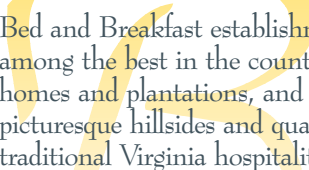


Favorite  
Breakfast  
&  
Brunch  
Recipes II

From  
Virginia  
Bed &  
Breakfast  
Inns

*Featuring Farm Fresh Eggs*



Bed and Breakfast establishments in Virginia are truly among the best in the country. Located in historic old homes and plantations, and tucked away in Virginia's picturesque hillsides and quaint villages, these inns offer traditional Virginia hospitality at its finest.

Our hat goes off to the Bed and Breakfast owner/operator, who is at once a hotelier, chef, entertainer, interior designer, social director, tour organizer and grand host. Creativity and personality are essential to provide the guest with a unique and memorable experience. The Bed and Breakfast operator is a unique individual in the business world

The Virginia Egg Council printed its first booklet of recipes from inns in Virginia in 1996. It was a huge success —25,000 booklets distributed in six months! We felt 1999, the last year in this century, was the perfect time to print another. *Favorite Breakfast & Brunch Recipes from Virginia Bed & Breakfast Inns*, Edition Two, contains new recipes from additional inns. Recipes have been tested in the Virginia Egg Council test kitchen, and include tips from the Egg Council home economist.

Our thanks to all the innkeepers who have generously shared their recipes with us.

Food service operators and consumers alike should enjoy this new collection of recipe treasures. They are original, delicious, and made more wonderful with eggs.

Give yourself and your loved ones a special treat by getting away to one of Virginia's charming Bed and Breakfast Inns. You'll be pampered with feather beds, magnificent views and sumptuous breakfasts, featuring fresh eggs from Virginia.

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All degrees are Fahrenheit.

# Blue Knoll Cheesy Apple Egg Bake

---

*Blue Knoll Farm Bed & Breakfast, 110 Gore Road  
Castleton, Virginia 22716, 540/937-5234*

The original house is pre-Civil War with an addition added at the turn of this century. Guests cross the threshold and enter the peaceful ambiance of a time almost forgotten. Mary and Gil Carlson, hosts, will make every effort to spoil you in their unspoiled, tranquil setting. Many country attractions are nearby, or guests can simply sit and rock the day away on one of several lovely porches.

2	C. Granny Smith apples, peeled and sliced	2	C. milk
2	T. cinnamon sugar	6	eggs
2	C. grated Cheddar cheese	2	cups Bisquick
6	slices bacon, cooked, crumbled		Maple syrup

Layer apples, sugar, bacon and cheese in sprayed 9x13" baking dish. Blend together milk, eggs, and Bisquick. Pour batter over layered apples. Bake in a preheated 375 degree oven for 40 minutes or until firmly set. Serve with maple syrup.

*Yield: Serves 8*

# Egg Casserole

---

*Hewick Plantation B & B, Box 82, Urbanna, Virginia 23175  
804/758-4214, [www.hewick.com](http://www.hewick.com)*

The spacious grounds, the tree-lined drive, the gracious manor house, circa 1678, make for a perfect setting for weddings and receptions. The house, site of the William & Mary archaeology department's dig begun in 1989, is open for tours by appointment. Helen and Ed Battleson own/operate the Hewick.

12	slices bread (crusts removed)	3	C. milk
2	C. ham, chopped	½	t. salt
2	C. Cheddar cheese, shredded	½	t. mustard
6	eggs, beaten	2	C. corn flakes, crushed
		½	C. butter, melted

Place half bread in a greased 9x13" baking dish. Layer ham and cheese over bread. Place remaining bread on top. Combine eggs, milk, salt and mustard, and pour over bread. Cover and refrigerate overnight. At baking time, mix crushed cereal and butter. Sprinkle on top and bake at 350 degrees for one hour.

*Yield: Serves 8 generously*

**Tip:** This is a great brunch dish. It can be made ahead for those company weekends. Add a bowl of fruit, and plenty of piping hot coffee for a luxurious morning repast.

# Eggs á la Jefferson

---

*Inn at Monticello, 1188 Scottsville Road  
Charlottesville, Virginia 22902, 804/979-3593*

This charming country manor house was built in the mid-1800s, and sits cradled in the valley at the foot of Thomas Jefferson's own Monticello Mountain. Becky and Norm Lindway operate the Inn which specializes in magnificent breakfasts, designed to take advantage of seasonal specialties.

