



INNKEEPER'S BEST R·E·C·I·P·E·S

The Iowa Bed & Breakfast Innkeepers Association Wants to Take You on a Culinary Journey Through Iowa

by Amelia Painter

The Iowa Bed & Breakfast Innkeepers Association (IBBIA) is proud to announce the release of *A Culinary Journey Through Iowa: Travel Guide & Cookbook*. Hot off the press, *A Culinary Journey Through Iowa* offers home cooks the very best of Iowa innkeepers' culinary treasures by presenting the fine flavors and creative recipes of mid-western kitchens – some recipes have been handed down over generations. Sandwiched inside a rugged soft cover, the reader will find 231 recipes from some 81 Iowa Innkeepers -- from Appetizers to scrumptious Wild Game Entrees along with Desserts and everything in-between.

Whether you are an experienced home cook or are just beginning to discover cooking, *A Culinary Journey Through Iowa* can help take your cooking to the next level. One of the best features of this clever cookbook is a special lay-flat binding. And, all readers will appreciate the step-by-step instructions of the dishes, plus it is designed for constant kitchen use.

The book is a means of sharing the meritorious cooking skills of Iowa innkeepers and to help the Iowa travelers locate and identify getaway attractions throughout the state. "We fashioned the book to specifically meet the needs of people who

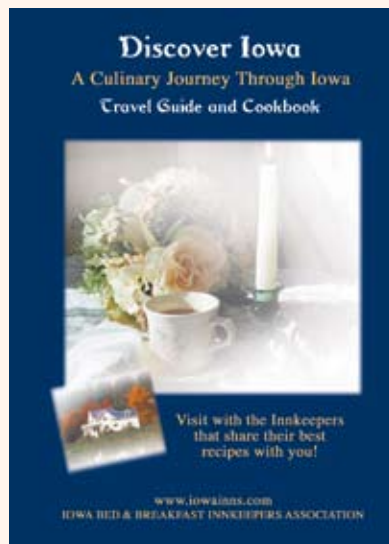
love to cook and want access to recipes from experienced innkeepers around the state," said Mary Nichols, President of the Iowa Bed & Breakfast Innkeepers Association.

Those of you who wish breakfast came three times a day, as well as anyone hankering for the likes of Baked Apple-Cheese

Pancakes, Blueberry-Raspberry Sauce, and Old Fashioned Stir-N-Roll Biscuits, will be delighted. The delicious country breakfast ideas you will find in the book are exactly the kind you will enjoy when you visit and stay at an IBBIA member inn. And, if your palette is craving an exotic entree, you're going to love Medallions of Venison Finished with Calvados Sauce and Oakwood's Pheasant Breast Filet.

This book is also a reliable guide to the inns themselves, including addresses, phone numbers, and a listing of area attractions near each inn. Bed and Breakfast enthusiasts will find the sturdy book easy to take on in-state excursions. The book is organized with the

recipes grouped into Iowa's three tourist regions – Central, Eastern, and Western – with a Potluck section for extra recipes. Readers will find line drawings or photographs of the participating inns. There are two extensive indexes. One allows you to find the inns by city, and the other allows the



reader to find any recipe or type of recipe quickly and easily. And, as an extra bonus, each book has an Iowa Transportation Map attached to the inside of the back cover.

The organization's goal is to connect the traveling public with their 85 plus member inns and enable travelers to have a dynamic, unique, and cultural travel experience. Innkeepers can be a great resource on the area you are visiting and are available to assist you with whatever your particular needs might be, whether it be it sightseeing tours or diet restrictions.

Particularly noteworthy is the fact that all member inns are approved and inspected. Inn inspections are conducted by a trained staff member who is thorough in scope, covering safety and security items as well as appearance, comfort, and cleanliness. Food preparation, amenities and administrative items are also evaluated as part of the inspection. Every member inn must pass a rigorous inspection to insure compliance with Association standards. IBBIA is the only Innkeeper Association in the State of Iowa that requires such close scrutiny of their membership, but this policy lets guests know that our inns will automatically deliver a consistently clean, comfortable and memorable experience.

Bed and breakfast accommodations give you a unique and personalized travel experience with a touch of local flavor. These small, charming, privately owned bed and breakfast inns are an affordable choice for pleasure or business travel.

Since I designed the cover for the publication, I was asked to contribute a recipe. I was thrilled, because it gave me the opportunity to share my recipe for Grandma Emily's Zucchini Bread.

When my children were young, my mom really got into cooking. All her children were gone and she loved trying new recipes and personalizing them by adding a little of this and a pinch of that – anything in the refrigerator might find its way into a traditional recipe. I can remember the thrill of opening her front door and smelling the tantalizing aromas that floated from her kitchen where biscuits were baking, chicken was frying to a gloriously golden brown in a big cast iron skil-

let, and When You Knew You Just Couldn't Eat Another Bite: A Delicious Lemon Pie was made from Ponderosa lemons she grew in her own yard.

In her honor, as she is a remarkable woman, I want to share her basic Zucchini Bread recipe with you. Don't be afraid to increase the amount of cinnamon or add that ripe banana you've considered tossing – believe me, it would find its way into Grandma Emily's Zucchini Bread!

Zucchini Bread

Ingredients

- 3 eggs
- 1 cup salad oil
- 2 cups sugar
- 2 cups peeled, grated raw zucchini
- 1 cup walnut pieces (substitute with your favorite type nut)
- 2 t. vanilla
- 2 t. baking powder
- 2 t. cinnamon
- 1 t. salt
- 1 t. baking soda
- 3 cups flour

Directions

Pre-heat oven to 350. Grease and flour 2 loaf pans. Combine sugars, oil, vanilla, and eggs -- mix. In another bowl, sift flour, baking powder, soda, salt, and cinnamon. Add to sugar/oil/egg mixture to moisten. Carefully fold in zucchini and nuts. Turn into pans, and then bake until done (about 55 minutes). Let cool slightly before turning out onto a rack.

