paprika.

6. Pour the mixture into a fondue pot, and serve with bagel chunks. (Spear chunks and dip into hot cheese mixture to coat. Add more warmed beer if the fondue becomes too thick.)

Makes approximately 2¼ cups

Inside-Out Bagels

2 bagels, halved
Dijon-style mustard
Mayonnaise
2 tablespoons sweet pickle relish (be sure to drain off juice)
20 slices bologna, cut in halves

Spread the bagel halves with mustard and mayonnaise; top each with relish. Cut each bagel half vertically into ten bite-size pieces. Wrap a half-slice of bologna around each bagel chunk, secure with a toothpick, and serve.

Makes 40 hors d'oeuvres



Sardinia Bagels

6 bagels, halved One 8-ounce package cream cheese, softened One 3.7-ounce tin sardines, well drained ¼ cup finely minced onion

In a small bowl, mash the sardines. Add the cream cheese and blend well. Stir in the minced onion. Serve as a spread with bagels.

Makes approximately 1³/₄ cups

Hummus Bagels

2 bagels, halved One 16-ounce can chick peas (garbanzo beans), drained ½ cup tahini (sesame-seed paste) Alfalfa sprouts Garlic powder to taste

1. Place the chick peas in a blender or food processor, and blend until smooth.

2. Add the tahini; blend until completely mixed.

3. Add garlic powder to taste. You've just made hummus!

4. Put heaping ¹/₄ cup of hummus on each bagel half and top with alfalfa sprouts. Or you can simply put a bowl of hummus on the table, surrounded with bagel chunks or bagel chips for dipping.

Makes 4 halves



White Pizza Bagels

4 bagels, halved Olive oil Garlic powder 8 ounces fontina cheese 8 teaspoons grated Parmesan cheese

1. Preheat the oven to 375°.

2. Brush each bagel half with olive oil. Sprinkle with a dash of garlic powder.

3. Top each half with 1 ounce of fontina and sprinkle each with 1 teaspoon Parmesan. Bake for 8 to 10 minutes, or until cheese is melted and top is lightly browned.

Makes 8 servings



For your sweet tooth . . .

Bagel Cheese Pastries

These are heavenly! Use different kinds of pie filling to make an assortment of pastries. If you'd like, you can make these a day ahead or freeze them (and thaw at room temperature before serving).

4 cinnamon-raisin bagels, halved
One 8-ounce package cream cheese, softened (bring to room temperature)
¼ cup granulated sugar
¼ teaspoon ground cinnamon
2 teaspoons lemon juice
1 egg
1 teaspoon vanilla extract
One 20-ounce can cherry-pie filling

1. Preheat the oven to 375°.

2. With your fingers, scoop out some of the insides of the bagel halves to make shells. Freeze the scooped-out bits for other uses (such as bread crumbs or poultry stuffing).

3. In a mixing bowl, combine the cream cheese, sugar, cinnamon, lemon juice, egg, and vanilla. Beat well with an electric mixer, until the ingredients are thoroughly blended.

4. Carefully spoon the mixture into the bagel shells.

5. Bake on a foil-covered cookie sheet for 15 minutes, or until filling sets.

6. When cool, top each half with a couple of spoonfuls of cherry pie filling.

Makes 8 halves



Butterscotch Bagels

2 bagels, halved 4 teaspoons margarine or butter 1½ cups butterscotch chips One 2¼-ounce package salted cashews, chopped

1. Preheat the oven to 375°.

2. Spread each bagel half with a teaspoon of margarine, and place on a foil-covered cookie sheet.

3. Top each buttered half with $\frac{1}{3}$ cup of butterscotch chips.

4. Top with chopped cashews, and bake for 15 to 20 minutes, or until the chips melt. Makes 4 halves



Perfectly Pecan Bagels

3 cinnamon-raisin bagels, halved
3 eggs
½ cup dark brown sugar
1 cup light corn syrup
½ teaspoon salt
1 teaspoon vanilla extract
1 tablespoon margarine or butter, melted
¾ cup chopped pecans
30 pecan halves for garnish

1. Preheat the oven to 375°.

2. Scoop out the insides of the bagel halves with your fingers. Crumble the scooped-out bits, and set them aside. You will have six "shells."

3. In a mixing bowl, beat the eggs; add the brown sugar, corn syrup, salt, and vanilla. Beat well.

4. Add the melted margarine and blend.

5. Stir in the chopped pecans and crumbled bagel bits; mix thoroughly.

6. Spoon the mixture carefully into the bagel halves, and top each with five pecan halves.

7. Bake on a foil-covered cookie sheet for approximately 25 minutes, or until lightly browned.

8. Transfer to a plate to cool, or they will stick to the foil.

Makes 6 halves



Chocolate-covered Bagel Chips

12 ounces semisweet chocolate chips
3 tablespoons cooking oil
One 6-ounce bag plain bagel chips (don't buy flavored chips such as garlic, onion, etc.)
½ cup chopped walnuts or pecans
½ cup shredded sweetened coconut

1. Place the chocolate chips and oil in a saucepan. Over low heat, stir constantly with a wooden spoon until the chips melt and the mixture is blended thoroughly.

2. Keeping the saucepan on a very low flame, drop the bagel chips in the chocolate one at a time, turning to coat. Use a wooden spoon to make sure both sides are thoroughly coated. Spoon off the excess chocolate, and place them on a wax paper–covered cookie sheet.

3. When all of the bagel chips are coated and on wax paper, sprinkle some with coconut and some with chopped nuts. Refrigerate until the chocolate hardens. If you've used whole bagel chips, you can break them into small pieces if you'd like.

Makes enough to coat 14 whole bagel chips.

Note: Be sure to keep these in the refrigerator until serving time. (It's also a good place to hide them from chocoholics.) True chocolate lovers can use chocolate jimmies (sprinkles) in place of coconut and nuts. Multicolored jimmies are fun, too!



Chocolate-Almond Bagel Fondue

One 6-ounce package semisweet chocolate chips 2 teaspoons margarine or butter ½ cup light cream ¼ teaspoon almond extract 4 bagels, cut into bite-size chunks

1. Place the chocolate chips and margarine in a saucepan, and begin melting over low heat.

2. As the chips start to melt, gradually add the cream, stirring constantly.

3. When the chips have melted completely and the mixture is blended, add the almond extract, and mix well.

4. Pour the warmed mixture into a fondue pot set over a low flame. Serve with bite-size bagel chunks and fondue forks for dipping.

Makes 4 servings



The Big-Apple Bagel

Try this with a scoop of ice cream or whipped cream for an added treat.

5 cinnamon-raisin bagels
One 21-ounce can apple-pie filling
1 cup flour (all-purpose or whole-wheat graham flour)
¼ cup (½ stick) soft margarine or butter
2 tablespoons dark brown sugar
¼ teaspoon ground cinnamon

- 1. Preheat the oven to 375°.
- 2. Slice a thin portion off the top of each bagel, as shown.



Using your fingers, scoop out the insides to make "shells." Freeze the scooped-out bits and tops for later use.

3. Place ½ cup of pie filling in each bagel shell.

4. Place the flour, margarine, brown sugar, and cinnamon in a small bowl, and mix with a fork. Then crumble with your fingers until thoroughly blended.

5. Spoon the crumb topping over the apple-filled bagels, pressing the crumbs onto the filling. Bake on a foil-covered cookie sheet for 30 minutes, or until topping is lightly browned. Serve warm. Try this with a scoop of ice cream or whipped cream for an added treat.

Makes 5 servings



Bagel Rummy

RUM SAUCE

 ½ cup soft margarine

 1 cup dark brown sugar

 2 tablespoons light corn syrup

 ½ cup light cream

 ½ teaspoon rum extract

4 very fresh cinnamon-raisin bagels, cut in half horizontally 2 pints rum-raisin ice cream

1. Preheat oven to 375°.

2. Prepare the rum sauce: Melt the margarine over low heat. Stir in the brown sugar, corn syrup, and cream, and bring to a boil. Remove from the heat, and stir in the rum extract.

3. Heat the bagel halves in the oven until warm.

3. Remove them from the oven, and immediately place a scoop of rum-raisin ice cream on each bagel half.

4. Top with warm rum sauce.

Makes 8 servings (about 1¹/₂ cups sauce)



Berry Good Bagels

bagel, halved
 Confectioners' sugar
 cup blueberry, cherry, or strawberry canned pie filling
 Whipped cream or dessert topping

1. Preheat oven to 375°.

2. Sprinkle the cut sides of the bagel halves lightly with sugar, and heat them in the oven until warm.

- 3. Spoon ½ cup of pie filling on each half.
- 4. Top with a generous helping of whipped cream or topping.

Makes 2 servings

Bagels Alaska

cinnamon-raisin bagel, halved
 cup ice cream (any flavor—we like butter pecan)
 cup miniature marshmallows
 tablespoons chocolate fudge topping or syrup

- 1. Preheat the oven to 500°, and get ready to work fast.
- 2. Put ½ cup ice cream on each bagel half.
- 3. Press the miniature marshmallows into the ice cream.



4. Place on a foil-covered cookie sheet, and bake for 2 to 3 minutes, or until the marshmal-lows are lightly browned.

5. Remove from the oven, and top each half with a tablespoon of chocolate fudge topping.

6. Serve immediately, with a sharp knife and a spoon or fork.

Makes 2 servings

Coconutty Bagels

% cup shredded sweetened coconut
% cup chopped walnuts
1 teaspoon dark brown sugar
% cup soft margarine
1 tablespoon almond brickle chips (optional)
1 bagel, halved

1. Preheat the oven to 400° .

2. Combine the coconut, chopped nuts, brown sugar, and margarine.

3. Add brickle chips, if desired. Mix well.

4. Spread on bagel halves. Bake on a foil-covered cookie sheet for 8 to 10 minutes, or until heated thoroughly. Cool for 5 minutes before serving.

Makes 2 halves



Chewy Bagel Candy

18 caramels

¹/₄ cup plus 2 tablespoons chopped macadamia nuts 1 bagel, cut in twelfths vertically, as shown



1. Place the caramels and 2 teaspoons of water in a saucepan, and melt over low heat, stirring constantly.

2. As the caramels start to melt, add ¼ cup chopped macadamia nuts, and continue stirring over heat.

3. Remove from the heat. Quickly spear bagel chunks with fork, one at a time, and dip into caramel-nut mixture until coated on all sides; place on wax paper. Work quickly so the mixture doesn't harden. (If it does, you can reheat it over a low flame.)

4. When all of the pieces are coated, sprinkle them with the remaining 2 tablespoons of chopped nuts; press the nuts into the caramel coating.

5. Let cool, and cover with plastic wrap.

Makes 12 pieces



Cannoli Bagels

cup ricotta cheese (regular or part-skim)
 teaspoon vanilla extract
 tablespoon plus 1 teaspoon confectioners' sugar
 tablespoon chopped citron (or the kind of mixed assorted chopped fruits used for fruitcake)
 cup semisweet chocolate chips
 cinnamon-raisin bagel, halved

1 tablespoon chopped pistachio nuts or chopped slivered almonds

1. Place the ricotta cheese in a blender or processor; blend for a few seconds, or until creamy.

2. With a spatula, scrape the cheese into a mixing bowl. Add the vanilla and sugar; mix well.

3. Chop the citron into small bits, and add to the cheese mixture, together with the chocolate chips. Blend well.

4. Place half of the mixture on each bagel half, and sprinkle with chopped pistachio nuts or almonds.

Makes 2 servings







Children's Favorites

Buzz-Buzz Spread

1½ tablespoons honey
½ cup (1 stick) margarine or butter
2 tablespoons golden raisins
Bagels, halved and toasted

Mix the honey and margarine or butter. Add the raisins, and mix again. Spread on toasted bagel halves.

Makes about 1/2 cup of spread



Apple-Peanut Butter Bagels

2 bagels, halved
Soft margarine or butter
½ cup peanut butter
½ cup plus 1 tablespoon applesauce
½ cup finely chopped unpeeled red apple

1. Lightly spread the bagel halves with margarine.

2. Place the peanut butter and applesauce in a small bowl. Mix until smooth.

3. Stir in the chopped apple. Blend well.

4. Spread on the bagel halves.

Makes 4 halves

PBJ Bagels

You guessed it . . . an old standby in a new shape!

Bagels, halved Peanut butter Jelly

Spread peanut butter and jelly on the bagel halves. Serve open-face or as a big bagel sandwich.



Oh-Oh French Toast

l egg
 l tablespoon milk
 ½ teaspoon vanilla extract
 Dash ground cinnamon
 Dash salt
 ½ teaspoon sugar
 l bagel, halved
 2 teaspoons margarine or butter
 Confectioners' sugar

1. In a mixing bowl, combine the egg, milk, vanilla, cinnamon, salt, and sugar. Beat with a fork.

2. Pierce the tops of the bagel halves with a fork in several places, and place them in the egg mixture, cut sides down. Soak for about 5 minutes; turn to coat both sides.

3. Melt the margarine or butter in a frying pan; add the bagel halves. Cook slowly over medium heat until brown on both sides and cooked through. (The cut sides will need extra cooking time.)

4. Sprinkle with sugar, and serve open-face. Or top with blueberry or strawberry preserves, syrup, or honey.

Makes 2 halves



Circus Bagels

bagel, halved
 tablespoons crunchy peanut butter
 banana, sliced
 teaspoons shredded sweetened coconut

Spread toasted or plain bagel halves with peanut butter. Top with banana slices, and sprinkle with coconut.

Makes 2 halves

Pizza Bagels

1 bagel, halved ¼ cup spaghetti sauce or pizza sauce ¼ teaspoon oregano ½ cup shredded mozzarella cheese

1. Preheat the oven to 375°.

2. Spread ¹/₈ cup spaghetti sauce on each bagel half.

3. Sprinkle oregano over the sauce, and top each half with ¼ cup of mozzarella cheese.

4. Bake on a foil-covered cookie sheet for 8 to 10 minutes, or until the cheese bubbles and begins to brown.

Makes 2 halves

Note: If you like, add any of your favorite pizza toppings before baking.



Go-Fish Bagel

bagel, halved
 teaspoon mayonnaise
 fish sticks, cooked according to package directions
 slice American cheese
 Shredded lettuce, optional

Spread the bagel halves lightly with mayonnaise. Place the fish sticks on one bagel half; add cheese. Top with shredded lettuce, if desired, and other bagel half.

Makes 2 halves

The Sugarplum Bagel

¹/₄ cup plum preserves ¹/₄ cup finely chopped almonds 1 bagel, halved Confectioners' sugar

In a small bowl, mix the preserves with the almonds; spoon the mixture onto each bagel half. Sprinkle with sugar before serving.

Makes 2 halves



Snowball Bagels

cinnamon-raisin bagel, halved
 Two 5-ounce cans prepared vanilla pudding
 cup frozen nondairy whipped topping, thawed
 cup shredded sweetened coconut

Preheat oven to 375°. Heat the bagel halves in the oven just until warmed. Spoon one can of vanilla pudding onto each bagel half. Spoon ½ cup of whipped topping on each bagel half, over the pudding. Sprinkle each with ¼ cup coconut.

Makes 2 servings

Soup Sponges

Heat up your children's favorite hearty soup, like cream of chicken or cheddar-cheese. Serve with toasted bagels spread with margarine. Dipping crusty bagels into thick hearty soup is a delicious way to enjoy them both!

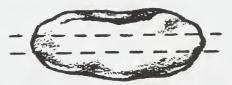


Choca-Lotta-Peanut-Butta Bagels

Bagels

Canned ready-to-spread chocolate frosting Peanut butter (smooth or crunchy) Chopped peanuts

1. Cut each bagel in thirds, horizontally, as shown.



2. Spread one layer with peanut butter; then place a second layer on top, and spread that with peanut butter.

3. Add the third layer. Spread the top with chocolate frosting, and sprinkle on chopped peanuts.



Monkey Bagels

Cinnamon-raisin bagels, halved 1 tablespoon honey 1 ripe banana, mashed 3⁴ cup whipped cream cheese 4⁴ cup finely chopped pecans

Mix the honey, banana, cream cheese, and nuts until well blended. Use as a spread on bagel halves or as a dip for dunking.

Makes 1 cup of spread

Honey Dips

1 bagel, halved and toasted Butter or margarine Honey

Butter the toasted bagel halves. Serve with a small bowl of honey for dipping.





Introducing the world's first four-ring circus

Frosty the Bagel

Bagels, halved 1 can ready-to-spread chocolate frosting Colored jimmies (sprinkles)

Frost the cut side of one half of a bagel. Replace the second half, and spread frosting on top. Sprinkle with jimmies.

Pineapple-Cream Bagels

½ cup whipped cream cheese or ricotta cheese
2 teaspoons dark brown sugar
¼ cup finely chopped pecans
1 pineapple ring, chopped, drained on paper towels
1 bagel, halved
2 whole pineapple rings, drained on paper towels

Combine the cream cheese or ricotta cheese, brown sugar, pecans, and chopped pineapple; mix thoroughly. Spread onto bagel halves, and top each with a whole pineapple ring.

Makes 2 halves



Circle Burgers

4 bagels, halved 1 egg ½ cup water ¾ cup uncooked oatmeal 1 teaspoon salt 3 tablespoons catsup 1 pound lean ground beef or turkey

- 1. Preheat the oven to 375°.
- **2**. Mix all of the ingredients except the bagels.
- 3. Spread the mixture on each bagel half, leaving a hole in the middle.
- 4. Bake for 40 minutes, or until filling is cooked thoroughly.

Makes 8 servings



Grilled-Cheese Bagel

1 bagel, halved 1 teaspoon margarine Two 1-ounce slices cheese

Turn on broiler or preheat oven to 375°. Spread each bagel half with margarine. Place a slice of cheese on each. Place in the toaster oven or under the broiler, and cook until the cheese melts. Put two bagel halves together for an extra-cheesy sandwich.

Makes 2 halves

Cinnabagels

2 bagels, halved and toasted 2 teaspoons margarine Cinnamon-sugar mixture (1 tablespoon sugar and ½ teaspoon ground cinnamon)

Spread the hot toasted bagel halves with margarine. Sprinkle with cinnamon-sugar mixture. Makes 4 halves



Apple-Butter Bagels

Bagels, halved and toasted Margarine Apple butter Finely chopped almonds (optional)

Spread the hot toasted bagel halves with margarine. Top with generous spoonfuls of apple butter. Sprinkle with finely chopped almonds, if desired.





