

## Recipe for a Home-cooked Meal: Buy It at Bacchus

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Bacchus Market, on the corner of 23<sup>rd</sup> and Spruce streets near Fidler Square, is named after the Roman god of the harvest, fertility, theatre arts, good humor and parties, images complementing the delicious food Bacchus Market cooks and sells. Tracey Wolfson, the owner, learned to cook at various restaurants before opening Bacchus Market in 1999. Tracey still cooks special dishes for the fun of it, but Bacchus now has a full-time staff of 10, including an executive chef and two to three other chefs plus numerous part-timers on the catering staff.

At Bacchus Market, open Tuesday through Sunday, morning through evening, you will find different fresh homemade food selections every day. Customers will not get bored. Tracey is inclined towards healthy eating, so the menu includes at least three daily vegetarian and vegan options, and people with other special food needs, such as those who follow a gluten-free diet, will also find appropriate dishes. And you can stop by for just a quick bite and beverage — coffee, cupcakes, gelato,



*Bacchus Market is the neighborhood go-to place for good food to bring home for dinner or for a catered affair. Some of the staff that makes the market a success are: Back row, left to right: Ernesto Delora, Pete Mahoney and Mark Ellis. Front row, left to right: Holly Peterson, Tracey Wolfson (owner) and Kelly Soltis*

ice cream and more. Online reviewers have raved about the panini, fresh salads and

cookies. Get there too late and they might be out of your favorite food. One reviewer

claims to have chosen her apartment for its proximity to Bacchus Market.

The weather, the season, ingredients on hand, remembered tastes or blue-sky ideas are sources of inspiration for the menu. For example, one day Tracey felt inspired to make chocolate-covered bacon, which turned out to be a big hit with customers. Tracey purchases ingredients from small local vendors. As much as possible she obtains locally grown

food, but of course products like coffee and off-season fruits and vegetables must be brought in from other climates.

The catering menu is extensive, particularly in the fish, grain and vegetable categories. Also offered are many choices of salads, pasta, chicken, turkey, beef, pork, sandwiches, soups, stews and hors d'oeuvres. Bacchus doesn't sell wine but catered events can include alcoholic beverages.

Some customers like to be surprised; others would prefer to know in advance what's cooking. Those who want the most up-to-day information can visit [www.facebook.com/BacchusMarketCatering](http://www.facebook.com/BacchusMarketCatering). Sample catering and holiday menus are listed on their website: [www.bacchusmarket.com](http://www.bacchusmarket.com) Phone 215-545-6656.