- |    |                                           |    |                                |
|----|-------------------------------------------|----|--------------------------------|
| 16 | eggs, beaten<br>salt, pepper to taste     | 1½ | C. Cheddar cheese,<br>shredded |
| 10 | strips bacon, fried,<br>drained, crumbled | ½  | C. sour cream                  |
| 1  | C. fresh mushrooms,<br>sliced             | 4  | green onions, chopped          |

Lightly scramble eggs to a soft scramble (do not overcook). Salt and pepper to taste. Place eggs as a first layer in a greased 9x13" baking dish. Layer bacon, mushrooms, cheese, dollops of sour cream, and green onions. Cover and refrigerate if not using immediately. In the morning, heat oven to 350 degrees; let eggs come to room temperature (about 30 minutes) and bake for 20-25 minutes until warmed throughout, and cheese is bubbly. Serve with thin slices of fresh tomato.

*Yield: Serves 10*

**Tip:** The VA Egg Council tested half the recipe in an 8" round casserole dish. Three teenagers wolfed it down. The bacon was microwaved in between layers of paper towels for an easy fix, and we used a bit more sour cream than the recipe called for.

*Egg protein is  
top quality — it's considered  
the standard all protein foods  
are compared to.*

# Elegant Eggs in a Nest

---

*Governor's Trace Bed & Breakfast, 303 Capitol Landing Road  
Williamsburg, Virginia 23185, 757/220-7552*

Governor's Trace is just a stone's throw from historic Colonial Williamsburg, and is operated by its owners Sue and Dick Lake. The Washington Post said the inn "vies for the most romantic B& B in Williamsburg." Bedrooms, named after historic figures and elegantly furnished, are where you linger over your delicious morning meal.

4	French bread slices		Salt
4	oven-proof bowls (about 2" deep with a handle or lip)	4	Tabasco sauce
4	T. butter (or margarine)	2	pieces Cheddar cheese, thinly sliced
4	eggs		slices crisp bacon, crumbled

To make nests: Cut bread the exact width that the bowls are deep. (Large muffin tins or popover pans will work, but the nests will need to be transferred to a serving plate.) Place bread slices in the oven-safe bowls. With your fingers, press a deep pocket into bread, being careful not to tear through the bottom or sides. With the back of a teaspoon, coat the depression with at least 1 tablespoon softened butter. Lightly salt each 'nest'. Break one egg into each hole and add 2 drops Tabasco sauce onto each egg. Cover the entire surface of the egg with a thin slice of cheese. Bake in preheated 350 degree oven for 20 to 25 minutes or until set. The egg should jiggle just a little. Sprinkle crumbled bacon on top of cheese and serve.

*Yield: 4 servings*

**Tip:** This dish stays hot and continues to cook for a short time after it is removed from the oven. It should be served immediately.

*Eggs, considered  
nature's perfect food, contain  
every Vitamin except C,  
and most of the minerals.*

# Farmhouse Omelet

---

*Dragon Run Inn, PO Box 1, Church View, Virginia 23032  
804/758-5719, www.dragon-run-inn.com*

Your hosts Ivan and Sue Hertzler will treat you to yesterday's atmosphere with today's conveniences in their 1913 farmhouse. This recipe, named for their farmhouse, is more like a Frittata (an open-faced Italian style omelet) than an actual omelet. It's wonderful.

½	C. onion, chopped	12	eggs, beaten
3	T. cooking oil	3	T. parsley, minced
4	C. potatoes, peeled, diced, cooked	2	t. paprika
		1	T. salt
8	strips bacon, cooked and crumbled	½	t. pepper
		½	t. garlic salt
1	C. ham, cooked, diced	½	t. celery salt
1	C. roast beef, cooked, diced		

In a 10" skillet, cook onion in oil until tender. Add next four ingredients; heat through. Remove from heat. Combine parsley and seasonings with beaten eggs and pour into skillet. Stir gently to mix. Cover handle of skillet with foil or transfer to large round baking dish. Bake, uncovered, at 400 degrees for 20 - 30 minutes or until golden brown and a knife inserted near the center comes out clean. Cut into wedges to serve.