A Bagel Glossary

- **Bagel Chips:** Very thin bagel slices that have been baked until they are crunchy-crisp; a bagel baker's solution for giving day-old bagels new life; use with dips, soups, or simply as is.
- **Bagelettes:** Miniature bagels that are wonderful at parties, or for children at mealtime and snacktime; they also make great teething rings.
- **Bagel Flavors:** Once available only plain, bagels now exist in a dizzying variety of flavors: onion, garlic, egg, poppy seed, sesame seed, coarse salt, pumpernickel, rye, cinnamonraisin, wheat, honey-wheat, banana-nut, cheese, carrot, English muffin, cherry, raspberry, blueberry, chocolate chip, and, in California, even jalapeño.
- **Bagel Holes:** There are none; unlike doughnut holes, bagels holes really are *holes*. There is no dough left over in the bagel-shaping process, whether manual or automated. When bagels are made by hand, the dough is either formed into ropes and pressed together at the ends, or shaped into balls with the centers pushed through and widened with the fingers.
- **Bagelmania:** A physiological condition that occurs when you're driving home in the car with a bag of hot bagels, fresh from the bakery; usually results in eating several before you get home. Side effects: telltale crumbs that stick to your coat or jacket, especially if you're wearing corduroy.



- **Bagel Maven:** Someone who thinks he or she is an expert on bagels; frequently from New York or even New Jersey.
- **Bagel Purist:** A traditionalist who feels that anything other than a plain bagel with a *shmear* of cream cheese is a fraud.
- Black 'n' Whites: Bagels made with a combination of pumpernickel and plain doughs.
- **Cement Doughnut:** Term of endearment used to describe bagels; considered acceptable if a bagel lover says it, heresy if it comes from anyone else.
- **Cheese Bagels:** A thin-skinned whole bagel shell completely filled with a blend of blintzelike cheeses; a favorite of Canadians.
- **E. T. Bagels:** Also called "Everything Bagels," they have many different toppings, typically sesame seeds, poppy seeds, onion, garlic, and coarse salt. A great combo!
- **Kettling:** The stage in the bagel-making process in which the formed bagels are boiled just prior to being baked.
- **L. A. Bagels:** Not a basketball term; bagels that are definitely mellower, with a lighter, less dense consistency, than their New York cousins; usually made with more yeast.
- **New York Bagels:** Considered the apotheosis of "bageldom" and the standard by which all other bagels should be judged, because the U.S. bagel industry had its roots in New York City; it is also believed that the excellent quality of New York water enhances both the flavor and crust of these bagels.



Shmear: a generous spread of cream cheese atop a bagel.

- **Special-Occasion Party Bagels:** When it comes to holidays, you can buy green bagels for St. Patrick's Day, pink ones for Valentine's Day, even red (cherry), white (plain), and blue (blueberry) bagels for Independence Day. For parties, order a 16-inch bagel from a bagel bakery and have it filled with lox, cream cheese, whitefish, tomatoes, cheese, or meats and coleslaw—whatever combo you desire. Slice it up and serve it to a crowd! Or order a 16-inch cinnamon-raisin bagel, write HAPPY BIRTHDAY in icing on the top, add candles, and you have the perfect "birthday cake" for any bagel lover.
- **Steaming:** A mass-production process in which the kettling step is bypassed, and instead, racks of bagels are rolled into upright steam-injected ovens prior to baking; results in a softer bagel.
- **Water Bagel:** A term that actually describes all bagels, since all are boiled in water or steamed in water prior to baking; the boiling process is also referred to as "kettling."





Bagel Buyer's Directory

Wherever you are, you're never far from a bagel bakery! Here's the most complete list available. No self-respecting bagel lover should be without it.

ALABAMA

The Bagel Factory 3118 Cahaba Heights Plaza Birmingham, AL 35243 205-969-0000

Bagel Place

4925 University Dr. NW Huntsville, AL 35816 205-830-5600

ALASKA

The Bagel Deli Old Seward & Hoffman Rd.

Anchorage, AK 99511 907-345-3850

Thee Bakery

3020 Minnesota Dr. Anchorage, AK 99503 907-276-7606

ARIZONA

B J's Bagel Works 6350 E. Main St. Mesa, AZ 85205 602-985-4128

Bagel Baker 1919 W. North Ln. Phoenix, AZ 85021 602-943-4373

Chompie's

10858 N. 32nd St. Phoenix, AZ 85028 602-971-8010

Hot Bagel Bakery Restaurants

7114 E. Broadway Blvd. Tucson, AZ 85710 602-296-4164

Hot Bagel Bakery Restaurants

2829 E. Speedway Blvd. Tucson, AZ 85716 602-795-0742

Bagelry Restaurant

2575 N. Campbell Ave. Tucson, AZ 85719 602-881-6674

Bagelry Restaurant 831 N. Park Ave. Tucson, AZ 85719 602-882-6674

CALIFORNIA

Just Bagels 5859 Kanan Rd.

Agoura Hills, CA 91301 818-889-7812

Boogie Woogie Bagel Boy 1227 Park St Alameda, CA 94501 510-523-8979

The Bagel Bible

Los Bagels Company 1061 I St. Arcata, CA 95521 707-822-3150

Big Apple Bagels 8793 Plata Ln. Atascadero, CA 93422 805-461-0263

The Bagelry 3604 Ming Ave. Bakersfield, CA 93309 805-831-5427

Noah's New York Bagels 3170 College Ave. Berkeley, CA 94705 510-654-0944

Brother's Bagel Factory 1218 Santa Fe Ave. Berkeley, CA 94706 510-527-0272

Brother's Bagel Factory 1281 Gilman St. Berkeley, CA 94706 510-524-3104

Noah's New York Bagels 1883 Solano Ave. Berkeley, CA 94707 510-525-4447

Brother's Bagel Factory 1469 Shattuck Ave. Berkeley, CA 94709 510-649-9422 Bagel Depot 578 Bonanza Trail Big Bear Lake, CA 92315 714-866-6096

House of Bagels 260 Lorton Ave. Burlingame, CA 94010 415-343-3633

Sherman Plaza Bakery 22910 Vanowen St. Canoga Park, CA 91307 818-883-1918

Santa Clarita Valley Bagel 19372 Soledad Rd. Canyon Country, CA 91351 805-298-7002

New York Bagel Factory 1009 N. Cindy Ln. Carpinteria, CA 93013 805-566-6653

Southland Bakery 1174 Sandhill Ave. Carson, CA 90746 310-763-7636

Florentine Bakery 10370 Mason Ave. Chatsworth, CA 91311 818-998-2471

Bagels By The Bay 1201 1st St. Coronado, CA 92118 619-437-1567 **Bagels Etc.** 250 E. 17th St. Costa Mesa, CA 92627 714-645-7877

Bagel Heaven 333 E. 17th Pl. Costa Mesa, CA 92627 714-642-4567

Bagel Works 21269 Stevens Creek Blvd. #6 Cupertino, CA 95014 408-446-2772

Bagels Plus 223B Serramonte Center Daly City, CA 94015 415-756-1404

House of Bagels 115 Town & Country Dr. #F Danville, CA 94526 510-838-8508

Beau Bagels 1760 E. 8th St. Davis, CA 95616 916-753-4700

Beau Bagels 1949 5th St. #103 Davis, CA 95616 916-758-7922

Bagel Bakery of Dublin 7168 Regional St. Dublin, CA 94568 510-829-5434

Bagel Buyer's Directory

Bagel Barons 24331 Muirlands Blvd. El Toro, CA 92630 714-588-7279

Noah's New York Bagels 4240 Hollis Emeryville, CA 94608 510-655-6624

Garden State Bagels 191 N. El Camino Real Encinitas, CA 92024 619-942-2435

Holey Roll Bagel 358 W. El Norte Pkwy. Escondido, CA 92026 619-743-2565

Los Bagels Company 321 3rd St. Eureka, CA 95501 707-442-8525

Bagels And 3782 Mowry Ave. Fremont, CA 94538 510-796-9339

Fresno Bagel Company 7739 N. 1st St. Fresno, CA 93720 209-436-8132

New York Bagel Factory 5674 Calle Real Goleta, CA 93117 805-683-2392 **Bagels R Bagels** 14665 Bear Valley Rd. Hesperia, CA 92345 619-244-1788

Baltimore Bagel 7523 Fay Ave. La Jolla, CA 92037 619-456-0716

Baltimore Bagel 4150 Regents Park Row La Jolla, CA 92037 619-587-1136

I Love Bagels 281 Crown Valley Pkwy. Laguna Niguel, CA 92677 714-831-3300

Eastside Bagel & Deli 2789 W. Avenue L Lancaster, CA 93536 805-722-1999

Bagels Galore 1943 Pacific Coast Hwy. Lomita, CA 90717 310-326-3699

Bagel Bistro 4105 Atlantic Ave. Long Beach, CA 90807 310-490-9905

Kotch's Bakery 8583 W. Pico Blvd. Los Angeles, CA 90035 310-289-9820 **Bagel Broker** 7825 Beverly Blvd. Los Angeles, CA 90036 213-931-1258

New York Bagel 11640 San Vicente Blvd. Los Angeles, CA 90049 213-820-1050

Brooklyn Bagel Bakery 2217 W. Beverly Blvd. Los Angeles, CA 90057 213-413-4114

Bagelmania 39840 Los Alamos Rd. Murrieta, CA 92562 714-698-1234

Bagel Adventure 1408 Clay St. Napa, CA 94559 707-353-7143

East Side Bagel & Deli 9161 Reseda Blvd. Northridge, CA 91324 818-886-8736

Piedmont Bagel Bakery 4301 Piedmont Ave. Oakland, CA 94611 510-654-5211

Everybody's Bagel Company 5725 E. 14th St Oakland, CA 94621 510-533-8235

The Bagel Bible

Baltimore Bagel

3837 Plaza Dr. Oceanside, CA 92056 619-726-7700

Bagel Heaven

3935 Mission Ave. Oceanside, CA 92054 619-721-1501

Brodsky's Bagels

73131 Country Club Dr. Palm Desert, CA 92260 619-341-0777

Brodsky's Bagels 777 E. Tahquitz Way Palm Springs, CA 92262 619-320-0300

Brodsky's Bagels 210 E. Arenas Rd. Palm Springs, CA 92262 619-322-4353

Smoketree Bagel Bakery & Deli

1775 E. Palm Canyon Dr. Palm Springs, CA 92264 619-327-5443

Bagel Works 129 Lytton Ave. Palo Alto, CA 94301

415-323-4887 Bagel Works

642 Ramona Palo Alto, CA 94301 415-328-5429 **House of Bagels** 220 Hamilton Ave. Palo Alto, CA 94301 415-323-8474

Goldstein's Bagel Bakery 86 W. Colorado Blvd. Pasadena, CA 91105 818-792-2435

Such A Bagel & Gourmet Coffees 719 W. Channel Islands Port Hueneme, CA 93041 805-985-1554

Bagel Den Bakery 2658 Bechelli Ln. Redding, CA 96002 916-223-2485

Redding French Bakery 1561 E. Cypress Ave. Redding, CA 96002 916-222-0787

Bagels Galore 1870 S. Pacific Coast Hwy. Redondo Beach, CA 90277 310-316-3699

Bagel Works 2331 Spring St. Redwood City, CA 94063 415-366-6923

Lox, Stock & Bagel 5225 Canyon Crest Dr. Riverside, CA 92507 714-781-0310 Water Bagel Company 1451 Southwest Blvd. Rohnert Park, CA 94928 707-664-9908

Bayer's Bagel Bakery 2701 Lake Tahoe Blvd. S. Lake Tahoe, CA 96150 916-541-7882

Cream Puff Bakery Crescent V Shopping Center S. Lake Tahoe, CA 96150 916-544-2141

Bagful of Bagels, Inc. 1607 10th St. Sacramento, CA 95814 916-446-6010

New York Bagel Boys 6260 Folsom Blvd. Sacramento, CA 95819 916-739-6540

Bagful of Bagels 6260 Belleau Wood Ln. Sacramento, CA 95822 916-424-3921

New York Bagel Boys 9131 Kiefer Blvd. Sacramento, CA 95826 916-366-3416

Bagel Biz 7485 Rush River Dr. Sacramento, CA 95831 916-422-4357

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House of Bagels 870 Industrial Rd. San Carlos, CA 94070 415-595-4700

Baltimore Bagel 420 Robinson Ave. San Diego, CA 92103 619-295-1510

Baltimore Bagel 7007 Carroll Rd. San Diego, CA 92121 619-554-1804

Baltimore Bagel 15721 Bernardo Heights Pkwy. San Diego, CA 92128 619-451-6106

Baltimore Bagel 1772 Garnet Ave. San Diego, CA 92109 619-272-9321

Bubby's Bagels 1011 23rd St. San Diego, CA 92102 619-233-8207

Bagelicious 3704 Voltaire St. San Diego, CA 92107 619-223-4788

Greatest Bagel Company 824 Camino Del Rio N San Diego, CA 92108 619-298-7693 Superbagels 395 The Concourse San Diego, CA 92115 619-583-9331

Baltimore Bagel 3545 Del Mar Heights Rd. San Diego, CA 92130 619-792-7848

The Bagelry 2134 Polk St. San Francisco, CA 94109 415-441-3003

Holey Bagel 3872 24th St. San Francisco, CA 94114 415-647-3334

The Bagelry 4416 18th St. San Francisco, CA 94114 415-863-0292

Holey Bagel 1206 Masonic Ave. San Francisco, CA 94117 415-626-9111

Holey Bagel 3218 Fillmore St. San Francisco, CA 94123 415-922-1955

Broadway Bagels 1584 Branham Ln. San Jose, CA 95118 408-987-2245 **Bagels & Deli Cafe** 1712 Meridian Ave. San Jose, CA 95125 408-264-6000

Bagel Works 5241 Prospect Rd. San Jose, CA 95129 408-255-2321

Bagel Basket 1275 Piedmont Rd. San Jose, CA 95132 408-272-5311

Boston Bagel 1127 Broad St. San Luis Obispo, CA 93401 805-541-5134

Bagels Galore 28362 S. Western Ave. San Pedro, CA 90732 310-514-3699

Marin Bagel Co. 1560 4th St. San Rafael, CA 94901 415-457-8127

Bagel Place 1310 E. Borchard Ave Santa Ana, CA 92705 714-547-0787

Manhattan Bagel 1231 State St Santa Barbara, CA 93101 805-966-5902

The Bagel Bible

Grateful Bagel

404 Mendocino Ave. #A Santa Rosa, CA 95401 707-528-9080

Grateful Bagel

2700 Yulupa Ave. Santa Rosa, CA 95405 707-571-8553

Broadway Bagels 12840 S. Saratoga Sunnyvale Rd. Saratoga, CA 95070 408-867-6834

Grateful Bagel 300 S. Main St. Sebastopol, CA 95472 707-829-5220

Bagel Factory 4454 Van Nuys Blvd. Sherman Oaks, CA 91403 818-986-4675

Hot Bagels & Deli 4373 Woodman Ave. Sherman Oaks, CA 91423 818-986-3121

Bagel Boys 2870 Cochran Ave. Simi Valley, CA 93065 805-581-1739

Homegrown Baking Co. 122 W. Napa St. Sonoma, CA 95476 707-996-0166 **Bagel Express** 1465 W. March Ln. Stockton, CA 95207 209-952-2435

Bagel Kitchen 609 Porter Ave. Stockton, CA 95207 209-478-9014

House of Bagels 1681 Hollenbeck Ave. Sunnyvale, CA 94087 408-245-0311

Hot Bagels & Deli 19325 Ventura Blvd. Tarzana, CA 91356 818-996-4674

Bagels & Cream 27468 Ynez Rd. Temecula, CA 92591 714-694-8887

Bagel Junction 428 E. Main St. Turlock, CA 95380 209-632-2435

Western Bagel 506 E. 1st St. Tustin, CA 92680 714-730-0611

Western Bagel 23170 W. Valencia Blvd. Valencia, CA 91355 805-254-1287 **Western Bagel** 7814 N. Sepulveda Blvd. Van Nuys, CA 91405 818-786-5847

Bagel King 1686 Locust St. Walnut Creek, CA 94596 510-938-5464

Phil A Bagel 2909 Ygnacio Valley Rd. Walnut Creek, CA 94598 510-935-7445

Perfect Bagel 11300 W. Olympic Blvd. West Los Angeles, CA 90064 310-478-2211

Western Bagel 3825 E. Thousand Oaks Blvd. Westlake Village, CA 91362 805-496-0344

Western Bagel 21833 Ventura Blvd. Woodland Hills, CA 91364 805-707-1469

COLORADO

The Bagel Nook 6480 Wadsworth Blvd. Arvada, CO 80003 303-431-6311

Bagel Buyer's Directory

The Bagel Bakery 2515 49th St. Boulder, CO 80301 303-447-9290

Lots A Bagels 445 E. Cheyenne Mountain Blvd. Colorado Springs, CO 80906 719-540-9096

New York Bagel Boys 6449 E. Hampden Ave. Denver, CO 80222 303-759-2212

Bagel Store 942 S. Monaco Pkwy. Denver, CO 80224 303-388-2648

The Bagel Deli 6217 E. 14th St. Denver, CO 80220 303-322-0350

Ace Baking Company 1803 E. 58th Denver, CO 80216 303-296-7482

The Bagelman 633 S. College Ave. Fort Collins, CO 80524 303-482-4417

The Bagel Nook South 7175 W. Jefferson Ave. Lakewood, CO 80215 303-988-5926 **Agnes' Very Very** 1106 N. Boise Ave. Loveland, CO 80537 303-669-7597

CONNECTICUT

Bagel King 3550 Main St. Bridgeport, CT 06606 203-374-4868

Bagelman II 14 Candlewood Lake Rd. Brookfield, CT 06804 203-775-4005

Bagelman Inc. 39-B Mill Plain Rd. Danbury, CT 06811 203-748-2464

Zaro's Bakery 7 Backus Ave. Danbury, CT 06810 203-798-9546

Guilford Gourmet Bagel 23 Water St. Guilford, CT 06437 203-458-2161

H. Lender & Sons Restaurant 2400 Dixwell Ave. Hamden, CT 06514 203-248-4564 **Abel's Kosher Deli** 2100 Dixwell Ave. Hamden, CT 06514 203-281-3434

