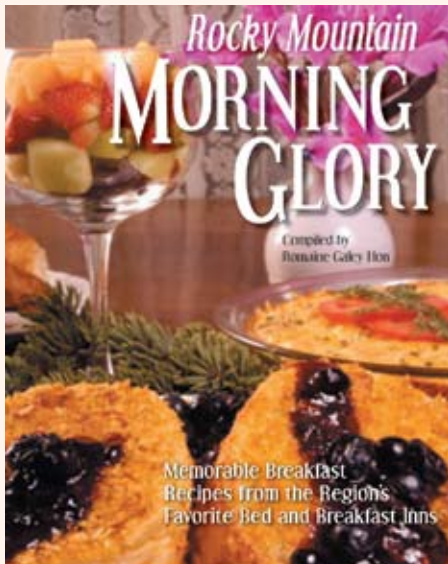




# INNKEEPER'S BEST

## R·E·C·I·P·E·S



### Rocky Mountain Morning Glory: Memorable Recipes from the Region's Favorite Bed and Breakfast Inns

In this book, innkeepers share some of the recipes that their guests have especially liked.

Don't pay too much attention to the categories because many of the dishes can be served at any time. The categories are flexible, so mix and match when you prepare these at home.

Have a wonderful time in this vast part of the country with its rugged mountains, wild rivers and historic towns. Staying in a B&B is a terrific way to experience real Rocky Mountain hospitality.

You will receive warm welcomes from the places included in this book, a guide to what is available in this interesting part of the United States.

Architecture buffs will have a great time with our family owned hostelries. There are magnificent Victorian mansions where you can live as folks did at the turn of the century but without roughing it: Updated bathrooms and other modern amenities are provided. There are working cattle ranches so you can ride the range of the Old West. There are modern, newly built B&Bs styled like skiing chalets. You'll find lots of diversity.

Each guest room will always be unique in decor. No more cookie-cutter chain hotel rooms when you choose a B&B in the Rockies. What a refreshing change!

Always plan on a delicious gourmet breakfast to get your day started. Tea and wine treats for a welcome break from your activities are often included. Maybe an evening nightcap with cookies is on the agenda at the B&B you have chosen. As you will see, many different possibilities are waiting for you.

You will not feel like a stranger in a B&B. You won't be just another number. The innkeepers will guide you to sports, shopping, museums, parks and all the local attractions some of them only known to the locals.

You will receive personal attention and superb advice from your hosts. They want you to love their area as much as they do. There are no better guides.

— *Romaine Galey Hon*  
Boise, Idaho

#### AVAILABLE AT:

- ISBN 1-892588-12-9
- Amazon.com
- Barnes & Noble or other fine bookstores using the ISBN number

## Enjoy these four select recipes from *Rocky Mountain Morning Glory*.



**Blacksmith Inn**  
227 North 1900 East  
Rigby, ID 83442  
888-745-6208  
www.blacksmithinn.com

### Oatmeal Pancakes

#### Ingredients

- 6 T. brown sugar
- ½ cup hot water
- 2 eggs
- 1 cup flour
- 2 t. baking powder
- ½ t. baking soda
- 2 ½ cups buttermilk
- 1 ½ cups oatmeal (regular preferred, not instant)
- 1 stick of butter, melted

#### Directions

Dissolve brown sugar in hot water. Mix all ingredients together, adding melted butter while stirring. If batter looks too thick, add a little milk. Cook on a hot griddle until the pancake bubbles, then turn. Turn them several times so they won't burn and will still be done. The oatmeal holds the moisture in and pancakes may still be a little runny if not allowed to cook all the way through. These make a hearty, healthful breakfast dish.