*Yield: 8 - 10 servings*

**Tip:** The Egg Council test kitchen found this to be very tasty, and hearty. It was a big hit at a taste testing brunch. Don't limit this to breakfast — adding a salad makes this suitable for lunch or dinner. It freezes well.

***B**rown shelled eggs  
have the same nutritional value  
as white shelled eggs.*

# Federal Crest Individual Egg Casseroles

---

*Federal Crest Inn Bed & Breakfast, 1101 Federal Street  
Lynchburg, Virginia 24504, 800/818-6155, www.federalcrest.com*

Ann and Phil Ripley serve their beautifully presented breakfasts in a mahogany paneled dining room by a romantic fireplace. Most of the elegantly appointed guest rooms also feature gas-log fireplaces. The inn features a theater with a full stage which is perfect for groups and business meetings.

- |        |                                             |    |                             |
|--------|---------------------------------------------|----|-----------------------------|
| 9      | slices buttered bread,<br>crumbled          | ¼  | t. salt                     |
|        |                                             | ¼  | t. pepper                   |
| ½ to 1 | C. crumbled cooked<br>bacon, sausage or ham | 6  | eggs, lightly beaten        |
| 1      | C. Cheddar cheese,<br>shredded              | 1½ | C. and ½ C. milk<br>Parsley |

Mix bread, meat, cheese, salt and pepper in one bowl. In another bowl, beat eggs and add 1½ cups milk. Combine both bowls and refrigerate overnight. The next day, add ½ cup more milk and stir. Spray 5 individual casserole dishes. Fill ¾ full with egg mixture. Cook about 20 minutes, and garnish with parsley. Great served with baked apples and biscuits.

*Yield: 5 servings*

**Tip:** This is perfect when guests eat at different times. Just pop in oven 20 minutes before guests are to dine.

*Eggs remain freshest when  
stored in their carton in the  
lower part of the refrigerator, not  
on the door.*

# Heritage Eggs Florentine

---

*Heritage House Bed & Breakfast, 291 Main Street  
Washington, Virginia 22747, 540/675-3207, heritage@rma.edu*

1	10 oz. pkg. frozen chopped spinach	½	t. Tabasco sauce
2	10 oz. cans cream of mushroom soup	½	t. dried basil
1	C. sour cream	½	t. dried oregano
1	14 oz. can artichoke hearts	12	eggs
4	T. chopped scallions	1	C. grated Parmesan cheese
2	T. Dijon mustard	2	t. paprika
		6	English muffins, toasted
			Fresh spinach for garnish

Thaw or cook spinach, squeeze out as much liquid as possible. Thoroughly mix the undiluted soup, sour cream, scallions, mustard, Tabasco, and dried herbs. Add the spinach and artichoke hearts, quartered and diced, and fold in the mixture evenly. This mixture can be made ahead, refrigerated and held for 3-4 days.

**To assemble:** Preheat oven to 350 degrees. In individual buttered 1 cup ramekins, spread a scant ½ cup of the spinach mixture in the bottom. Carefully break one egg over the mixture - do not break the yolk. Sprinkle liberally with Parmesan and paprika. Bake for 20 min. or until whites are set and yolks begin to harden on outside.

**To serve:** Place half toasted English muffin on plate with several leaves of fresh spinach around. Carefully use a spatula around the edges of the ramekin and slide egg on top of the muffin, reserving some of the spinach mixture for the top of the eggs. Serve immediately.

*Yield: 12 servings*

**Tip:** VA Egg Council home economist used two 10" round casserole dishes. Six indentations were made in the spinach mixture in each; an egg was slipped into each indentation; it was topped with cheese and paprika, and baked. This was served as a casserole (not on English muffins) at a brunch, with rave reviews.

*Hard cooking eggs  
for deviling, salads, snacking?  
Older eggs will peel  
more easily.*

## Oven Omelette Soufflé

---

Fairlea Farm Bed and Breakfast, 636 Mt. Salem Avenue  
Washington, Virginia 22747, 540/675-3679

Susan and Walt Longyear, Innkeepers of Fairlea Farm B & B, have printed on their flyer, "It looks like history in fieldstone — solid and graceful, its terrace cooled by huge shade trees." Guests enjoy spectacular mountain views, a five-minute stroll from the historic village of Washington, warm hospitality and a sumptuous country breakfast.