The Bagel Connection 1408 Whalley Ave. New Haven, CT 06515 203-387-1455

The Bagel Connection 61 Grove St. New Haven, CT 06511 203-782-1441

New York Bagels & Deli 172 York New Haven, CT 06511 203-773-3089

Bagel King 250 Westport Ave. Norwalk, CT 06851 203-846-2633

Not Just Bagels 607 Main Ave. Norwalk, CT 06851 203-846-4414

The Bagel Coffee Shop 327 Central Ave. Norwich, CT 06360 203-889-0423

Clown Gallery Bakery 47 Town St. Norwich, CT 06360 203-887-6034

The Bagel Bible

Kinders Fresh Bagel Restaurant

175 Boston Post Rd. Orange, CT 06477 203-795-3549

H. Lender & Sons Restaurant

175 Boston Post Rd. Orange, CT 06477 203-795-3549

What-A-Bagel

463 Elm Stamford, CT 06902 203-324-4058

Lizsue Bagels

63 High Ridge Rd. Stamford, CT 06905 203-323-4611

Brooklyn Baking Company 8 John St. Waterbury, CT 06708 203-574-9198

Zaro's Bake Shop

413 Post Rd. E Westport, CT 06880 203-222-9696

The Yalesville Bakery

8 Chapel Square Yalesville, CT 06492 203-265-7522

DELAWARE

New York Bagel & Bake 621 College Square Newark, DE 19711 302-453-1362

Bagels & Donuts 2507 W. 6th St. Wilmington, DE 19805 302-571-8148

Bagels & Donuts 1901 Pennsylvania Ave. Wilmington, DE 19806 302-652-7960

Max's Bagel Cafe 4528 Kirkwood Hwy. Wilmington, DE 19808 302-999-1517

Bagels & Donuts 1737 Marsh Rd. Wilmington, DE 19810 302-478-9016

DISTRICT OF COLUMBIA

Chesapeake Bagel Bakery 215 Pennsylvania Ave., SE Washington, DC 20003 202-546-0994 **Bagels Etc.** 1825 I St., NW Washington, DC 20006 202-429-0700

Chesapeake Bagel Bakery 818 18th St., NW Washington, DC 20006 202-775-4690

Georgetown Bagelry 3245 M St. NW Washington, DC 20007 202-965-1011

Chesapeake Bagel Bakery 1636 Connecticut Ave., NW Washington, DC 20009 202-328-7985

Booeymonger Restaurant 5252 Wisconsin Ave., NW Washington, DC 20015 202-686-5805

Chesapeake Bagel Bakery 4000 Wisconsin Ave., NW Washington, DC 20016 202-966-8866

Bagels Etc. 2122 P St., NW Washington, DC 20037 202-466-7171 Whatsa Bagel

3513 Connecticut Ave., NW Washington, DC 20008 202-966-8990

Toojay's 4620 Wisconsin Ave., NW Washington, DC 20016 202-686-1989

FLORIDA

Bagel King Bakery & Deli 910 Sand Lake Rd. Altamonte Springs, FL 32714 407-774-1797

Boca Bagel 7122 Beracasa Way Boca Raton, FL 33433 407-368-8525

Boca Grove Bagel 21055 Jog Rd. Boca Raton, FL 33433 407-483-5555

Nestor's at Bageland 7050 W. Palmetto Park Rd Boca Raton, FL 33433 407-391-0999

Bagel Tree 9080 Kimberly Blvd. #810 Boca Raton, FL 33434 407-487-9500 **Bagel Break** 1389 W. Palmetto Park Rd. Boca Raton, FL 33486 407-395-5900

Toojay's 5030 Champion Blvd. Boca Raton, FL 33496 407-241-5903

Rosen's Bagel Factory 5866 14th St. W Bradenton, FL 34207 813-753-2710

Brandon Bagels 118 E. Bloomingdale Ave. Brandon, FL 33511 813-654-9672

Long Island Bagels 11206 Spring Hill Dr. Brooksville, FL 34609 904-686-6441

Bagel Empire 13162 Cortez Blvd. Brooksville, FL 34613 904-596-1629

Corey's Bagels 6710 N. Atlantic Ave. Cape Canaveral, FL 32920 407-868-0088

Corey's Bagels of Clearwater 26976 U.S. Hwy. 19 N Clearwater, FL 34621 813-791-4663 New York Bagel Boys

2566 N. McMullen Booth Rd. #E Clearwater, FL 34621 813-797-9891

Tasty Fresh Donuts 28798 Hwy. 19 N Clearwater, FL 34621 813-791-6180

New York Bagel Boys Clearwater Mall Clearwater, FL 34624 813-799-4657

Clearwater Bagels 1871 Gulf To Bay Blvd. Clearwater, FL 34625 813-446-7631

Bagel Hut 4877 Coconut Creek Pkwy. Coconut Creek, FL 33063 305-977-3866

Bageland of Coral Springs 8188 Wiles Rd. Coral Springs, FL 33067 305-752-4488

Delray Bagel 14812 Military Trail Delray Beach, FL 33484 407-498-2888

Royal Palm Restaurant 3517 Davie Blvd. Fort Lauderdale, FL 33312 305-587-7107 Antonio's Coffee Shop

5446 N.W. 19th St. Fort Lauderdale, FL 33313 305-486-3137

Bagelhaven

5561 W. Oakland Park Blvd. Fort Lauderdale, FL 33313 305-484-5062

Bagelmania

7362 W. Commercial Blvd. Fort Lauderdale, FL 33319 305-748-5088

Healthy Bagel Restaurant 1755 N. University Dr. Fort Lauderdale, FL 33322 305-475-0606

Hello Bagel 10031 Sunset Strip Fort Lauderdale, FL 33322 305-746-9996

Busy Bagel 8500 W. State Rd. 84 Fort Lauderdale, FL 33324 305-472-1695

Offerdahl Bagel Gourmet 1164 Weston Rd. Fort Lauderdale, FL 33326 305-384-6479

Sam's Bagel Club 3464 N. University Dr. Fort Lauderdale, FL 33351 305-749-0009 Mac-Donuts 3412 S. Cleveland Ave. Fort Myers, FL 33901 813-939-7989

Lox, Stox & Bagels 7101 Cypress Lake Dr. #61 Fort Myers, FL 33907 813-482-7711

Miami Connection Bagel & Deli 11506 S. Cleveland Ave. Fort Myers, FL 33907 813-936-3811

Bagelville Deli 1245 W. University Ave. Gainesville, FL 32601 904-376-0000

Bagels Unlimited 1620 W. University Ave. Gainesville, FL 32603 904-376-6743

Bagels Unlimited 2124 S.W. 34th St. Gainesville, FL 32608 904-372-7006

Sage Bagel & Appetizer Shop 800 E. Hallandale Beach Blvd. Hallandale, FL 33009 305-456-7499

Ronnie's Bagel Place 2649 Hollywood Blvd. Hollywood, FL 33020 305-921-9483 Hole in the Wall

103 Courthouse Sq. Inverness, FL 32650 904-344-0053

Bagel Time 19 University Blvd. N Jacksonville, FL 32211 904-724-7660

Bagel Time II 2294 Mayport Rd. Jacksonville, FL 32233 904-249-2684

Bagels 9810 Baymeadows Rd. Jacksonville, FL 32256 904-642-3537

Schmagel's Bagels 9850 San Jose Blvd. #1 Jacksonville, FL 32257 904-268-5273

Bagel Break Restaurant 1864 NE Jensen Beach Blvd. Jensen Beach, FL 34957 407-334-0960

Toojay's 4050 U.S. Hwy. 1 Jupiter, FL 33458 407-627-5555

Bagel Palace 7364 Lake Worth Rd. Lake Worth, FL 33467 407-964-9849 **Toojay's Bakery** 419 Lake Ave. Lake Worth, FL 33460 407-585-3305

House Of Bagels 13469 Belcher Rd. S Largo, FL 34641 813-531-9823

Bagel Nosh 2221 N. State Rd. 7 Lauderhill, FL 33313 305-484-4373

Best Bagels 972 State Rd. 434 W Longwood, FL 32750 407-831-5220

Bagels Galore 7256 W. Atlantic Blvd. Margate, FL 33063 305-979-1900

Bageland 5379 W. Atlantic Blvd. Margate, FL 33063 305-972-0606

Corey's Bagels at Sunrise 4000 S. Babcock St. Melbourne, FL 32901 407-729-4281

Corey's Bagels 727 Columbus Ave. Melbourne, FL 32901 407-951-3696 **Bagels Etc.** 3066 Lake Washington Rd. Melbourne, FL 32934 407-255-2398

Corey's Bagels 694 N. Wickham Rd. Melbourne, FL 32935 407-255-0161

Beach Side Bagels 252 E. Eau Gallie Blvd. Melbourne, FL 32937 407-773-3450

Corey's Bagels at Suntree 7025 N. Wickham Rd. #113A Melbourne, FL 32940 407-255-0991

Frank's Bagel Nook 125 N. Banana River Dr. Merritt Island, FL 32952 407-452-6501

Bagel Emporium 401 Biscayne Blvd. Miami, FL 33132 305-577-4404

Bagels & Donuts 1736 79th St. Miami, FL 33141 305-864-0430

Bagel Emporium 1238 S. Dixie Hwy. Miami, Fl. 33146 305-666-9519 Poppyseed's Bagel Bakery 17170 Collins Ave. Miami, FL 33160 305-949-9131

Bagels & Company 11064 Biscayne Blvd. Miami, FL 33161 305-892-2435

Bagel Hole Bakery 8859 S.W. 107th Ave. Miami, FL 33176 305-271-3880

House of Bagels 14449 S. Dixie Hwy. Miami, FL 33176 305-251-6540

Lots of Lox Deli 14995 S. Dixie Hwy. Miami, FL 33176 305-252-2010

Bagel Bar 18515 N.E. 18th Ave. Miami, FL 33179 305-932-3314

Bagel Garden 12886 Biscayne Blvd Miami, FL 33181 305-895-1144

Broadway Bagels 13854 N. Kendall Dr Miami, FL 33186 305-385-0790

The Bagel Bible

Beach Bagel Bakeries 1019 5th St. Miami Beach, FL 33139 305-672-8230

A-1 Bagels 6913 Mıramar Pkwy. Miramar, FL 33023 305-964-9843

Bageland 4932 Hwy. 19 N New Port Ritchey, FL 34652 813-841-6033

Real Bagels 7429 Hwy. 19N New Port Ritchey, FL 34652 813-842-4981

Bagel King 9041 Little Rd. New Port Ritchey, FL 34654 813-863-2822

Bagel Delite 1351 S. State Rd. 7 North Lauderdale, FL 33068 305-973-3294

Bagel Place 4004 S. Semoran Blvd. Orlando, FL 32822 407-380-9296

Bagel Port 1700 Babcock St. NE #24 Palm Bay, FL 32905 407-728-3912 **Toojay's** 313 Poinciana Plaza Palm Beach, FL 33480 407-659-7232

Toojay's 4084 P.G.A. Blvd. Palm Beach Gardens, FL 33410 407-622-8131

Bagel Outlet & Deli 33855 Highway 19 N Palm Harbor, FL 34684 813-785-9297

Bagel Go Round 1696 S. Congress Ave. Palm Springs, FL 33462 407-439-2840

Bagel Chai 7976 Pines Blvd. Pembroke Pines, FL 33024 305-987-8605

Bagelmania Restaurant 7849 Pines Blvd. Pembroke Pines, FL 33024 305-987-1444

Bagel Restaurant 625 E. Atlantic Blvd. Pompano Beach, FL 33060 305-943-2140

Sunrise Bagels 3350 N.W. 22nd Terr. #700B Pompano Beach, FL 33069 305-979-4457 **Bagel Snack** 1291 S. Pompano Pkwy. Pompano Beach, FL 33069 305-974-4564

Bagel Cafe II 4300 Kings Hwy. #205 Port Charlotte, FL 33980 813-743-6411

Bagel Haven 6650 S. Federal Hwy. Port St. Lucie, FL 34952 407-461-8882

Bagel Cafe 2150 Tamiami Trail Punta Gorda, FL 33948 813-625-4456

Better Bagels 7119 S Tamiami Trail Sarasota, FL 34231 813-924-0393

Better Bagels 4804 S. Tamiami Trail Sarasota, FL 34231 813-924-0408

Bagel Inn 1902 Bay Rd. Sarasota, FL 34239 813-366-8988

Corey's Bagels 692 E. Eau Gallie Blvd. Satellite Beach, FL 32937 407-777-7074

Bagel Port

13260 U.S. Hwy. 1 Sebastian, FL 32958 407-388-3438

Goody Bagels 7245 S.W. 57th Ct. South Miami, FL 33143 305-666-4008

Goody Bakery

7222 S. Red Rd. South Miami, FL 33143 305-666-1008

Bagel King of Springhill 2412 Commercial Way Spring Hill, FL 34606 904-688-4444

St. Pete Bagel Company 249 Central Ave. St. Petersburg, FL 33701 813-822-4092

St. Pete Bagel Company 6393 9th St. N St. Petersburg, FL 33702 813-522-3377

Bagels Unlimited 5564 66th St. N St. Petersburg, FL 33709 813-545-2234

Bagel Magic 2234 S.E. Federal Hwy. Stuart, FL 34994 407-286-9121 **Toojay's** 2504 S.E. Federal Hwy Stuart, FL 34994 407-287-6514

Bagel Peddler's New York Deli 1410 Market St. Tallahassee, FL 32312 904-668-2345

Julie's Bagel Joint & Deli 4299 W. Commercial Blvd. Tamarac, FL 33319 305-739-0200

Bagel Break 6850 N. University Dr. Tamarac, FL 33321 305-721-6030

Bagel Outlet & Delicatessen 8802 Rocky Creek Dr. Tampa, FL 33615 813-886-9432

Bagels on 56th St. 10817 N. 56th St. Tampa, FL 33617 813-988-9123

Tampa Bagels 10053 N. Dale Mabry Hwy. Tampa, FL 33618 813-961-9875

A Taste of New York 1155 S. Dale Mabry Hwy. Tampa, FL 33629 813-282-3736 Sunshine Bagel Company

1540 S. Dale Mabry Hwy. Tampa, FL 33629 813-251-6888

Ultimate Bagel & Sandwich Shop 16019 Tampa Palms Blvd. W Tampa, FL 33647 813-971-3028

Bagel Oasis 1811 Tamiami Trail S Venice, FL 34293 813-493-2095

Bagel World Restaurant 4720 Okeechobee Blvd. W. Palm Beach, FL 33417 407-686-5584

Palm Beach Kosher Market 5085 Okeechobee Blvd. W. Palm Beach, FL 33417 407-686-2066

Toojay's 1683 Forum Plaza West Palm Beach, FL 33401 407-697-9667

Toojay's 2911 N. Mılitary Trail West Palm Beach, FL 33409 407-687-4584

Bagel King Bakery-Deli Nosh 3092 Aloma Ave. Winter Park, FL 32792 407-657-6700

GEORGIA

The Royal Bagel 1544 Piedmont Ave. NE Atlanta, GA 30324 404-876-3512

Bagel Eatery 6631 Roswell Rd. NE #K Atlanta, GA 30328 404-256-4411

Goldberg & Son 4383 Roswell Rd. NE Atlanta, GA 30342 404-256-3751

Harry Barron Delicatessen 1230 Peachtree NE Atlanta, GA 30309 404-607-6888

Bagel Palace Bakery & Deli 2869 N. Druid Hills Rd. NE Atlanta, GA 30329 404-315-9016

Bagelicious 1255 Johnson Ferry Rd. NE Marietta, GA 30068 404-509-9505

Gottliebs Bakery 1601 Bull St. Savannah, GA 31401 912-355-1765

HAWAII

Sweet Overtures Captain Cook, HI 96704 808-328-2587

Hawaiian Bagel 753 Halekauwila St. Honolulu, HI 96813 808-523-8638

IDAHO

Bagel Bakery 606 N. 8th St. Boise, ID 83702 208-334-6868

Pastry Perfection 3255 N. Cole Rd. Boise, ID 83704 208-376-6303

ILLINOIS

Goodman's Bagel Bakery 1209 S. Main St. Algonquin, IL 60102 708-658-8382

Jacob's Brothers Bagels 53 W. Jackson Blvd. Chicago, IL 60604 312-922-2245 Jacob's Brothers Bagels 50 E. Chicago Ave. Chicago, IL 60611 312-664-0026

Kaufman's Bagel Bakery 4411 N. Kedzie Chicago, IL 60625 312-267-1680

Bagel Train Deli 500 W. Madison St. Chicago, IL 60661 312-906-3939

Arnie's Bagels 1001 W. North Ave. Chicago, IL 60635 312-944-0745

Big Apple Bagels Tree 7230 W. North Ave. Elmwood Park, IL 60635 708-453-4646

Manhattan Bagel & Bialy 18353 S. Halsted St. Glenwood, IL 60425 708-754-6226

Bagels & More 801 E. Roosevelt Rd. Lombard, IL 60148 708-932-1050

Skolniks Bagel Bakery

22 E. Chicago Ave. Naperville, IL 60540 708-355-8488

Big Apple Bagels 1220 W. Ogden Ave. Naperville, IL 60563 708-369-4333

Bagels & More 216 Harrison St. Oak Park, IL 60304 708-524-2424

Bagels Experience 12341 Harlem Ave. Palos Heights, IL 60463 708-361-9993

Bagels-N-More 4700 N. University Peoria, IL 61614 309-692-4431

Bagel Place 3600 E. State St. Rockford, IL 61108 815-399-2522

Bagel Factory Outlet 9179 Gross Point Rd. Skokie, IL 60077 708-674-0488

The Great American Bagel 353 W. Ogden Ave. Westmont, IL 60559 708-963-3393

INDIANA

Brad's Bagel & Deli 1799 E. 10th Bloomington, IN 47408 812-333-1800

Bagel King & World's Best Bagel 5447 E. 82nd St. Castelton, IN 46250 317-842-5595

