



Staten Island Advance Recipes

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Suggestions to help break the Yom Kippur fast

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STATEN ISLAND, N.Y. -- With Yom Kippur's 25-hour fast beginning before sunset this evening and ending after night fall tomorrow night, there still may be time to plan to serve family and friends for some of these items -- perfect choices for a break-fast meal.

Traditionally, the Yom Kippur tradition calls for such simple fare as lox, cream cheese, white fish and assorted deli items. To provide spreads with tantalizing flavor, Joy Devor, this year's grand-prize winner of the Simply Manischewitz Cook-Off teamed up with the makers of Lender's bagels to create a variety of recipes suitable for a Yom Kippur break-fast meal.

The 80-year-old baking company, launched by Harry Lender in 1927 and continued by his son Marvin, still carries on the family's bread/bagel-making traditions. Ms. Devor won her award for a Flounder Rolls recipe. This time, however, she's encouraging Jewish families to satisfy their taste buds with these contemporary-style, spread-topped bagels. Easy to prepare ahead of time, they are the type of recipes that can become part of a portfolio of specialties that can be served to family and friends on many occasions during the year.

ROASTED GARLIC AND RED PEPPER HUMMUS (Serves 6) 1 can garbanzo beans 1/4 cup tahini (sesame paste) 1/4 cup lemon juice 3 cloves garlic 1/2 teaspoon cumin 1 red pepper Salt and pepper, to taste Parsley, for garnish

In 350-degree oven, roast garlic in pan with 1/4 cup olive oil, about 20 minutes. Broil red pepper for 5 minutes on each side. Peel off the black parts and place pepper in brown paper bag for 20 minutes. Remove seeds from pepper.

In food processor, grind garbanzo beans, tahini, lemon juice, salt, pepper and cumin. Once ground, slowly add garlic and olive oil. Add peppers until ingredients are combined. Place in refrigerator for at least 1 hour. This also be done a day in advance. Spread on a bagel, toasted if preferred.

EGG WHITE AND SPINACH SALAD SPREAD (Serves 6) 1 bag (1 pound) frozen spinach, thawed and drained 1 large onion, chopped 1-2 tablespoons olive oil 1 dozen eggs, boiled and separated, set yolks aside for another purpose Salt and pepper, to taste 3 tablespoons light mayonnaise 1/2 teaspoon cumin 2 tablespoons imitation bacon bits

In saucepan, sauté onion in olive oil until translucent; add spinach, salt and pepper until cooked through. Let cool.

Chop egg whites. In medium-size bowl, combine egg whites, mayonnaise, spinach-onion mixture and cumin along with salt and pepper to taste. Add bacon bits for garnish. Spread on a bagel, toasted if preferred.

OLIVE SPREAD (Serves 6) 1 cup fresh basil leaves, washed and dried 4 cloves garlic 1/4 cup fresh parsley 1/4 cup pine nuts or walnuts, preferably toasted 1 cup green olives cup olive oil Salt and pepper, to taste

In food processor, grind basil, garlic, parsley and nuts. Add olives and pulse until chopped thoroughly. In a slow stream, pour in olive oil until emulsified.

Add salt and pepper to taste. Let sit in refrigerator at least 1 hour. Tastes best on toasted bagel.

EASY GUACAMOLE (Serves 6) 3 avocados 2 cloves garlic, crushed 1/2 red onion, very finely chopped, or 4 scallions, chopped Juice of half lemon Salt and pepper, to taste 1 plum tomato, seeded and chopped

In medium-size bowl, mix together onion or scallions and garlic. Add avocado and mash together with a fork or biscuit cutter.

Add lemon juice and tomato along with salt and pepper to taste. Quarter a bagel and use with guacamole for dipping.

BAGEL BRUSCHETTA (Serves 6) 1 bag (6) bagels, such as Lender's 2 tablespoons olive oil 3 cloves garlic, crushed 1/2 teaspoon salt 6 plum tomatoes, chopped 1 red onion, diced 1/4 cup olive oil Salt and pepper, to taste 1/4 cup basil leaves, chopped 2 tablespoons balsamic vinegar 3/4 cup shredded mozzarella cheese (optional)

Preheat oven to 400 degrees. Scoop out insides of bagels and cube the scooped out middle. Spread cubed pieces onto baking sheet and drizzle olive oil, garlic and salt evenly. Bake for 10 minutes, or until toasted and light brown.

In medium-size bowl, combine tomatoes, onion, salt, pepper and vinegar. Toast outside of bagels lightly. Right before serving, combine the croutons (cubed bagel pieces) with the tomato mixture and pour into bagel shells.

Note: An optional choice is to sprinkle cheese over bagels on baking sheet and place in oven for 5 minutes until cheese melts.

PORTOBELLO PERFECTION (Serves 6) 1 bag (6) bagels 6 portobello mushrooms, cleaned, bottom stem removed, left whole 1/4 cup olive oil 1/4 cup balsamic vinegar 4 cloves garlic, minced Salt and pepper, to taste 1 teaspoon Italian seasoning 1/4 teaspoon red pepper flakes 12 basil leaves 6 slices fresh mozzarella cheese

At least 1 hour before preparing, or one day, if time allows, combine olive oil, garlic, Italian seasoning, red pepper flakes, salt and pepper in zippered plastic bag and marinate mushrooms.

Right before serving, toast bagel lightly on one side. Broil mushrooms until tender, about 6 minutes on each side. Lightly brush marinade on one side of each bagel.

Place 2 basil leaves on each bagel, add mushroom and 1 slice of cheese. Place in broiler for 2 to 3 minutes. or until cheese melts.