This cookbook is one of a kind! Learn more about the colorful book and Iowa innkeepers online at <http://www.iabedandbreakfast.com>. To purchase the cookbook and travel guide by phone for \$16.00 plus shipping, call IBBIA at 1-800-888-4667.



INNKEEPER'S BEST

R·E·C·I·P·E·S

Four select recipes from the Iowa Bed & Breakfast Innkeeper's Association that you are sure to enjoy.



Liz Norton's Kitchen

Lincoln Hotel

408 Main Street
Lowden, IA 52255
877-941-7563
www.lincolnhoteliowa.com

Chicken Alfredo

Serves 6

Ingredients

- ¼ cup olive oil
- 3 garlic cloves crushed
- flour
- 6 halves of chicken breasts
- 8 oz. fresh button mushrooms
- ½ cup sherry or marsala wine
- 1 ½ cup heavy cream
- 1 lb. fettuccini
- freshly ground parmesan

Directions

Heat Olive oil in sauté pan. Brown floured chicken breasts gently. Remove when cooked through. Add mushrooms and Marsala wine. Cook covered until cooked. Add heavy cream and blend to smooth sauce.

Cook fettuccini to el dente. Add to sauce. Serve fettuccini and top with sliced chicken breast. Top chicken with Parmesan if desired. Could substitute seafood for chicken and eliminate mushrooms.



Peggy Osterman, Innkeeper

Queen Marie Victorian Bed & Breakfast

707 Harrison Street
Emmetsburg, IA 50536
712-852-4700
www.nwiowabb.com/queen.htm

Bacon & Egg Bake

Ingredients

- 12 eggs
- ½ lb. bacon
- 1 8 oz. carton sour cream
- 1 cup shredded Cheddar cheese

Directions

Soft scramble the eggs with a little milk. Fry the bacon. Place a layer of eggs in the bottom of a casserole dish.

Spread with sour cream. Crumble the bacon over the sour cream and top with cheese. Bake in a 350 degree oven for 20 minutes. This can be made the day before and baked in the morning. I also make this recipe in individual casseroles and use 3 eggs and 2 slices of cooked and crumbled bacon along with sour cream and cheese. This is a favorite of our guests.



Charlie & Jane's Bed n' Breakfast

400 W. Madison
Mount Ayr, IA 50854
641-464-2564

Light Creamy Broccoli Lasagna

12 servings
13x9x2 baking dish
Bake 350°

Ingredients

- 9 uncooked lasagna noodles
- 1 lb. fresh mushrooms sliced
- ¼ cup chopped onion
- 2 T. butter
- ⅓ cup flour
- 1 t. chicken bouillon granules or 1 cube
- 1 ½ cups cottage cheese
- 10 oz. shredded swiss cheese
- ¾ t. garlic salt
- ¼ t. pepper
- ¼ t. dried thyme
- 1 ½ cups skim milk
- 6 cups broccoli florets

Directions

1. Cook noodles according to package directions. Meanwhile, in a large saucepan sauté mushrooms & onion in butter until

tender. Add the flour, bouillon, garlic salt, pepper and thyme; stir until blended.

2. Gradually add milk. Bring to a boil; cook and stir for 2 min. or until thickened. Add broccoli; cook 3-5 mins. Stir in cottage cheese and ¾ of the Swiss cheese. Drain noodles.

3. In a 13x9x2 baking dish coated with nonstick cooking spray, layer 3 noodles and a ⅓ of sauce. Repeat layers twice.

4. Cover and bake at 350° for 35-40 mins. or until bubbly and broccoli tender. Sprinkle with remaining Swiss cheese.

5. Bake, uncovered, 5 min. longer or until cheese is melted. Let stand 10 mins. before cutting.

Tip: Add red peppers on top for color and flavor.



Connie Baschke, Owner

Connie's B&B and Boarding House

305 1st ST SW
Fostoria, IA 51340
877-262-6791
www.conniesbedandbreakfast.com

Connie's Homemade Ice Cream

This is the welcoming snack I serve my guests in the summer time.

Ingredients

- 6 eggs
- 1 cup sugar
- 2 T. vanilla
- 1½ pints whipping cream
- whole milk

Directions

In a blender place 6 eggs and blend well. Add 1 cup sugar & 2 tablespoons vanilla, blend again. Add whipping cream, blend lightly. Pour mixture into a well chilled 1 gallon electric or hand crank ice cream maker. Add enough whole milk to fill container ¾ full. Place beater in ice cream container and cover with the lid. Place container into the center of the maker. Connect power unit or hand crank to the top.

To freeze ice cream: Plug unit into electric. Around container alternate 6 cups snow, crushed ice or ice cubs, 1/2 cup salt, and 1 cup warm water. Continue until maker is filled to just below the lid. Then top off to cover lip with ice only. Turn on maker or start cranking. Be sure to keep drain hole at top of maker open so salt water does not get into ice-cream. Ice cream is done when motor sound changes to low pitch or hand cranking is very difficult to turn. This will take about 20 minutes. Remove ice to below lid, remove crank, lift lid and remove beater. Best served right away. If any is left (which is usually doubtful) may store in ice-cream maker. Cover with ice and if winter set outside or remove inner container and store in freezer.

To serve: Take out of freezer 10 minutes before serving to soften.