Bagel Station 5719 Saint Joe Rd. Fort Wayne, IN 46835 219-486-7721

Bagel Fair 1300 E. 86th St. Indianapolis, IN 46240 317-846-0950

D'Amico's Deli & Bagel 9546 Allissonville Rd. Indianapolis, IN 46250 317-845-5463

Harlan Bakeries 7768 Zionsville Rd. Indianapolis, IN 46268 317-875-5595

IOWA

Bruegger's Bagel Bakery 115 3rd. Ave. SE Cedar Rapids, IA 52401 319-364-6383

Bruegger's Bagel Bakery 225 Iowa Ave. Iowa City, IA 52240 319-354-5343

Bruegger's Bagel Bakery 715 S. Riverside Dr. Iowa City, IA 52246 319-337-6795

Nosh Deli-Bagelry 800 Ist St. West Des Moines, IA 50265 515-255-4047

Skolniks Bagel Bakery 1551 Valley West Mall West Des Moines, IA 50265 515-224-1111

KANSAS

Ali Baba Bakery 1025 W. 29th St. Wichita, KS 67204 316-832-0711

Bagel & Bagel 4949 W. 119th St. Overland Park, KS 66209 913-338-2080

KENTUCKY

Willy'z Bagel Place 902 Dupont Rd. Louisville, KY 40207 502-897-5088

Skolniks Deli Bagelry 9980 Linn Station Rd. Louisville, KY 40223 502-426-5673

LOUISIANA

Bagel Bayou 3474 Drusilla Ln. Baton Rouge, LA 70809 504-928-5292

Bagel Factory 3113 N. Causeway Blvd. Metairie, LA 70002 504-837-8707

MAINE

Mister Bagel 336 Center St. Auburn, ME 04210 207-777-7007

The Bagel Shop 1 Main St. Bangor, ME 04401 207-947-1654

Go Bagel Shop 1111 Middle Portland, ME 04101 207-879-1962

Mister Bagel 601 Forest Ave. Portland, ME 04106 207-775-0718

Mister Bagel 100 Waterman Dr. South Portland, ME 04106 207-767-4756

MARYLAND

Bagel Cafe Harborplace Baltimore, MD 21202 410-547-0210

Bagel Shop 105 E. Baltimore St. Baltimore, MD 21202 410-576-1191 **Greg's Bagels** Belvedere Square Baltimore, MD 21212 410-323-9463

Baltimore Bagel 1032 Light St. Baltimore, MD 21230 410-426-1676

Baltimore Bagel & Delivery Co. 4215 Fitch Ave. Baltimore, MD 21236 410-665-9611

Bagel Master 12012 Old Baltimore Pike Beltsville, MD 20705 301-937-2100

Bethesda Bagel 4819 Bethesda Ave. Bethesda, MD 20814 301-652-8990

Chesapeake Bagel Bakery 7700 Norfolk Ave. Bethesda, MD 20814 301-654-5744

Cockeysville Bagel Bakery 120 Cranbrook Rd. Cockeysville, MD 21030 410-667-4007

Bagel Place of College Park 7423 Baltimore Blvd. College Park, MD 20740 301-779-3900

Bagel Shoppe of Columbia 10451 Twin Rivers Rd. Columbia, MD 21044 410-740-0024

Bagels 'N More 6955 Oakland Mills Rd. Columbia, MD 21045 410-290-9387

Bagel Shoppe 8630 Guilford Rd. Columbia, MD 21046 410-381-1730

Beegals Bagels 701 Russell Ave. Gaithersburg, MD 20877 301-948-8915

Chesapeake Bagel Bakery 7423 Greenbelt Rd. Greenbelt, MD 20770 301-474-1114

New York Bagel & Deli 11805 Coastal Hwy. Ocean City, MD 21842 410-524-7645

Bagel Shoppe * 11406 Reisterstown Rd. Owings Mills, MD 21117 410-356-7200

Bagel Shoppe 10300 Mill Run Circle Owings Mills, MD 21117 410-363-7012 Bagel Shoppe

506 Reisterstown Rd. Pikesville, MD 21208 410-484-8202 Bagel Shoppe

8015 Liberty Rd. Randallstown, MD 21133 410-922-8844

Bagel City 12119 Rockville Pike Rockville, MD 20852 301-231-8080

Chesapeake Bagel Bakery 865 Rockville Pike #D Rockville, MD 20852 301-738-3788

Hofberg's 5240 Randolph Rd. Rockville, MD 20852 301-770-0777

Skolniks White Flint Mall Rockville, MD 20852 301-984-5760

The Bagelry 36 Vital Way Silver Spring, MD 20904 301-384-2322

Parkway Deli 8317 Grubb Rd. Silver Spring, MD 20910 301-587-1427 Not Just Bagels

White Marsh Mall White Marsh, MD 21162 410-931-9085

MASSACHUSETTS

Bruegger's Bagel Bakery 32 Bromfield St. Boston, MA 02108 617-357-5577

Bruegger's Bagel Bakery 279 Massachusetts Ave. Boston, MA 02115 617-536-6003

Bruegger's Bagel Bakery 636 Beacon St. Boston, MA 02215 617-262-7939

Ultimate Bagel Company 335 Newbury St. Boston, MA 02115 617-247-1010

Zade's Bagel Express 100 Massachusetts Ave Boston, MA 02141 617-252-9033

Eagerman's Bakery 415 Harvard St Brookline, MA 02124 617-566-8771

Bruegger's Bagel Bakery 83 Mt. Auburn St. Cambridge, MA 02138 617-661-4664

Bagel Land 635 Washington St. Canton, MA 02021 617-828-1769

Katz Bagel Bakery 139 Park Chelsea, MA 02150 617-884-9738

New York Bagel Company 239 State Rd. Dartmouth, MA 02714 508-990-3350

New York Bagel Company 1706 President Ave. Fall River, MA 02720 508-677-4767

Bagels Bagels Bagels 1243 Worcester Rd. Framingham, MA 01701 508-872-7251

Bagel Land of Cape Cod 88 North St. Hyannis, MA 02601 508-790-0089

Kimmel's Bagel Shop 786 Williams St. Longmeadow, MA 01106 413-567-3304 Bagel Bar 191 Pleasant Marblehead, MA 01945 617-639-0301

Eagerman's Bakery 810 Worcester Natick, MA 01760 617-235-1092

Bruegger's Bagel Bakery 2050 Commonwealth Ave. Newton, MA 02166 617-964-9508

Rosenfeld Bagel Company 1280 Centre St. Newton, MA 02159 617-527-8080

Ultimate Bagel 118 Needham St. Newton, MA 02164 617-964-8990

Bagel Deli 96 Main St. Northampton, MA 01060 413-586-3687

Zappy's Bagel Bakery 937 N. Main Randolph, MA 02368 617-963-9837

Zade's Bagel Shop 120 Broadway Saugus, MA 01906 617-233-3080 Bruegger's Bagel Bakery 1441 Main St. Springfield, MA 01103 413-788-8701

Bagel Baker 621 Boston Post Rd. Sudbury, MA 01776 508-443-7033

Bruegger's Bagel Bakery 251 Washington St. Wellesley, MA 02181 617-235-8466

Arthur's Bagels & Friends 119 June St. Worcester, MA 01602 508-757-3835

MICHIGAN

Bagel Factory 1306 S. University Ave. Ann Arbor, MI 48104 313-663-3345

Barry's Bagel Place 2517 Jackson Rd. Ann Arbor, MI 48103 313-662-2435

Detroit Bagel Factories 1900 S. Woodward Ave. Bloomfield Hills, MI 48302 313-641-9188 **Bagel King**

26424 Ford Rd. Dearborn Heights, MI 48127 313-563-6009

Bagel-Fragel Deli 521 E. Grand River Ave. East Lansing, MI 48823 517-332-0300

Broadway Bagel & Deli 24225 Orchard Lake Rd. Farmington Hills, MI 48336 313-471-5404

New York Bagel 23316 Woodward Ave. Ferndale, MI 48220 313-548-2580

Bagel-Haul Deli 1641 Haslett Rd. Haslett, M1 48840 517-339-3634

Bagel Restaurant & Deli 13928 Woodward Highland Park, Ml 48203 313-867-0003

Broadway Bagel 1700 John Papalas Dr. Lincoln Park, MI 48146 313-386-6338

New York Bagel 25246 Greenfield Rd. Oak Park, MI 48237 313-967-3919 **Bagel Factory Of Southfield** 24551 W. 12 Mile Rd. Southfield, M1 48034 313-352-5695

New York Bagel Baking Co. 19731 W. 12 Mile Rd. Southfield, MI 48076 313-559-6591

Grand Traverse Bagel Factory 1327 S. Airport Rd. Traverse City, MI 49684 616-947-0337

Hershel's Deli & Hot Bakery 585 W. Big Beaver Rd. Troy, MI 48084 313-524-4770

New York Bagel 6927 Orchard Lake Rd. West Bloomfield, Ml 48322 313-851-9210

MINNESOTA

Bruegger's Bagel Bakery 44th & France Ave. S Edina, MN 55422 612-927-9446

Bruegger's Bagel Bakery 1100 Nicollet Mall Minneapolis, MN 55403 612-338-3142 **Bruegger's Bagel Bakery** 1920 Portland Ave. Minneapolis, MN 55414 612-871-3948

Bruegger's Bagel Bakery 1500 W. Lake St. Minneapolis, MN 55408 612-823-2756

Bruegger's Bagel Bakery 800 Washington Ave. SE Minneapolis, MN 55414 612-378-2145

Bruegger's Bagel Bakery 319 14th Ave. SE Minneapolis, MN 55414 612-623-9522

Bruegger's Bagel Bakery 3558 Winnetka Ave. N New Hope, MN 55427 612-545-6783

New York Bakery & Bagels 8128 Minnetonka Blvd. St. Louis Park, MN 55426 612-933-3535

Bruegger's Bagel Bakery 796 Grand Ave. St. Paul, MN 55105 612-221-1909

Bruegger's Bagel Bakery 2136 Ford Pkwy. St. Paul, MN 55116 612-699-8011

Twin City Bagel

149 Thompson Ave. E West St. Paul, MN 55118 612-451-5977

MISSOURI

Bagel and Bagel

6322 Brookside Plaza Kansas City, MO 64113 816-333-2080

The Bagel Factory 11256 Olive St. St. Louis, MO 63141 314-432-3383

Petrofsky's Bagels 7649 Delmar Blvd. St. Louis, MO 63130 314-432-5101

New York Bakery & Bagelry 8625 Olive St. St. Louis, MO 63130 314-993-9440

MONTANA

Donut Hole 1500 Broadwater Ave. Billings, MT 59102 406-652-6565 **Donut Hole** 926 Main St. Billings, MT 59105 406-259-1400

Bozeman Bagelworks 708 W. Main Bozeman, MT 59715 406-585-1727

NEBRASKA

Hole Works 1227 R St. Lincoln, NE 68508 402-435-6931

Mettler Family Bakery 821 S. 11th St. Lincoln, NE 68508 402-474-5644

Bagel Bin Inc. 1215 S. 119th Ct. Omaha, NE 68144 402-334-2744

NEVADA

Bagelmania 855 E. Twain Ave. Las Vegas, NV 89109 702-369-3322 **Bagel Oasis** 9134 W. Sahara Las Vegas, NV 89117 702-363-0811

Jamie's Restaurant 4725 S. Maryland Pkwy. Las Vegas, NV 89119 702-736-8122

Bagel Deli 2600 S. Virginia St. Reno, NV 89502 702-825-8866

NEW HAMPSHIRE

Bagels & Bites 270 Loudon Rd. Concord, NH 03301 603-228-0181

Keen Bagel Works 120 Main St. Keene, NH 03431 603-357-7751

The Bagel Boys Inc. 545 Daniel Webster Hwy. Manchester, NH 03103 603-623-4436

Bagel Connection 101 D J Sq. Merrimack, NH 03054 603-881-9635

The Bagel Alley 1 Eldridge St. Nashua, NH 03060 603-882-9343

The Bagelry 19 Market St. Portsmouth, NH 03801 603-431-5853

NEW JERSEY

Eli's Hot Bagels Hwy. 34 Aberdeen Township, NJ 07747 908-566-4523

Bagel Gourmet 162 S. New York Rd. Absecon, NJ 08201 609-748-1600

Bagel King 1624 St. George Ave. Avenel, NJ 07001 908-382-0315

Randy's Hot Bagel Bakery Hwy. 9 Barnegat, NJ 08005 609-698-0616

Country Bagel & Deli 787 Rte. 9 Bayville, NJ 08721 908-269-5551 **Bagel Bop** 670 Amwell Mall Belle Mead, NJ 08502 908-359-7929

Freedman's Bakery 803 Main St. Belmar, NJ 07719 908-681-2334

J C S Bagels 55 N. Washington Ave. Bergenfield, NJ 07626 201-385-6642

Cambridge Bagel Factory 648 Bloomfield Ave. Bloomfield, NJ 07003 201-743-5683

Bagelsmith Deli 159 Hwy. 202 Branchburg, NJ 08876 908-369-8779

Bagel & Lox 18 Brick Plaza Brick, NJ 08723 908-477-9020

Julie's Bagel Nook 2526 Hooper Brick, NJ 08723 908-920-4546

Bagel Factory 1905 Rte. 88 Brick, NJ 08724 908-840-7511 **Bagelsmith Deli** 1330 Prince Rogers Ave. Bridgewater, NJ 08807 908-725-7040

J & J's Bakery Hwy. 46 Budd Lake, NJ 07828 201-691-1714

Bagels N' Stuff 313 High St. Burlington, NJ 08016 609-386-0448

Bagel Inn 897 Bloomfield Ave. Caldwell, NJ 07006 201-227-9871

Bagelsmith Rte. 513-Neighbors Plaza Califon, NJ 07830 908-832-7940

Bagel By The Bay 3704 Bayshore Rd. Cape May, NJ 08204 609-886-0966

Bodacious Bagels Restaurant 727 Beach Dr. Cape May, NJ 08204 609-884-3031

Cheese & Bagel Shop 641 Shunpike Rd. Chatham, NJ 07878 201-822-2114

Skolniks Bagel Bakery

Cherry Hill Mall Cherry Hill, NJ 08002 609-662-2122

Bagel Place Kings Highway & Chapel Ave. Cherry Hill, NJ 08034 609-667-3944

Cinnaminson Bagel Shop Hwy. 130 & Church Rd. Cinnaminson, NJ 08077 609-829-9093

Clark Bagels 1115 Raritan Rd. Clark, NJ 07066 908-382-2435

Hot Bagels 1460 Blackwood Clementon Rd. Clementon, NJ 08021 609-784-4037

Cliffside Park Bagels 711 Anderson Ave. Cliffside Park, NJ 07010 201-945-4808

Clifton Bagel Bakery 391 Piaget Ave. Clifton, NJ 07011 201-478-4650

Main Avenue Bagel 1119 Main Ave. Clifton, NJ 07011 201-779-4675 **Bagel Chateau** 72 Market St. Clifton, NJ 07012 201-365-9779

Bagel King II 754 Clifton Ave. Clifton, NJ 07013 201-470-8140

Plaza Bagel & Deli 850 Van Houten Ave. Clifton, NJ 07013 201-777-2094

Bagelsmith Food Store Hwy. 31 S Clinton, NJ 08809 908-735-6634

Bagel Palace 258 Closter Dock Rd. Closter, NJ 07624 201-768-2417

Bakery & Bagelry 67 Closter Plaza Closter, NJ 07624 201-767-1441

Colonia Hot Bagels 560 Inman Ave. Colonia, NJ 07067 908-574-3522

Bagel America 123 N. Union Ave. Cranford, NJ 07016 908-276-9598 **Cresskill Hot Bagels** 23 Union Ave. Cresskill, NJ 07626 201-569-3909

Deal Bagel 296 Norwood Ave. Deal, NJ 07723 908-517-8500

Denville Bagel & Deli 109 E. Main St. Denville, NJ 07834 201-586-3441

Bagel Builders Deptford Mall Deptford, NJ 08096 609-853-0040

Goldie Lox Bagels 76 Washington Ave. Dumont, NJ 07628 201-385-0130

Manhattan Bagel Company 390 North Ave. Dunellen, NJ 08812 908-968-9172

Bagel Mania 434 Ridgedale Rd. East Hanover, NJ 07936 201-884-0602

Bagel Boys 613 Hope Rd. Eatontown, NJ 07724 908-389-3344

Bagel Bazaar 95 Hgwy. 27 Edison, NJ 08820 908-494-9677

Metro Edison Bagel Bakery 1655 Oak Tree Rd. Edison, NJ 08820 908-548-8857

Designer Bagels 2849 Woodbridge Ave. Edison, NJ 08837 908-603-0083

Elmora Bagel Bakery 183 Elmora Ave. Elizabeth, NJ 07202 908-289-2985

Bagel Chateau 100 Broadway Elmwood Park, NJ 07407 201-796-7709

Bagel King 71 Hwy. 46 Elmwood Park, NJ 07407 201-791-8522

Hot Bagels 185 Kinderkamack Rd. Emerson, NJ 07630 201-261-2947

Englewood Bagel 54 E. Palisade Ave. Englewood, NJ 07631 201-567-4500 **Bagel World** 300 Hwy. 9 Englishtown, NJ 07726 908-536-8144

Englishtown Bagels Old Bridge-Englishtown Rd. Englishtown, NJ 07726 908-446-2280

Hot Bagels 6-07 Saddle River Rd. Fair Lawn, NJ 07410 201-796-9625

River Road Hot Bagels 13-38 River Rd. Fair Lawn, NJ 07410 201-791-5646

We Ain't Just Bagels 39-26 Broadway Fair Lawn, NJ 07410 201-791-7755

Bagelsmith Restaurant 31 Main St. Flemington, NJ 08822 908-782-4800

Bagels 4-U 187 Columbia Turnpike Florham Park, NJ 07932 201-966-1634

Bagel Connection & Restaurant 403 N. Main Forked River, NJ 08731 609-971-7747 **Fort Lee Bagels** 247 Main St. Fort Lee, NJ 07024 201-592-9823

Sid's Hot Bagels 2040 Lemoine Ave. Fort Lee, NJ 07024 201-947-8150

Hot Bagel Stop Rte. 23 Franklin, NJ 07416 201-827-7711

Bagel Express 3029 Hwy. 27 Franklin, NJ 08823 908-297-4453

Bagels By Michael Freehold Shopping Center Freehold, NJ 07728 908-308-3282

Hot Bagel Shop 347 W. Main St. Freehold, NJ 07728 908-431-5144

Eli's Hot Bagels Hwy. 9 Freehold, NJ 07728 908-780-3536

New York Hot Bagels 3333 Hwy 9 North Freehold, NJ 07728 908-577-7951

Bagel Hop

503 Midland Ave. Garfield, NJ 07026 201-340-8001

Don's Bagels

2 Doubletree Shopping Center Glassboro, NJ 08028 609-582-4455

Bagel Gourmet

235 Rock Rd. Glen Rock, NJ 07452 201-652-9822

Bakery & Bagelry 918 Prospect Rd. Glen Rock, NJ 07452 201-445-2595

Bagelsmith Food Store 285 Hwy. 22 Green Brook, NJ 08812 908-752-5566

Big Girl Bagels 134 Main St.