**Candlewycke Inn Bed & Breakfast**  
311 Aero Lane  
Bigfork, MT 59911  
888-617-8805  
www.candlewyckeinn.com

### Mediterranean Quiche

#### Ingredients

- 9 inch deep dish pie shell
- 6 mushrooms
- 12 spinach leaves
- 6 sun dried tomatoes (not in oil)
- ½ cup crumbled fete cheese with basil and tomato herbs
- ¼ cup cut pieces of Havarti cheese
- ¼ cup cut pieces of Gruyere cheese
- ¼ cup shredded parmesan cheese
- 1 (2 ¼ oz.) can sliced black olives
- 4 eggs
- 1 ½ cups cream or milk

#### Directions

Preheat oven to 425° F. Place pie shell on baking sheet and weigh down with foil or beans. Place in oven for 10 minutes ONLY. Remove shell and clean off or remove foil. Turn oven down to 350 degrees. Sprinkle

parmesan cheese on the bottom of the shell. Set aside. Brown mushrooms in a small amount of olive oil or butter. In a small pan, heat the dried tomatoes until soft; then cut with kitchen scissors into small pieces. Sprinkle pieces on top of cheese. Add spinach leaves to the mushrooms until soft and mixed. Sprinkle the mixture onto the tomatoes so it is evenly distributed. Sprinkle remaining three cheeses on top, evenly distributed. Sprinkle sliced black olives for the next layer. Beat eggs and milk/cream and pour on top. Let sit a few minutes. Bake quiche in middle of oven for one hour. Let stand for a few minutes. Then cut into four large quarter pieces or six smaller ones. Innkeeper Megan Vandegrift serves this with fruit and the baked muffin of the day.



### Two Sisters Inn

Ten Otoe Place  
Manitou Springs, CO 80829  
800-274-7466  
www.twosisinn.com

## Nutty Apples

### Ingredients

#### APPLES

- 1 cup apple cider
- 1 t. vanilla
- 3 apples, Granny Smiths preferred, peeled (save peels for garnish), cored and cut into halves
- ½ cup pistachio nuts, shelled, peeled and chopped fine
- 2 T. vanilla yogurt
- ½ cup Raspberry Sauce (recipe follows)

#### RASPBERRY SAUCE

- 1 (10 oz.) package frozen sweetened raspberries
- 2 T. fresh lemon juice

### Directions

**Apples:** Bring apple cider and vanilla to a boil in a nonstick pan large enough to hold apples in one layer. Place apples in boiling liquid, reduce heat to low and simmer,

basting frequently, until apples are tender but still holding their shape (approximately 6 to 8 minutes). Remove and cool on a plate. **Raspberry sauce:** Thaw raspberries and whir in blender until pureed. Put through a fine sieve to remove all seeds; then add lemon juice to puree. Refrigerate or freeze for future use. Pool one tablespoon of Raspberry Sauce on the bottom of each of six plates. Allowing half an apple per person, slice each apple into ¼ inch slices and roll outside edge of each slice in chopped pistachios. Arrange apple slices in a fan over the sauce. Place three drops of vanilla yogurt in sauce under apple fan and drag a knife down through the top of the drops, creating hearts. Garnish with an apple rose made from peelings. "This is our signature dish," say innkeepers Sharon Smith and Wendy Goldstein, who have been preparing healthful and creative foods for 15 years at their award winning Bed and Breakfast.



### Old Town Guest House

115 South 26th Street  
Colorado Springs, CO 80904  
888-375-4210  
www.oldtown-guesthouse.com

## Cranberry Bread

### Ingredients

- 1 ½ cups all purpose flour
- ½ t. salt
- ½ t. cream of tartar
- ¼ t. baking soda
- ½ cup chopped pecans
- 1 cup granulated sugar
- 2 strips (3x1 inches each) lemon zest
- ½ cup unsalted butter, softened
- 2 eggs
- ¾ t. vanilla extract
- 6 T. plain yogurt
- 1 ½ cups fresh cranberries, washed

### Directions

Preheat oven to 350° F. Sift together the flour, salt, cream of tartar and baking soda. Stir in the pecans and set aside. Place sugar and lemon zest in a food processor or blender and process until the zest is

finely grated. Add butter and process until creamy. Add eggs, one at a time, through the feed tube and mix well. Add vanilla and yogurt and mix well. Transfer the butter yogurt mixture to a large bowl. Place cranberries in the processor and pulse on and off three or four times until coarsely chopped. Add cranberries to the dry ingredients and combine well. Place the batter in a greased and floured loaf pan and bake 50 to 60 minutes or until a wooden pick inserted in the center comes out clean. Cool on a rack for 30 minutes, then remove from the pan and finish cooling on the rack. Wrap well and refrigerate for 24 hours before serving. **Note:** Buy cranberries in season (usually November through December) and freeze them so you can make this delicious bread any time of year.