Hackensack, NJ 07601 201-487-4470

Classic Bagel 116 Anderson St. Hackensack, NJ 07601 201-487-2468

Main Street Bagel & Deli 186 Main St. Hackensack, NJ 07601 201-489-3494

Harper's Bagel & Bake Shop

265 Main St. Hackettstown, NJ 07840 908-852-8585

Bagelsmith Foodstores Van Sycles Rd. Hampton, NJ 08827 908-730-8600

Bagelsmith Foodstores Rte. 78 Hampton, NJ 08827 908-735-9866

Not Just Bagels 200 Boulevard Hasbrouck Heights, NJ 07604 201-288-2555

Bagel Odyssey 1185 Ringwood Ave. Haskell, NJ 07420 201-835-0155

Manhattan Bagel 3250 Highway 35 N Hazlet, NJ 07730 908-888-7717

Bagel Dish 70 Raritan Ave. Highland Park, NJ 08904 908-828-3474

Bagel Town Hwy. 130 Hightstown, NJ 08520 609-448-4675 Twin Rivers Bagel 101-2 Abbington Dr. Hightstown, NI 08520

609-443-8330

Ronnie's Hillside Hot Bagels 118 Broadway Hillside, NJ 07642 201-664-4543

Hoboken Bagels 634 Washington St. Hoboken, NJ 07030 201-798-9640

J P's Bagel Express 64 Newark St. Hoboken, NJ 07030 201-963-5522

Uptown Bagel & Deli 112 14th St. Hoboken, NJ 07030 201-656-3450

Zaro's Home Bakery Holmdel Plaza Holmdel, NJ 07733 908-264-4406

Bagel Country 4014 Hwy. 9 Howell, NJ 07731 908-363-1092

Kristina's Bakery Ramtown Plaza Howell, NJ 07731 908-840-8869 **T R Bagels** 100 Applegrath Rd. Jamesburg, NJ 08831 908-655-9636

Central Avenue Bagels 293 Central Ave. Jersey City, NJ 07307 201-798-9311

I Love Bagels 700 Kenilworth Blvd. Kenilworth, NJ 07033 908-245-3838

Hot Bagels of Cliffwood 198 Hwy. 35 N Keyport, NJ 07735 908-583-0502

Howard's Bagel Bakery 82 N. Beverwyck Rd. Lake Hiawatha, NJ 07034 201-299-0116

Bagel America 2128 Hwy. 70 Lakehurst, NJ 08733 908-657-2015

Bagel Delight 1203 Airport Rd. Lakewood, NJ 08701 908-905-7780

Bagel Nosh 210 Clifton Ave. Lakewood, NJ 08701 908-363-1115 Bagelsmith Foodstores Hwy. 22 Lebanon, NJ 08833 908-236-9808

Famous Fort Lee Bagels 332 Broad Ave. Leonia, NJ 07605 201-592-1998

Whatta Bagel 60 Beaverbrook Rd. Lincoln Park, NJ 07035 201-305-1101

Bagels Unlimited 163 Main St. Little Falls, NJ 07424 201-785-2211

T & L Bagels Plus 315 Main St. Little Ferry, NJ 07643 201-641-8030

Bagel Shop Livingston Mall Livingston, NJ 07039 201-533-9438

Bagels Of Livingston 37 E. Northfield Rd. Livingston, NJ 07039 201-994-1915

Super Duper Bagels 498 S. Livingston Ave. Livingston, NJ 07039 201-533-1703 **Bib's Premium Bagels** 79 Main St. Lodi, NJ 07644 201-614-0656

Essex Bagels 330 Essex St. Lodi, NJ 07644 201-368-8224

Bonforte Upper Crust Deli 444 Ocean Blvd. Long Branch, NJ 07740 908-571-0066

Plaza Deli & Bagel Shop 27 Madison Plaza Madison, NJ 07940 201-966-1117

Bagel Chateau of Maplewood 180 Maplewood Ave. Maplewood, NJ 07040 201-762-1707

Bagel Time Deli Hwy. 9 & Union Hill Rd. Marlboro, NJ 07746 908-536-4616

Bagel Place Too Plaza 70 E Marlton, NJ 08053 609-983-5151

Bagels And 230 N. Maple Ave₁ Marlton, NJ 08053 609-983-6165

Bakin Bagels

56 W. Pleasant Ave. Maywood, NJ 07607 201-843-9480

New York Bagels Hwy. 70 & Jennings Rd. Medford, NJ 08055 609-654-4686

Bagel Street

110 Flock Rd. Mercerville, NJ 08619 609-584-1414

Bagel Supreme 726 Union Ave. Middlesex, NJ 08846 908-356-2820

Bagel Corner 1109 Hwy. 35 Middletown, NJ 07748 908-671-7875

Bagelsmith Restaurants Rte. 2 Milford, NJ 08848 908-996-9823

Bagel Chateau 321 Millburn Ave. Millburn, NJ 07041 201-376-9691

Bagel Express 100 Ryders Ln. Milltown, NJ 08850 908-745-2177 Mine Hill Bagel & Deli 231 Hwy. 46 Mine Hill, NJ 07801 201-328-4800

The Bagelrie 4095 Hwy. 1 Monmouth Junction, NJ 08852 908-329-6969

Bagel Shop 24 Chestnut Ridge Rd. Montvale, NJ 07645 201-391-9756

B & M Hot Bagels Hwy. 38 Mt. Holly, NJ 08060 609-267-0557

New York Bagels 3747 Church Rd. Mt. Laurel, NJ 08054 609-722-8999

Abel's Bagels 45 Easton Ave. New Brunswick, NJ 08901 908-214-8384

T R Bagel Inc. 1 Penn Plaza New Brunswick, NJ 08901 908-828-3545

Brooklyn Bagel Masters 32 Commerce Ct. Newark, NJ 07102 201-504-9111 **Spring Street Bagels** 129 Spring St. Newton, NJ 07860 201-579-1690

Bagel Factory 293 Ridge Rd. North Arlington, NJ 07031 201-997-0660

Twin Bagels 440 Ridge Rd. North Arlington, NJ 07031 201-991-2697

Bagel Stop 1898 Hwy. 130 North Brunswick, NJ 08902 908-422-8700

Bagel Chef 510 Livingston St. Norwood, NJ 07648 201-767-3596

Bagel Time 226 Franklin Ave. Nutley, NJ 07110 201-661-4455

Hot Bagel Bakery 65 Monmouth Rd. Oakhurst, NJ 07755 908-870-6262

Oakland Bagel & Pastry 347 Ramapo Valley Rd. Oakland, NJ 07436 201-405-1222 **Chompie's Bagel Noshery** 885 W. Park Ave. Ocean, NJ 07712 908-493-8885

Bagel Dip'n Deli 40114 West Ave. Ocean City, NJ 08226 609-398-3354

Golden Bagels 7 Fairway Ln. Old Bridge, NJ 08857 908-721-7082

Goldberg's Famous Bagels 390 Kinderkamack Rd. Oradell, NJ 07649 201-265-6717

Bagel Emporium 67 E. Ridgewood Ave. Paramus, NJ 07652 201-262-9778

Goldberg's Famous Bagels 183 Kinderkamack Rd. Park Ridge, NJ 07656 201-573-8845

Bagel Barn 134 Baldwin Rd. Parsippany, NJ 07054 201-335-1217

Bagels of Parsippany 294 U.S. Hwy. 46 Parsippany, NJ 07054 201-575-4380 **Plaza Bagel Shop** 748 U.S. Hwy. 46 Parsippany, NJ 07054 201-263-9249

Passaic Park Bagel Bakery 201 Main Ave. Passaic, NJ 07055 201-614-9475

Bagel Feast 429 Jelsma Paterson, NJ 07501 201-345-6360

Deli On A Bagel 1314 Centennial Ave. Piscataway, NJ 08854 908-562-0777

Manhattan Bagel 1665 Stelton Rd. Piscataway, NJ 08854 908-985-2511

Bagel Stop II 1109 South Ave. Plainfield, NJ 07062 908-754-7777

Skolniks Hamilton Mall Pleasantville, NJ 08232 609-272-1382

K C's Bagel Express 443 Hwy. 23 Pompton Plains, NJ 07444 201-835-0438 D'Orsi Bakery 479 Port Reading Ave. Port Reading, NJ 07064 908-634-7994

Princeton Bakery Princeton Shopping Center Princeton, NJ 08540 609-924-9617

Abel Bagel 32 Witherspoon Ln. Princeton, NJ 08542 609-921-9745

Bagelicious 2259 Bridge Ave. Pt. Pleasant Beach, NJ 08742 908-892-9265

Corner Bagelry 600 Arnold Ave. Pt. Pleasant Beach, NJ 08742 908-295-5484

Bagel Depot 37 W. Cherry St. Rahway, NJ 07065 908-815-1499

Bagel Depot 51 E. Main St. Ramsey, NJ 07446 201-327-9312

Bagel Express 486 Hwy 10 N Randolph, NJ 07869 201-328-4499

Bagel Inn

Rte. 10 Randolph, NJ 07869 201-328-9234

Bagel Oven

72 Monmouth St. Red Bank, NJ 07701 908-842-1141

Bagel Station

168 Monmouth St. Red Bank, NJ 07701 908-842-0002

Ridgefield Park Bagels 187 Main St. Ridgefield Park, NJ 07660 201-440-9860

All My Bagels 49 E. Ridgewood Ave. Ridgewood, NJ 07450 201-444-3305

Bagelicious

19 N. Broad St. Ridgewood, NJ 07450 201-652-9421

Ringwood Bagels

55 Skyline Dr. Ringwood, NJ 07456 201-962-9834

Goldberg's Bagels

216 Riverdale Rd. Riverdale, NJ 07675 201-358-9116

Cherry Hill Bakery & Bagelry

1059 Main St. River Edge, NJ 07661 201-487-0660

River Edge Bagels & Bakery 645 Kinderkamack Rd. River Edge, NJ 07661 201-262-6370

Bagelworks 15 Park Ave. Rutherford, NJ 07070 201-933-0211

Bagels & Beyond 460 Market St. Saddle Brook, NJ 07662 201-845-6662

Manhattan Bagel 881 Main Sayreville, NJ 08872 908-525-0696

Max's Hot Bagels 499 Ernston Rd. Sayreville, NJ 08872 908-721-3222

Wall To Wall Bagels 2510 Rte. 35 Sea Girt, NJ 08750 908-449-4010

Bagel Buffet 127 Plaza Centre Secaucus, NJ 07094 201-863-1710

Bagels Plus Harmon Meadows Pkwy. Secaucus, NJ 07094 201-330-0744

Bagel Eddi's 18th & Long Beach Blvd. Ship Bottom, NJ 08008 609-494-4761

Everything On A Bagel 20 S. White Horse Pike Somerdale, NJ 08083 609-346-1114

Bagel Express 1217 Hwy. 27 Somerset, NJ 08873 908-545-8621

Bagel Peddler 1075 Easton Ave. Somerset, NJ 08873 908-246-9045

Bagel Peddler 53 W. Main St. Somerville, NJ 08876 908-526-9733

Bagel Stop 23 S. Plainfield Ave. South Plainfield, NJ 07080 908-561-5808

Chubbs Bagel Restaurant 4949 Stelton Rd. South Plainfield, NJ 07080 908-757-8877

Bagel Depot 41 Ferry St. South River, NJ 08882 908-613-9112

Wanna Bagel & Bake Shop II 43 Theatre Center Sparta, NJ 07871 201-729-5099

Bagel Shoppe 365 Spotswood Englishtown Rd. Spotswood, NJ 08884 908-251-8118

Manhattan Bagel Company 100 Summerhill Rd. Spotswood, NJ 08884 908-251-8857

Benny's Five Bagels 101 Hwy. 71 Spring Lake, NJ 07762 908-449-3834

Bagels Supreme 252 Mountain Ave. Springfield, NJ 07081 201-376-9381

Bagel Break Roxbury Mall Succaunna, NJ 07876 201-927-6311

Bagel Palace 402 Cedar Ln. Teaneck, NJ 07666 201-836-4660 Hot Bagels 513 Cedar Ln. Teaneck, NJ 07666 201-836-9705

Tenafly Hot Bagels 35 Washington Ave. Tenafly, NJ 07670 201-567-2935

Bagels Plus 915 Fischer Blvd. Toms River, NJ 08753 908-929-4369

Bagels Plus 1 Washington St. Toms River, NJ 08753 908-505-8803

Silverton Bagels 1831 Hooper Ave. Toms River, NJ 08753 908-255-4450

Toms River Bagels Rte. 37 E Toms River, NJ 08753 908-341-8056

Brooklyn Bagels 345 Union Blvd Totowa, NJ 07512 201-595-1633

Paulie's Bagel Bakery Cafe 440 Main Rd. Towaco, NJ 07082 201-316-6900 Kramer's Bagels Plus 1700 Nottingham Way Trenton, NJ 08619 609-586-3113

Bagel Junction 171 Mercer Mall Trenton, NJ 08648 609-452-9876

Bagel Junction 1100 Hwy. 33 Trenton, NJ 08690 609-890-9617

Hot Bagels & More Town Center Turnersville, NJ 08012 609-228-2992

Bagel Builder 2445 Springfield Ave. Union, NJ 07083 908-686-1911

5 Points Bagels & Deli 1350 Galloping Hill Rd. Union, NJ 07083 908-688-0709

Lox Stock & Bagels 6433 Ventnor Ave. Ventnor City, NJ 08406 609-822-8621

Bagelwich Bagel Bakery 652 Bloomfield Ave. Verona, NJ 07044 201-857-9408 **Bagel Factory**

219 S. Delsea Dr. Vineland, NJ 08360 609-692-6685

Buddy's Bagels 484 N. Brewster Rd. Vineland, NJ 08360 609-692-3555

Bagel Bin

3 Cooper Plaza Voorhees, NJ 08043 609-346-4337

Merlin's Hot Bagels Paddock Plaza W. Long Branch, NJ 07764 908-544-0330

Bagels And 24-A W. Prospect Waldwick, NJ 07463 201-652-9746

Main Bagels

45 Main Ave. Wallington, NJ 07057 201-365-2080

Bagelsmith

Stirling Rd. Warren, NJ 07059 908-757-1555

Bagel Boys

1055 Hamburg Pike Wayne, NJ 07470 201-696-9833 Sam's Bagel & Deli Plaza Square Shopping Center Wayne, NJ 07470 201-790-0135

Willowbrook Bagels 1408 Willowbrook Mall Wayne, NJ 07470 201-785-9767

Boogie Woogie Bagel Boys 1200 Harbor Blvd. Weehawken, NJ 07087 201-863-4666

Bagel Place of Berlin Highway 73 & Walker Ave. West Berlin, NJ 08091 609-768-7766

Bagels 4 U of West Caldwell 673 Bloomfield Ave. West Caldwell, NJ 07006 201-228-6244

Wanna Bagel & Bake Shop 1614 Union Valley Rd. West Milford, NJ 07480 201-728-3630

Bergenline Bagels 6512 Bergenline Ave. West New York, NJ 07093 201-868-9528

Bagel Box 642 Eagle Rock Ave. West Orange, NJ 07052 201-731-4985 Better On A Bagel 250 Browertown Rd. West Paterson, NJ 07424 201-256-0106

Bagel Chateau 123 Quimby St. Westfield, NJ 07090 908-232-1921

Goldberg's Famous Bagels 425 Broadway Westwood, NJ 07675 201-666-9896

Bagelsmith Food Stores Hwy. 22 White House Station, NJ 08889 908-534-9992

Wyckoff Bagels 636 Wyckoff Ave. Wyckoff, NJ 07481 201-891-6003

NEW MEXICO

New York House Of Bagels 1605 Juan Tabo Blvd. NE Albuquerque, NM 87112 505-275-9390

Beckers Delicatessen 403 Guadaloupe Sante Fe, NM 87501 505-988-2423

NEW YORK

Bruegger's Bagel Bakery Stuyvesant Plaza Albany, NY 12203 518-482-3579

Bialys Bagels & Butter Colonie Plaza Albany, NY 12205 518-452-2607

Bruegger's Bagel Bakery 98 Wolf Rd. Albany, NY 12205 518-438-5014

Bagel Bite Westgate Shopping Center Albany, NY 12206 518-489-7202

Bruegger's Bagel Bakery 29 N. Pearl St. Albany, NY 12207 518-463-4961

Bagel Baron 285 New Scotland Ave. Albany, NY 12208 518-482-9264

Bruegger's Bagel Bakery 1116 Madison Ave. Albany, NY 12208 518-489-2236 **B. A. Gels Limited** 189 Lark St. Albany, NY 12210 518-463-0884

Bruegger's Bagel Bakery 4 Central Ave. Albany, NY 12210 518-426-8373

Bagel & Bialys 1152 Willis Ave. Albertson, NY 11507 516-621-9520

Bagel Brothers Bakery & Deli 3073 Sheridan Dr. Amherst, NY 14226 716-837-8885

Family Bagel 782 Merrick Rd. Baldwin, NY 11510 516-868-1980

Grand Bagels 1845 Grand Ave. Baldwin, NY 11510 516-378-4410

Bagel Boss East 555 Montauk Hwy. Bay Shore, NY 11706 516-665-9820

Best Bagels of Bayport 871 Montauk Hwy. Bayport, NY 11705 516-472-6198 **Bagel Club** 20521 35th Ave. Bayside, NY 11361 718-423-6106

Hot Bagels & Bake 4007 Bell Blvd. Bayside, NY 11361 718-229-6371

Bagel Garden 442 Wantagh Ave. Bethpage, NY 11714 516-931-8428

Binghamton Bagels 125 Robinson St. Binghamton, NY 13904 607-724-6815

B & B Hot Bagels 4641 Sunrise Hwy. Bohemia, NY 11716 516-563-1959

Bagel Lovers 4788 Sunrise Hwy. Bohemia, NY 11716 516-563-8907

Little Shop of Bagels 1093 Smithtown Ave. Bohemia, NY 11716 516-563-3535

Rogers Family Bagel 1750 Brentwood Rd. Brentwood, NY 11717 516-435-8497

Hole in One Bagel 100 Main St. Brewster, NY 10509 914-279-8978

Ingerson's Pastry Shop 42 Main St. Brockport, NY 14420 716-637-0490

Mister Bagel of Broadway 5672 Broadway Bronx, NY 10463 212-549-0408

Jerry's Bagel 3405 Jerome Ave. Bronx, NY 10467 212-515-7111

Bagel Cafe 2214 Bartow Ave. Bronx, NY 10475 212-320-9011

Heavenly Bagel 80 Court Brooklyn, NY 11201 718-858-3600

Dale's Bagels 6201 18th Ave. Brooklyn, NY 11204 718-232-0132

Bagelicious 6424 20th Ave. Brooklyn, NY 11204 718-256-5800 **Mezonos Bagels** 5721 16th Ave. Brooklyn, NY 11204 718-853-1031

What's A Bagel 11124 Flatlands Ave. Brooklyn, NY 11207 718-257-4765

Bagel Emporium 8614 4th Ave. Brooklyn, NY 11209 718-745-8686

Bagelicious Bagel & Deli 7622 3rd Ave. Brooklyn, NY 11209 718-921-0505

D V A Bagels 7017 3rd Ave. Brooklyn, NY 11209 718-748-2660

Fifth Avenue Bagel Company 7416 5th Ave. Brooklyn, NY 11209 718-238-0075

Shore Road Bagel & Deli 9401 5th Ave. Brooklyn, NY 11209 718-745-1108

Wanna Bagel 8905 3rd Ave. Brooklyn, NY 11209 718-921-2600 Buttercup Bagel 754 Metropolitan Ave. Brooklyn, NY 11211 718-782-5856

Bagel Shop 7722 18th Ave. Brooklyn, NY 11214 718-331-4911

Tasty Bagels 1705 86th St. Brooklyn, NY 11214 718-236-1389

Tom Kit Bagels 2472 86th St. Brooklyn, NY 11214 718-372-6296

Uncle Bobby's Bagels 1983 86th St. Brooklyn, NY 11214 718-373-1523

Bagel Hole 400 7th Ave. Brooklyn, NY 11215 718-788-4014

Terrace Bagels Inc. 224 Prospect Park W Brooklyn, NY 11215 718-768-3943

Bagel Express 120 Flatbush Ave. Brooklyn, NY 11217 718-875-7777

Bagelicious 18 Nevins St. Brooklyn, NY 11217 718-875-5814

Bagels N Stuff 1240 Prospect Ave. Brooklyn, NY 11218 718-438-9893

Bagels R Bakin 410 Church Ave. Brooklyn, NY 11218 718-851-1735

M D S Hot Bagels 127 Church Ave. Brooklyn, NY 11218 718-438-5650

New 13th Avenue Bagel 4807 13th Ave. Brooklyn, NY 11219 718-633-4009

Bagel Hut 5810 5th Ave. Brooklyn, NY 11220 718-439-9800

Big Apple Baking Company 215 60th St. Brooklyn, NY 11220 718-439-3189

Bagels On You 99 Avenue U Brooklyn, NY 11223 718-630-5271 **Dress A Bagel** 230 Kings Hwy. Brooklyn, NY 11223 718-996-3234

Hole In One Bagel 472 Kings Hwy. Brooklyn, NY 11223 718-627-0273

Metro Bagels 286 Avenue U Brooklyn, NY 11223 718-449-8906

Jacob's Bagels 750 Flatbush Ave. Brooklyn, NY 11226 718-284-0400

Bagelicious 7501 13th Ave. Brooklyn, NY 11228 718-256-0300

Pampered Bagel 7118 13th Ave. Brooklyn, NY 11228 718-836-6412

Homecrest Bagels 1504 Avenue U Brooklyn, NY 11229 718-627-0273

Meshuganah Phil's Hot Bagels 1906 Avenue U Brooklyn, NY 11229 718-743-1515 **Bagelicious** 1117 McDonald Ave. Brooklyn, NY 11230 718-377-2952

Kosher Bagel Hole 1431 Coney Island Ave. Brooklyn, NY 11230 718-377-9700

Arnold's Bagelicious Bagels 23 4th St. Brooklyn, NY 11231 718-852-0012

Bagels Supreme 203 Columbia St. Brooklyn, NY 11231 718-243-1030

Bagels Supreme 6220 Avenue U Brooklyn, NY 11234 718-209-9109

Hot Bagels & More 4710 Avenue N Brooklyn, NY 11234 718-377-2807

Bionic Bagel 3741 Nostrand Ave. Brooklyn, NY 11235 718-648-3794

Neptune Bagels 371 Neptune Ave Brooklyn, NY 11235 718-646-2210

Bell Bagel & Bialy 8029 Flatlands Ave.

Brooklyn, NY 11236 718-251-9565

Flatlands Bagel Bakery 8101 Flatlands Ave. Brooklyn, NY 11236 718-251-0903

Hot Bagels 1594 Rockaway Pkwy. Brooklyn, NY 11236 718-257-3068

Bagel Brothers Bakery & Deli Main Place Mall Buffalo, NY 14202 716-856-0159

Bagel Brothers Bakery & Deli 783 Elmwood Ave. Buffalo, NY 14222 716-882-8885

Bagel Brothers Bakery Northtown Plaza Buffalo, NY 14226 716-837-8885

Cookies & Things 211 Glen Cove Rd. Carle Place, NY 11514 516-742-024

Bagelry

507 Central Ave. Cedarhurst, NY 11516 516-295-1222 Five Towns Bagels 594 Central Ave. Cedarhurst, NY 11516 516-569-7070

Bagel Tyme 615 Montauk Hwy. Center Moriches, NY 11934 516-874-3137

Bagel Bistro 207 Middle Country Rd. Centereach, NY 11720 516-585-6178

G & D Bagels 2065 Middle Country Rd. Centereach, NY 11720 516-467-6045

Glazed Goodies 10 E. Buffalo St. Churchville, NY 14428 716-293-1331

Bruegger's Bagel Bakery Village Green Clifton Park, NY 12065 518-383-5814

Bialys Bagels & Butter Cohoes Commons Cohoes, NY 12047 518-237-4365

Bagel Chalet 36 Veterans Memorial Hwy. Commack, NY 11725 516-499-9820 **Commack Bagels & Bialys** 215 Commack Rd. Commack, NY 11725 516-499-7606

House Of Bagels 4 Vanderbilt Motor Parkway Commack, NY 11725 516-499-9677

Bagels of Northeast of Cortland 104 Main St. Cortland, NY 13045 607-753-6102

DeWitt Bagelry 4451 Genesee St. De Witt, NY 13214 315-445-0959

Deer Park Bagels 1966 Deer Park Ave. Deer Park, NY 11729 516-586-9532

Bagelicious Etc. Main Square Shopping Center Delmar, NY 12054 518-475-1174

Dix Hills Bagels 697 Old Country Rd. Dix Hills, NY 11746 516-673-7188

Bialys Bagels & Butter Columbia Plaza East Greenbush, NY 12061 518-479-4242 **Delicious Cousin's Bagels** 117 W. Main St. East Islip, NY 11730 516-581-1476

Stuff A Bagel 24 E. Main St. East Islip, NY 11730 516-277-1835

Bagel Patch 2675 N. Jerusalem Rd. East Meadow, NY 11554

516-499-5939

Bagelicious 1864 Front St. East Meadow, NY 11554 516-794-0552

Dan's Bagel Cafe 1975 Front St. East Meadow, NY 11554 516-794-5055

Heavenly Bagels 501 Newbridge Rd. East Meadow, NY 11554 516-826-7371

Bagel Break 272 Larkfield Rd. East Northport, NY 11731 516-754-0008

Bagel Master East 1922 Jericho Turnpike East Northport, NY 11731 516-462-6013 Heavenly Bagels 1006 Oyster Bay Rd. East Norwich, NY 11732 516-624-9181

Bruegger's Bagel Bakery Pittsford Plaza East Rochester, NY 14445 716-248-3110

Bagels Away & To Stay 438 Atlantic Ave. East Rockaway, NY 11518 516-599-7722

Brians Bunnery 12 Centre Ave. East Rockaway, NY 11518 516-593-1076

Bagel King 3 Village Shopping Plaza East Setauket, NY 11733 516-689-7579

Strathmore Bagel 4088 Nesconset Hwy. East Setauket, NY 11733 516-473-9204

Bagels 'n Brunch 587 Montauk Hwy. Eastport, NY 11941 516-325-8410

Bruegger's Bagel Bakery 585 Moseley Rd. Fairport, NY 14450 716-223-3580 Rockaway Bagels 11408 Beach Channel Dr. Far Rockaway, NY 11694 718-474-1372

G & L Bagels 820 S. Main St. Farmingdale, NY 11735 516-694-6229

Stuff A Bagel 234 Main St. Farmingdale, NY 11735 516-420-4287

Bagel Oasis 2318 N. Ocean Ave. Farmingdale, NY 11738 516-698-3456

Fishkill Hot Bagels 13 Fishkill Plaza Fishkill, NY 12524 914-897-4594

Orlee Bakery 14414 Northern Blvd. Flushing, NY 11354 718-358-9421

Paz Bagels 2517 Parsons Blvd. Flushing, NY 11354 718-463-0316

Bagel Break 4425 Kissena Blvd. Flushing, NY 11354 718-463-4730 **Cross Island Bagels**

15369 Cross Island Parkway Flushing, NY 11357 718-767-0626

T F R J Bagels 3345 Francis Lewis Blvd. Flushing, NY 11358 718-359-3305

First Class Bagels 25305 Northern Blvd. Flushing, NY 11362 718-631-0172

Variety Bagels 24936 Horace Harding Expy. Flushing, NY 11362 718-229-5669

Bagel Oasis 18312 Horace Harding Expy. Flushing, NY 11365 718-359-9245

Bagels Plus 7039 Parsons Blvd. Flushing, NY 11365 718-591-3615

Brownies Bagel Bonanza 18524 Horace Harding Expy. Flushing, NY 11365 718-461-2000

Turnpike Bagels 18502 Union Turnpike Flushing, NY 11366 718-454-1670 **Ain't Just Bagels** 9742 63rd Rd. Flushing, NY 11374 718-459-0204

Me & My Bagel 9301 63rd Dr. Flushing, NY 11374 718-896-9538

3-Bagel Inc. 9405 63rd Dr. Flushing, NY 11374 718-997-6444

Austin Street Bagels 6860 Austin St. Flushing, NY 11375 718-459-1510

Bagel Star 10123 Queens Blvd. Flushing, NY 11375 718-997-1537

Bagel Stop 10441 Queens Blvd. Flushing, NY 11375 718-275-4556

E & R Bagel 11210 Queens Blvd. Flushing, NY 11375 718-263-5858

Glonikos Bagels 4919 30th Ave. Flushing, NY 11377 718-956-5092 More Than A Bagel 6626 Metropolitan Ave. Flushing, NY 11379 718-381-0337

A B Bagel Deluxe 6025 Myrtle Ave. Flushing, NY 11385 718-381-4543

Corner Bagel Factory 6661 Fresh Pond Rd. Flushing, NY 11385 718-821-0003

A & S Bagel Company 761 Hempstead Turnpike Franklin Square, NY 11010 516-326-9288

Bagel Go-Round Ltd. 184 New Hyde Park Rd. Franklin Square, NY 11010 516-488-4110

Bagels Plus 727 Franklin Ave. Franklin Square, NY 11010 516-872-8475

Magic Bagels of Franklin Square 706 Dogwood Ave. Franklin Square, NY 11010 516-538-9316

Moshe Bagels 177 W. Merrick Rd. Freeport, NY 11520 516-379-8481 **Bagelman of Garden City** 664 Franklin Ave. Garden City, NY 11530 516-746-2881

Garden City Bagel Shop 313 Nassau Blvd. Garden City, NY 11530 516-486-4736

Paddy's Glen Oaks Bagel Bakery 25905 Union Turnpike Glen Oaks, NY 11004 718-343-4801

Goshen Bakery 32 N. Church St. Goshen, NY 10924 914-294-6233

Bagel Station 99-101 Broadway Greenlawn, NY 11740 516-261-1837

Hampton Bays Bagel/Deli 52 Montauk Hwy. E. Hampton Bays, NY 11946 516-728-6759

Hampton Bagels Too 246 Montauk Hwy. Hampton Bays, NY 11946 516-728-7893 **Bagel Emporium of Hartsdale** 329 N. Central Ave. Hartsdale, NY 10530 914-682-0052

Bagel Gallery 534 Smithtown Bypass Hauppauge, NY 11788 516-360-8406

Sunshine Bagels 383 Nesconset Hwy. Hauppauge, NY 11788 516-360-0031

Bagel Time 1274 W. Broadway Hewlett, NY 11557 516-374-6917

Bagelman of Hewlett 1352 Peninsula Blvd. Hewlett, NY 11557 516-569-8600

Bagel Boss 432 S. Oyster Bay Rd. Hicksville, NY 11801 516-935-9879

R&R Bagels & Deli 285-14 Broadway Hicksville, NY 11801 516-935-0510

Best Bagels In Town 480 Patchogue Holbrook Rd. Holbrook, NY 11741 516-472-4104 **Holbrook Bagel Bakery** 1073 Main St. Holbrook, NY 11741 516-981-0848

Hopewell Hot Bagels 532 Rte. 82 Hopewell Junction, NY 12533 914-226-4594

Bagel Tyme 389 Fairview Ave. Hudson, NY 12534 518-822-1510

Bagel Tyme 41 N. 77th St. Hudson, NY 12534 518-828-8979

Hunter Mountain Bagels 6 Center Mall Hunter, NY 12442 518-263-5022

Bagel Bistro 839 New York Ave. Huntington, NY 11743 516-351-1728

Fabulous Bagels Plus 1058 E. Jericho Turnpike Huntington, NY 11743 516-673-8480

Super Bagel 24 Wall St Huntington, NY 11743 516-423-5798

Glass Oven Bagels

Walt Whitman Shopping Center Huntington Station, NY 11746 516-421-4404

Gourmet Bagels 107 Walt Whitman Rd. Huntington Station, NY 11746 516-423-8777

Bagel Patch

84 Carleton Ave. Islip Terrace, NY 11752 516-581-4949

Bagels On The Terrace 871-8 Connetquot Ave. Islip Terrace, NY 11752 516-277-4504

Bagels Northeast Cayuga Mall Ithaca, NY 14850 607-257-0766

Collegetown Bagels N. Triphammer Rd. Ithaca, NY 14850 607-257-2255

Collegetown Bagels

413 College Ave. Ithaca, NY 14850 607-273-9655 **Collegetown Bagels** 203 N. Aurora St. Ithaca, NY 14850

607-273-9835

Bagels On The Bay 16226 Cross Bay Blvd. Jamaica, NY 11414 718-843-0108

Beach Bagels 8233 153rd Ave. Jamaica, NY 11414 718-835-7834

Court Bagels 12510 Queens Blvd Jamaica, NY 11415 718-793-0882

Uncle Ben's Bagel 8120 Lefferts Blvd. Jamaica, NY 11415 718-441-3477

Crown Bagel & Chips 10530 101st Ave. Jamaica, NY 11416 718-805-5860

J & J Bagel 11319 Liberty Ave. Jamaica, NY 11419 718-738-0407 **Bagel Hut** 13515 Lefferts Blvd. Jamaica, NY 11420 718-845-8647

Bagelot 13807 Queens Blvd. Jamaica, NY 11435 718-739-3939

Flakowitz Bake Shop 433 Jericho Hicksville Rd. Jericho, NY 11753 516-938-9660

Broadway Bagels 5 Main St. Kings Park, NY 11754 516-544-0624

Mr. Bagel 730 Ulster Ave. Kingston, NY 12401 914-338-3080

Smithaven Bagels 119 Alexander Ave. Lake Grove, NY 11755 516-360-9041

Bruegger's Bagel Bakery 594 New Loudon Rd. Latham, NY 12110 518-785-4961 Mom's Bagels & Tables 284 Burnside Ave. Lawrence, NY 11559 516-239-7426

Bagel Street U S A 3611 Hempstead Turnpike Levittown, NY 11756 516-579-0566

Bagels Best Deli 2999 Hempstead Turnpike Levittown, NY 11756 516-579-9204

Heavenly Bagels 683 Newbridge Rd. Levittown, NY 11756 516-931-7218

Stuff-A-Bagel 322 Montauk Hwy. Lindenhurst, NY 11757 516-225-1916

Wellwood Bagels & Bialys 656 N. Wellwood Ave. Lindenhurst, NY 11757 516-225-1092

Bagelot Long Island 3113 30th Ave. Long Island City, NY 11102 718-932-1425 Hoyt Avenue Bagels 2620 Hoyt Ave. Long Island City, NY 11102 718-956-9730

Crazy Bagel 3241 Steinway Long Island City, NY 11103 718-267-0928

Mt. Olympus Bagels 3315 30th Ave. Long Island City, NY 11103 718-721-0600

Eilat Grocery & Bagels 4320 Queens Blvd. Long Island City, NY 11104 718-784-6222

Holey Bagel 4407 43rd Ave. Long Island City, NY 11104 718-361-1730

Bagel Boys 3501 Ditmars Blvd. Long Island City, NY 11105 718-956-1425

Bagel Boys 87 Sunrise Hwy. Lynbrook, NY 11563 516-599-7078 **Malverne Bagels** 320 Hempstead Malverne, NY 11565 516-593-3204

Sir Bagelot Family Restaurant 227 Mamaroneck Ave. Mamaroneck, NY 10543 914-698-636

Lox, Stocks & Bagels 306 Fayette St. Manlius, NY 13104 315-682-9065

Best Bagels In Town 632 Broadway Massapequa, NY 11758 516-795-1055

Buttered Bagel 4917 Merrick Rd. Massapequa, NY 11758 516-541-4341

Calvert Manor Bagels 1242 Hicksville Rd. Massapequa, NY 11758 516-799-6528

Stuff A Bagel 177 Jerusalem Ave. Massapequa, NY 11758 516-797-4089

Triple A Bagels

912 Carmans Rd. Massapequa, NY 11758 516-541-7415

Leo's Hot Bagels Plus 4882 Sunrise Hwy. Massapequa Park, NY 11762 516-541-0110

Bagel Lovers

26900 Rte. 112 Medford, NY 11763 516-289-7255

Bold Bagel 3316 Rte. 112 Medford, NY 11763 516-696-3549

Justin's Bagels Ltd. 5507 Nesconset Hwy. Medford, NY 11763 516-331-3522

Olympic Super Bagel 1699 S. Rte. 112 Medford, NY 11763 516-654-2325

Bagels Unlimited

634 Walt Whitman Rd. Melville, NY 11747 516-424-7217

Bagel City

1704 Merrick Rd. Merrick, NY 11566 516-378-3455

Bagel Express Commuter Shop 9 Broadcast Plaza Merrick, NY 11566 516-868-5327

Bagelman-Deliman 84 Merrick Ave. Merrick, NY 11566 516-223-7031

Bagel Bill 3 Middle Island Plaza Middle Island, NY 11953 516-924-7124

Bagelry 115 Mineola Blvd. Mineola, NY 11501 516-742-3666

Bagels & Buns Cafe Rte. 17M Monroe, NY 10950 914-782-5910

Monroe Bagels & Deli 596 Rte. 17M Monroe, NY 10950 914-783-7831 **Bagels-N-More** Corner of Rtes. 59 & 306 Monsey, NY 10952 914-352-0710

Monticello Bagel Corp. 295 Broadway Monticello, NY 12701 914-794-7746

Bagels Your Way 331 Rte. 25A Mt. Sinai, NY 11766 516-473-8266

Bagel Bin 308 W. Rte. 59 Nanuet, NY 10954 914-623-1468

Hole in a Roll Bagel 261 Smithtown Blvd. Nesconset, NY 11767 516-467-0777

David's Bagels 64 N. Main St. New City, NY 10956 914-639-1664

Lakeville Bagels 2701 Union Turnpike New Hyde Park, NY 11040 516-347-9192 **New Hyde Park Bagels** 930 Hillside Ave.

New Hyde Park, NY 11040 516-354-1330

Bagels & More 40 3rd Ave. New York, NY 10003 212-674-6817

D & H West Side Bagels 142 E. 16th New York, NY 10003 212-353-9717

Ess-A-Bagel 359 1st Ave. New York, NY 10010 212-260-2252

Bagel Buffet 406 6th Ave. New York, NY 10011 212-477-0448

Chelsea Hot Bagels 300 W. 23rd St. New York, NY 10011 212-675-7171

Bagels On The Square 7 Carmine St. New York, NY 10014 212-691-3041 **Bagels Around The Clock** 637 2nd Ave. New York, NY 10016 212-725-8755

Daniel's Bagel Corp. 569 3rd Ave. New York, NY 10016 212-972-9733

3 M Bagel Place 456 3rd Ave. New York, NY 10016 212-213-3234

Hot Bagels 1372 Broadway New York, NY 10018 212-768-2867

Bagel Baron of 57th Street 315 W. 57th St. New York, NY 10019 212-581-9696

Bagel Place 55 W. 56th St. New York, NY 10019 212-333-3131

Bagelworks 1229 1st Ave. New York, NY 10021 212-744-6444 Eastside Bagel & Appetizing 1496 1st Ave. New York, NY 10021 212-794-1403

Pick A Bagel 1083 Lexington Ave. New York, NY 10021 212-517-6590

Bagel The Bagel 875 3rd Ave. New York, NY 10022 212-644-5870

Jumbo Bagels & Bialys 1070 2nd Ave. New York, NY 10022 212-355-6185

Tal Bagels 979 1st Ave. New York, NY 10022 212-753-9080

B-J Bagels Au Go-Go 130 W. 72nd St. New York, NY 10023 212-769-3350

Columbia Bagels 2836 Broadway New York, NY 10025 212-222-3200

Bagel Store & More 1638 York Ave. New York, NY 10028 212-570-6003

H & H Bagels East

1551 2nd Ave. New York, NY 10028 212-734-7441

Bagel City

720 W. 181st St. New York, NY 10033 212-927-3424

Mom's Bagels & Tables 15 W. 45th St. New York, NY 10036 212-764-1566

Bagelry

1324 Lexington Ave. New York, NY 10028 212-996-0567

Zabar's Deli & Gourmet Foods

2245 Broadway New York, NY 10024 212-787-2000

Lox, Stock & Bagel

405-411 Broadway Newburgh, NY 12550 914-565-0144 Bagel Center 1137 Deer Park Ave. North Babylon, NY 11703 516-595-9647

Stuff A Bagel 1490 Deer Park Ave. North Babylon, NY 11703 516-242-9265

Bagel Patch 2474 Jerusalem Ave. North Bellmore, NY 11710 516-781-4949

Bagels 721 Rte. 25A Northport, NY 11768 516-754-4121

Strathmore Bagels 1219 Montauk Hwy. Oakdale, NY 11769 516-567-2515

Bagelry 2941 Long Beach Rd. Oceanside, NY 11572 516-763-2700

Oceanside 24-hour Bagel Deli 3452 Long Beach Rd. Oceanside, NY 11572 516-678-6860 **Brookville Bagels** Park Plaza Shopping Center

Old Brookville, NY 11545 516-759-5564

Oneonta Bagel Company 171 Main St. Oneonta, NY 13820 607-433-0162

Bagel Emporium of Ossining 214 S. Highland Ave. Ossining, NY 10562 914-762-5959

Bridge Street Bagelry & Deli 9 W. Bridge St. Oswego, NY 13126 315-342-6070

Oyster Bagel 76 South St. Oyster Bay, NY 11771 516-922-5324

Bagel Basket 350 E. Main Patchogue, NY 11772 516-758-2902

Bagel Patch 705 Rte. 112 Patchogue, NY 11772 516-289-4949

Strathmore Bagels 383 E. Sunrise Hwy. Patchogue, NY 11772 516-654-4277

Daily Bagel 3566 Crompond Peekskill, NY 10566 914-737-7702

On A Bagel 1861 E. Main Peekskill, NY 10566 914-736-0001

Town Bagel Shop West 516 Old Country Rd. Plainview, NY 11803 516-931-5530

Town Bagel Shop 1133 Old Country Rd. Plainview, NY 11803 516-931-7698

Bagel Emporium of Port Chester 421 Boston Post Rd.

Port Chester, NY 10573 914-937-5252

Bagels Are Us 650 Rte. 112 Port Jefferson, NY 11776 516-474-4208 Bagel Depot 62 Main St. Port Washington, NY 11050 516-944-8550

Let There Be Bagels 475 Port Washington Blvd. Port Washington, NY 11050 516-944-8822

The Bagelry 9 Market St. Potsdam, NY 13676 315-265-9378

Bagel Bin Bakery Cafe South Hills Mall, Rtes. 9 & 9D Poughkeepsie, NY 12603 914-297-7474

Hardscrabble Hot Bagels 31 W. Market St. Rhinebeck, NY 12572 914-876-8025

Bagel Lovers 136 E. Main St. Riverhead, NY 11901 516-727-5080

Fleischer's Bagels 640 Jefferson Ave. Rochester, NY 14611 716-235-6080 **Bagel Oven** 607 Lexington Ave. Rochester, NY 14613 716-458-6330

Bagel Land 1300 Northgate Plaza Rochester, NY 14616 716-865-2101

Bagel Land Irondequoit Plaza Rochester, NY 14617 716-266-0690

Bagel Bin 1875 Monroe Ave. Rochester, NY 14618 716-461-4475

Brownstein's Deli & Bakery 1862 Monroe Ave. Rochester, NY 14618 716-442-2770

Bagel Land Panorama Outlet Mall Rochester, NY 14625 716-248-8556

Bagelrics 241 Sunrise Hwy. Rockville Centre, NY 11570 516-766-4422

Bagelries

289 Merrick Rd. Rockville Centre, NY 11570 516-766-9207

Bagels Your Way II 255 Rte. 25A Rocky Point, NY 11778 516-744-7949

Bagel Lovers

416 Hawkins Ave. Ronkonkomo, NY 11779 516-588-7747

Bagels & Bialys 113 Mineola Ave. Roslyn Heights, NY 11577 516-484-4477

Bruegger's Bagel Bakery 453 Broadway Saratoga Springs, NY 12866 518-584-4372

Bagels Delox

372 Montauk Hwy. Sayville, NY 11782 516-563-2716

Scarsdale Bagels

52 Garth Rd. Scarsdale, NY 10583 914-725-0090 **New York City Bagel Co.** 1859 State St. Schenectady, NY 12304 518-370-1800

Bruegger's Bagel Bakery 1634 Union St. Schenectady, NY 12309 518-393-8667

Manhattan Bagel Shoppe 123 Saratoga Rd. Scotia, NY 12302 518-399-3877

Bagels Your Way 107 Middle Country Rd. Selden, NY 11784 516-732-2050

Bagel Mania 863 W. Jericho Turnpike Smithtown, NY 11787 516-864-2550

Bagel Patch 20 Lawrence Ave. Smithtown, NY 11787 516-366-4949

Terry Road Hot Bagels 60 Terry Rd. Smithtown, NY 11787 516-366-3433 Hampton Bagels & Appetizers 819 North Hwy. Southampton, NY 11968 516-283-9840

Bagels Plus Rte. 48 Southold, NY 11971 516-765-1162

Bagel Ridge 6 Red Schoolhouse Rd. Spring Valley, NY 10977 914-425-7714

Bagelry 53 Kendy Dr. Spring Valley, NY 10977 914-425-2505

Budda's Bagel 55 N. Myrtle Ave. Spring Valley, NY 10977 914-425-4811

Strathmore Bagels 418 N. Country Rd. St. James, NY 11780 516-584-8153

Clove Road Bagels 1300 Clove Rd. Staten Island, NY 10301 718-727-6000

Stuyvesant Bagels 103 Stuyvesant Pl. Staten Island, NY 10301 718-816-8010

Bedrock Bagels 1841 Forest Ave. Staten Island, NY 10303 718-273-1963

R P M Bagels 2162 Forest Ave. Staten Island, NY 10303 718-876-0140

Bagelicious 1665 Richmond Rd. Staten Island, NY 10304 718-667-1934

Bay Street Bagel 1130 Bay St. Staten Island, NY 10305 718-273-0436

Goody's Bagles & Deli 900 Hylan Blvd. Staten Island, NY 10305 718-273-7164

J & L Bagels 1880 Hylan Blvd. Staten Island, NY 10305 718-979-1720 **B & B Bagels** 2175 Hylan Blvd. Staten Island, NY 10306 718-351-1882

Basically Bagels 99 Guyon Ave. Staten Island, NY 10306 718-667-8844

Hot Bagels Plus 3211 Richmond Rd. Staten Island, NY 10306 718-987-6908

Not Just Bagels 655 Rossville Ave. Staten Island, NY 10309 718-948-2829

M D B Bagels 1180 Forest Ave. Staten Island, NY 10310 718-720-5827

Puttin On A Bagel Ltd. 714 Castleton Ave. Staten Island, NY 10310 718-442-8715

Everything On A Bagel 4300 Amboy Rd. Staten Island, NY 10312 718-984-4300 Hot Bagels Plus Groceries 1307 Arthur Kill Rd. Staten Island, NY 10312 718-948-3032

Brooklyn Bagel Staten Island Mall Staten Island, NY 10314 718-761-7100

Caprice Bakery & Bagels 2813 Richmond Ave. Staten Island, NY 10314 718-698-4459

Hot Bagels Plus Groceries 3579 Victory Blvd. Staten Island, NY 10314 718-983-7345

Strathmore's Bagel Factory 2194 Nesconset Hwy. Stony Brook, NY 11790 516-751-3428

Bagel Boys 214 Rte. 59 Suffern, NY 10901 914-357-9658

Lox, Stocks & Bagels 413 S. Warren St. Syracuse, NY 13202 315-471-3599

Tappan Bakery

80 Rte. 303 Tappan, NY 10983 914-359-2000

Bagelworks

1026 Broadway Thornwood, NY 10594 914-769-2080

Bruegger's Bagel Bakery 55 Congress St. Troy, NY 12180 518-438-3553

Uniondale Bagels 422 Uniondale Ave. Uniondale, NY 11553 516-483-9800

Magic Bagels

194 W. Merrick Rd. Valley Stream, NY 11580 516-872-8779

Valley Bagels

155 Rockaway Ave. Valley Stream, NY 11580 516-825-1647

Bagels And Butts

3240 Railroad Ave. Wantagh, NY 11793 516-781-8836 **Grateful Deli** 3047 Merrick Rd. Wantagh, NY 11793 516-785-3568

Trio Bagel 2845 Jerusalem Ave. Wantagh, NY 11793 516-781-1001

P S Bagel Company 46 Ronald Reagan Blvd. Warwick, NY 10990 914-986-9040

Lox, Stocks & Bagels Salmon Run Mall Watertown, NY 13601 315-785-6888

U-Need-A Bagels 759 Sunrise Hwy. West Babylon, NY 11704 516-587-3154

Lox of Bagels & More 89 ½ Main St. West Glens Falls, NY 12801 518-793-8681

Anchel's Original Bagels 488 Hempstead Ave. West Hempstead, NY 11552 516-485-6242 Bagel Craft Of West Hempstead 118 Hempstead Turnpike West Hempstead, NY 11552

516-485-2314

Higbie Bagels 264 Higbie Ln. West Islip, NY 11795 516-587-1995

Bagel Talk 829 Carman Ave. Westbury, NY 11590 516-334-2592

Post Bagel 219 Post Ave. Westbury, NY 11590 516-333-9582

Bagel Brothers Bakery & Deli 5447 Sheridan Dr. Williamsville, NY 14221 716-632-8885

Bagel Brothers Bakery & Deli 964 Maple Rd. Williamsville, NY 14221 716-689-8885

Wholey Bagels 797 Yonkers Ave. Yonkers, NY 10704 914-423-4527

Bagel Mansion 2359 Central Park Ave. Yonkers, NY 10710 914-779-7008

Highridge Hot Bagels 1805 Central Park Ave. Yonkers, NY 10710 914-793-2006

Jake's Bagels Rte. 16 Yorkshire, NY 14173 716-492-4112

NORTH CAROLINA

Bruegger's Bagel Bakery 122 S.W. Maynard Rd. Cary, NC 27511 919-467-4566

Bruegger's Bagel Bakery 104 W. Franklin St. Chapel Hill, NC 27516 919-967-5248

Bagel Works Delicatessen 4422 Colwick Rd. Charlotte, NC 28211 704-364-4000

Bagel Works 6177 E. Independence Blvd. Charlotte, NC 28212 704-535-0743 **Bageltime** 1001 E. Harris Blvd. Charlotte, NC 28213 704-549-8376

Lenny's Little New Yorker Deli 6407 South Blvd. Charlotte, NC 28217 704-554-6569

Bruegger's Bagel Bakery 626 9th St. Durham, NC 27705 919-286-7897

Killian's Bagel Bakery 841 Elm St. Fayetteville, NC 28303 919-323-5084

Bagels

2959 Battleground Ave. #A Greensboro, NC 27408 919-288-5530

Bagel Cottage 712 Pollock St. New Bern, NC 28562 919-636-1775

Bagels Plus 1822 S. Glenburnie Rd. New Bern, NC 28562 919-633-9911 **Bruegger's Bagel Bakery** 2302 Hillsborough St. Raleigh, NC 27607 919-832-6118

Bruegger's Bagel Bakery 6274 Glenwood Ave. Raleigh, NC 27612 919-782-9600

Apple Annie's Bake Shop Outlet Mall Wilmington, NC 28403 919-799-9023

Lox, Stock & Bagels 332 S. College Rd. Wilmington, NC 28403 919-392-0002

OHIO

Lou & Hy's Restaurant & Deli 1949 W. Market St. Akron, OH 44303 216-836-9159

Hot Bagel Factory 9701 Kenwood Rd. Blue Ash, OH 45242 513-891-5542

Fresh Bagel Factory 175 E. Alexander Bell Rd. Centerville, OH 45459 513-434-0020

The Bagel Stop 621 Walnut Cincinnati, OH 45202 513-723-1903

Skolniks Bagel Bakery 9601 Colerain Ave. Cincinnati, OH 45251 513-385-5111

Skolniks Bagel Bakery 11700 Princeton Rd. Cincinnati, OH 45246 513-671-6690

Amster Bagel Bakery 13891 Cedar Rd. Cleveland, OH 44118 216-321-2102

Better Bagel Company 1903 S. Taylor Rd. Cleveland, OH 44118 216-321-0738

Bagel Brothers 347 Calhoun Clifton Heights, OH 45219 513-221-4000

Block's Hot Bagels 6115 McNaughten Center Columbus, OH 43232 614-863-0470 **Block's Hot Bagels** 3415 E. Broad St. Columbus, OH 43213 614-235-2551

Bagel Connection 2705 Far Hills Ave. Dayton, OH 45419 513-298-3444

Bagel Place 4024 Holland Sylvania Rd. Maumee, OH 43537 419-885-1000

Bagel & Deli Shop 119 E. High St. Oxford, OH 45056 513-523-2131

Hot Bagel Factory 7617 Reading Roslyn, OH 45237 513-821-0103

Hot Bagel Factory 477 East Kemper Rd. Springdale, OH 45246 513-671-0278

The Bagel Place 4024 Holland Sylvania, OH 43560 513-885-1000 **Barry Bagel's Place** 500 Madison Ave. Toledo, OH 43604 419-241-3354

Barry Bagel's Place 3301 W. Central Ave. Toledo, OH 43606 419-537-9377

Barry Bagel's Place 492 Southwyck Shopping Center Toledo, OH 43614 419-866-8984

Kravitz Delicatessen 3135 Belmont Ave. Youngstown, OH 44505 216-759-7889

OKLAHOMA

Golden Bagels 1009 N. Elm Pl. Broken Arrow, OK 74012 918-250-9661

The Bagelry 5932 S. Lewis Tulsa, OK 74105 918-747-2544

Bagel Buyer's Directory

The Bagelry

6703 E. 81st St. Tulsa, OK 74133 918-495-0533

Brooklyn Bagel Company 3535 E. 51st Street Tulsa, OK 74133 918-747-1475

OREGON

Bagel Man 1461 Siskiyou Blvd. Ashland, OR 97520 503-488-0357

New York Bagel Boys 11667 S.W. Beaverton Hillsdale Beaverton, OR 97005 503-641-3552

Bagel Stop 661 N.E. Greenwood Ave. Bend, OR 97701 503-389-3363

Bagels From the Heart 325 N.E. Kearney Ave. Bend, OR 97701 503-389-5434 **Val's Homemade Bagels** 11525 S.E. Hwy. 212 Clackamas, OR 97015 503-656-2777

Bagel Bakery 795 W. 8th Ave. Eugene, OR 97402 503-342-4390

Humble Bagel Company 2435 Hilyard St. Eugene, OR 97405 503-484-4497

Portland Bagel Bakery & Deli 222 S.W. 4th Ave. Portland, OR 97204 503-242-2435

Kornblatt Delicatessen & Bagel 628 N.W. 23rd Ave. Portland, OR 97210 503-242-0055

Bagel Land 4118 N.E. Fremont St. Portland, OR 97212 503-249-2848

New York Bagel Boys 4775 S.W. 77th Ave. Portland, OR 97225 503-292-6667

PENNSYLVANIA

Atsa Bagel 1636 Union Blvd. Allentown, PA 18103 215-820-5355

Home of the Ultimate Bagel 1542 E. Pleasant Valley Blvd. Altoona, PA 16602 814-942-2435

A&S Bagels 5613 Bensalem Blvd. Bensalem, PA 19020 215-638-1665

Bagel Builders 305 Neshaminy Mall Bensalem, PA 19020 215-322-5767

Breakfast Club 19 E. State St. Doylestown, PA 18901 215-348-1108

Skolniks Restaurant & Bakery Palmer Park Mall

Easton, PA 18042 215-252-8007

Bagel Basket 3 E. 18th St. Erie, PA 16501 814-456-1080

The Bagel Bible

Bagel House

317 Main Ave. Hawley, PA 18428 717-226-9443

Bagel House

110 7th St. Honesdale, PA 18431 717-253-3566

Bagel Train

Stourbridge Mall Honesdale, PA 18431 717-253-0913

Basically Bagels 3rd Ave. Kingston, PA 18704 717-288-6000

That's Entertainment 197D Greenfield Rd. Lancaster, PA 17601 717-295-1770

Bagel Place

60 Pocono Blvd. Mt. Pocono, PA 18344 717-839-9301

Skolniks

2 Penn Center Plaza Philadelphia, PA 19102 215-563-8299

Bagel Builders

The Gallery Mall, No. 1 Philadelphia, PA 19107 215-238-0760

Nate's Hot Bagels 1619 Grant Ave. Philadelphia, PA 19115 215-676-3772

Brooklyn Bagels 813 Hendrix Philadelphia, PA 19116 215-464-2330

Vaughn's Bakery 908 Bethlehem Pike Philadelphia, PA 19118 215-233-1055

Brooklyn Bagels 905 N. 3rd St. Philadelphia, PA 19123 215-627-5288

Roxy Bagels 499-A Domino Ln. Philadelphia, PA 19128 215-487-1727

Lane Bakery 1922 E. Washington Ln. Philadelphia, PA 19138 215-548-4080

Bella Bagel 2233 S. Woodstock St. Philadelphia, PA 19145 215-467-4005

Philadelphia Bagel Company 1100 S. Delaware Ave. Philadelphia, PA 19147 215-336-7211

South Philly Bagel Factory 2655 Sheridan Philadelphia, PA 19148 215-334-0492

Brooklyn Bagels 7412 Bustleton Ave. Philadelphia, PA 19152 215-342-1661

Bustleton Bagelry 8338 Bustleton Ave. Philadelphia, PA 19152 215-725-5512

Bageland 2120 Murray Ave. Pittsburgh, PA 15217 412-521-1067

Bagel Hut 325 Mount Lebanon Blvd. Pittsburgh, PA 15234 412-343-2245

Bagel Buyer's Directory

Cibrone & Sons Bakery 1231 Grove Rd. Pittsburgh, PA 15234 412-885-6200

Bagel Express 115 Oakland Ave. Pittsburgh, PA 15213 412-683-9644

Bagel Wich Keyser Oak Shopping Center Scranton, PA 18508 717-347-5877

Pocono Bagels Shawnee Shawnee Square Shawnee Del., PA 18356 717-476-8805

Bageland 3022 Banksville Rd. South Hills, PA 15216 412-531-1067

Pocono Bagels Olympia 611 Plaza Stroudsburg, PA 18360 717-424-2073

Skolniks Restaurant & Bakery Lehigh Valley Mall Whitehall, PA 18052 215-266-7141

RHODE ISLAND

Bagels Etc. 259 Country Rd. Barrington, RI 02806 401-247-1213

Rainbow Bakery 800 Reservoir Ave. Cranston, RI 02910 401-944-8180

Barney's 727 East Ave. Pawtucket, RI 02860 401-727-1010

Bagels East 63 Dorrance Plaza Providence, RI 02903 401-454-1793

Bagels East 135 Elmgrove Ave. Providence, RI 02906 401-331-6195

Bagels East 961 Namquid Dr. Warwick, RI 02888 401-737-0269

Bagel's 'N More 105 Franklin St. Westerly, RI 02891 401-596-9954

SOUTH CAROLINA

Ashley South Windermere Bakery 65 Windermere Blvd. Charleston, SC 29407 803-763-4125

Nathan's Deli 1836 Ashley River Rd. Charleston, SC 29407 803-556-3354

Cribb's Bakery 1030 Harden St. Columbia, SC 29205 803-799-5034

TENNESSEE

Gottliebs Deli 5062 Park Ave. Memphis, TN 38117 901-763-3663

Nashville Bagel Company 3009 West End Ave. Nashville, TN 37203 615-329-9599

TEXAS

Bagel's Hot Jumbo 307 W. 5th St. Austin, TX 78701 512-477-1137

Bagelsteins Delicatessen 8104 Spring Valley Rd. Dallas, TX 75240 214-234-3787

New York Deli

3301 Oaklawn Dallas, TX 75219 214-522-3354

The Bagel Emporium 7522 Campbell Rd. Dallas, TX 75248 214-248-1569

Bagel Chain

5555 W. Lovers Ln. Dallas, TX 75209 214-350-2245

Reichman Strictly Kosher Deli

7517 Campbell Rd. Dallas, TX 75219 214-248-3773

Grace's Restaurant & Deli

315 E. Franklin Ave. El Paso, TX 79901 915-533-2910

New York Bagels 9724 Hillcroft Houston, TX 77096 713-723-5879

The Hot Bagel Shop 2009 S. Shepherd Houston, TX 77019 713-520-0340

Alfred's of Houston 9123 Stella Link Rd. Houston, TX 77025 713-667-6541

Gelfand's Deli 10001 Westheimer Houston, TX 77042 713-780-0443

Gugenheims Deli 1708 Post Oak Blvd. Houston, TX 77056 713-622-2773

Bagel House & Deli 13323 Nacogdoches Rd. San Antonio, TX 78217 512-653-2122

O & H Rare Foods 111 N. 25th St. Waco, TX 76710 817-753-5291

UTAH

Wildflower Bakery 4387 Harrison Blvd. Ogden, UT 84403 801-521-6040

Brackman Brothers Bagel Bakery 859 E. 900 S Salt Lake City, UT 84105 801-322-4350

Brackman Brothers Bagel Bakery 1520 S. 1500 E Salt Lake City, UT 84105 801-466-8669

VERMONT

Bennington Bagel Co. 241 Main St. Bennington, VT 05201 802-447-3308

Bagel Bakery 139 St. Paul St. Burlington, VT 05401 802-658-0563

Bruegger's Bagels 81 Church Street Burlington, VT 05401 802-860-1995 **G T Bagel Factory** 35 White St. Burlington, VT 05403 802-863-3644

G T Bagel Factory 29 College Pkwy. Colchester, VT 05446 802-655-2660

Vermont Bagel Works Rtes. 11 & 30 Manchester Center, VT 05255 802-362-5082

Burlington Bagel Bakery 89 Main St. Montpelier, VT 05602 802-223-0533

Bagel Bakery 992 Shelburne Rd. South Burlington, VT 05403 802-864-0236

Better Bagel Taft Corners Shopping Center Williston, VT 05495 802-879-2808

VIRGINIA

Chesapeake Bagel Bakery 3610 King St. Alexandria, VA 22302 703-379-6462 **Chesapeake Bagel Bakery** 601 King St. Alexandria, VA 22314 703-684-3777

Bodo's Bagel Bakery Sandwich 1418 Emmet St. N Charlottesville, VA 22901 804-977-9598

Holey Roll Bagels Etc. 3813 S. George Mason Dr. Falls Church, VA 22041 703-998-8083

Chesapeake Bagel Bakery 6138 Arlington Blvd. #A Falls Church, VA 22044 703-534-3533

Mr. J's Bagels/Deli 1635 E. Market St. Harrisonburg, VA 22801 703-564-0416

Not Just Bagels 859 J. Clyde Morris Blvd. #J Newport News, VA 23601 804-599-3556

New York Bagel Shops 161 Granby St. Norfolk, VA 23510 804-627-2345

Bagel's Bakery 10831 W. Broad Street Rd. Richmond, VA 23233 804-346-8785 **Bagel Place** 9049-1 W. Broad St. Richmond, VA 23294 804-273-0600

Chesapeake Bagel Bakery 8420 Old Keene Mill Rd. Springfield, VA 22152 703-451-4788

Bagelworks 3972 Holland Rd. Virginia Beach, VA 23452 804-498-7785

Chesapeake Bagel Bakery 2217 Old Bridge Rd. Woodbridge, VA 22192 703-497-0300

WASHINGTON

New York Bagel Boys Crossroads Shopping Center Bellevue, WA 98007 206-641-5300

New York Bagel Boys 2222 220th SE Bothell, WA 98021 206-485-5300

Original Brooklyn Bagel 15159 N E. 24th St. Redmond, WA 98052 206-562-2435

The Bagel Bible

Seattle Bagel Bakery

1302 Western Ave. Seattle, WA 98101 206-624-2187

Bagel Stop

408 E. Broadway Seattle, WA 98102 206-325-9407

Spot Bagel Bakery

1815 N. 45th St. Seattle, WA 98103 206-633-7768

Bagel-Deli Company 1309 N.E. 43rd St. Seattle, WA 98105 206-634-3770

New York Bagel Boys

4764 University Pl. NE Seattle, WA 98105 206-523-1340

Bagel-Deli Company

340 15th E Seattle, WA 98112 206-322-2471 **Bagel Oasis** 2112 N.E. 65th Seattle, WA 98115 206-526-0525

WISCONSIN

Bagel Mill 523 W. College Ave. Appleton, WI 54911 414-739-9090

Lox, Stock & Bagel 1300 S. Webster Ave. Green Bay, WI 54301 414-432-9244

Sueann's Bagels 1933 Main St. Green Bay, WI 54302 414-469-7727

Sueann's Bagels 2216 S. Ridge Rd. Green Bay, WI 54304 414-494-7777 **Bagels Forever**

608-833-0770

2947 University Ave. Madison, WI 53705 608-231-2427

Bakery And The Bagel 7475 Mineral Point Rd. Madison, WI 53717

Bagel Deli 383 W. Brown Deer Rd. Milwaukee, WI 53217 414-228-8060

Kramers Kosher Corner 5101 W. Keefe Ave. Milwaukee, WI 53216 414-442-2625

Bagel Boys Bakery & Deli 3247 W. Vliet St. Milwaukee, WI 53208 414-344-8060

Miller Bakery 1415 N. 5th St. Milwaukee, WI 53212 414-347-2300

Bagel Buyer's Directory

CANADA

The Bagel Factory

12411 Horseshoe Richmond British Columbia 604-272-1798

The Bagel Bar

1218 Bute Vancouver British Columbia 604-684-5882

Bageland

1689 Johnson Vancouver British Columbia 604-685-1618

Bageland

1610 Robson Vancouver British Columbia 604-684-8575

Bageland

810 Quayside NW Vancouver British Columbia 604-520-1124

Bageland

333 Brooksbank Vancouver British Columbia 604-983-2572

The Bagel Bar & Deli 2 Bloom E Toronto Ontario 416-922-5800

Bagel Beat

3452 Danforth Ave. Toronto Ontario 416-699-9528

Bagel Haven Bakery Ltd.

800 Steeles W Toronto Ontario 416-738-5673

Bagel Hut 1000 Eglinton W Toronto Ontario 416-781-9181

Bagel Paradise

953 Eglinton W Toronto Ontario 416-787-8670

Bagel Plus Ltd. 634 Sheppard Ave. W Toronto Ontario 416-635-9988

The Bagel Stop Fairview Mall Toronto Ontario 416-498-6261

The Bagel Restaurant

285 College Toronto Ontario 416-923-0171

Bagel & Wok 4544 Dufferm

Toronto Ontario 416-665-2218

Bagel World Coffee Shop

336 Wilson Ave. Toronto Ontario 416-635-5931

Bagelicious

7355 Bayview Toronto Ontario 416-731-3363

Bagel Makers

5150 Yonge Toronto Ontario 416-395-0450

The Bagel Bible

Bagels Galore

First Canadian Place Toronto Ontario 416-363-4233

Bagelrye Ltd.

7 Grantbrook Toronto Ontario 416-222-6308

Bagel Etc.

4320 St. Lawrence Montreal Quebec 514-845-9462

Bagel Factory

74 Fairmont W Montreal Quebec 514-272-0667

The Bagel Place

1616 St. Catherine Montreal Quebec 514-931-2827

The Bagel Place

1455 Peel Montreal Quebec 514-848-1802

Bagel Shop Inc.

263 St. Viateur W Montreal Quebec 514-276-8044

Bagelettes Inc.

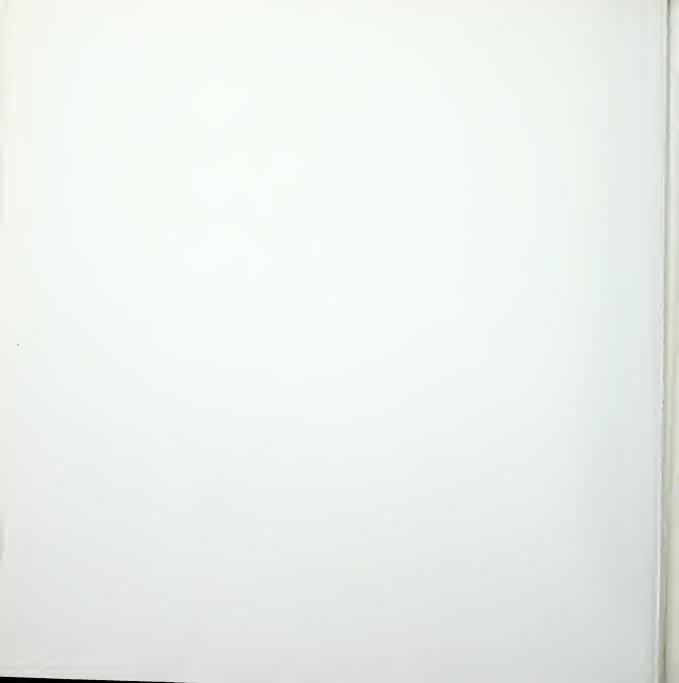
6135 de Maisonneuve Montreal Quebec 514-276-2972

Authors' Note

Is there a favorite bagel shop you'd like to see listed? Let us know. Write to:

> My Favorite Bagel Shop c/o The Globe Pequot Press P.O. Box 833 Old Saybrook, CT 06475





"If I could live my life again, there would be only one change I would ask of the Big Roundie in the sky. My family name should be Bagel, just like Tom's. Bagel's Bagels."

— Murray Lender

A Bagel Extravaganza for Connoisseurs and Converts Alike

You won't find a more enthusiastic celebration of bagel noshing than this fun, informative book on the world of bagels. In the last ten years, bagels have made their way from ethnic delicatessens to supermarket freezer sections. Today, major food companies roll out bagel products, and bakeries across the country make and sell the beloved "cement doughnut."

Authors Marilyn and Tom Bagel (yes, Bagel) were destined to write this book. In 1985 they authored its forerunner, *The Bagel'o Bagel Book* (Acropolis Books). Now they offer this 1990s look at the joys of bagelicious breakfasts, lunches, and munchies. An enjoyable and useful guide to everything bagel, this volume is filled with innovative recipes, serving suggestions, and nutritional information. Among the chapters are

- Bagelstyles of the Rich and Famous personal bagel testimonials from celebrities, including Whoopi Goldberg, Bob Hope, Larry King, Joan Rivers, Willard Scott, and Abigail Van Buren
- Whatsa Bagel? the origin and characteristics of bagels, including the basic varieties available
- Foolproof Bagel Baking in Your Kitchen basic recipes for plain, whole wheat, and cinnamon-raisin bagels
- Handling and Storing Bagels helpful hints for keeping bagels fresh and ready to eat

Five additional chapters feature recipes and serving suggestions for more than 100 bagel-based treats such as

Bagels Benedict • Bagel Castanets • Bullseye Bagels • Sunrise Bagels • Bagelcues
 • Bagels Bourguignonne • Eggsotic Bagels • Bagel Mignon • Ring around the Bagel • Mexicali Bagel Fondue
 • Bagels Alaska • Butterscotch Bagels • Berry Good Bagels • Snowball Bagels

Finally, the *Bagel Buyer's Directory* offers a listing of bagel bakeries throughout the United States and Canada. No one, anywhere, should miss the opportunity to enjoy this popular, low-calorie alternative to muffins, pastries, and other breads. Become a bagel believer — if you are not one already, this entertaining book will convert you.



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