12	eggs, beaten	2	C. small curd Cottage cheese
¼	C. flour		
1	t. baking powder	1	stick butter, melted
1	lb. Monterey Jack cheese, grated		

Mix together eggs, flour, and baking powder. Stir in cheeses and melted butter. Mix well. Pour into greased, 13x9x2" baking dish (or use individual custard cups). Bake at 350 degrees for 20 to 35 minutes until eggs are set and top of soufflé is light golden brown.

*Yield: Serves 6 to 8*

## Potato and Egg Pie

---

Shenandoah Springs Country Inn, PO Box 770  
Madison, Virginia 22727, 540/923-4300

Anne and Douglas Farmer operate this country inn nestled on the morning side of the Blue Ridge Mountains. Their guests can enjoy staying in cottages as well as guest rooms with a panoramic view of Shenandoah Park. Many amenities, including a Frontier Village, will occupy you on your mountain getaway to Shenandoah Springs Inn.

5	eggs, beaten	¼	t. hot pepper sauce
½	C. milk	1½	C. sharp Cheddar cheese, grated
3	C. frozen hash brown potatoes, thawed	4	slices bacon, cooked crisp, crumbled (or sausage or ham)
⅓	C. green onions, sliced thin		
½	t. salt		

Combine all ingredients. Pour into a sprayed 9" or 10" pie or quiche dish. Bake at 350 degrees for 25 to 30 minutes. The top should be golden and a knife inserted in the center should come out clean.

*Yield: 4 hearty servings*

## Sabine's Zucchini Slice

---

*Edgewood Farm B & B, 1186 Middle River Road  
Stanardsville, Virginia 22973, 800/985-3782, edgewoodfarm@firstva.com*

The quiet seclusion of an 130 acre farm in the foothills of the Blue Ridge is the setting for the house, originally built in 1790. It has since been restored to its former glory, and is run by your hosts, Eleanor and Norman Schwartz. Each guest room is decorated in the period and includes a fireplace. The Schwartzes greet you upon arrival with refreshments, then serve a sumptuous breakfast each morning.

3	zucchini, grated	1	C. flour
1	large onion, chopped	¼	C. olive oil
3	slices bacon, cooked, drained and crumbled	5	eggs, beaten
1	C. sharp cheese, grated		salt and pepper

Mix all ingredients together and pour into a greased 7x11" casserole dish. Bake at 350 degrees until set or until knife inserted in the center comes out clean. May be prepared without bacon. Serve warm.

*Yield: Serves 6 to 8*

**Tip:** The VA Egg Council test kitchen served this as a light dinner entrée with mashed potatoes and a salad. Very nice texture, flavor, and so nutritious.

*Room temperature eggs  
incorporate more easily into  
baked products. Set cold eggs in  
a bowl of warm water before  
adding to other ingredients.*

# Sampson Eagon Inn

## Fine Herb Cheese Soufflés

---

*Sampson Eagon Inn, 238 East Beverley Street  
Staunton, Virginia 24401, 540/886-8200 or 800/597-9722*

Innkeepers Frank and Laura Mattingly were awarded the Historic Staunton Foundation's Preservation Award in 1992 for the Inn's renovation. They are also known for their outstanding breakfast cuisine.

- |   |                                                                                                                     |    |                                  |
|---|---------------------------------------------------------------------------------------------------------------------|----|----------------------------------|
| 1 | dozen eggs                                                                                                          | ½  | C. all-purpose                   |
| 4 | C. finely shredded<br>cheese (Cheddar, Gouda,<br>Swiss, Monterey Jack —<br>a combination of two or<br>more is best) | 16 | oz. small curd Cottage<br>cheese |
| ¼ | C. finely chopped fresh<br>herbs (a combination of<br>parsley, chives and<br>thyme is great)                        | ¼  | C. butter, melted                |

Beat eggs until very frothy and pale lemon in color. In large mixing bowl, toss cheese with the flour mixture and herbs. Fold in Cottage cheese and butter. Gently fold in the eggs. Fill 10 greased, jumbo non-stick muffin cups to the top with mixture. Bake in a 350 degree oven for 30 - 35 minutes. Remove when puffed and golden brown. Allow soufflés to rest in pan a few minutes to make removal easier.

*Yield: Serves 10*

**Tip:** Leftovers freeze well — the soufflés should be thawed first, then heated in the microwave for about one minute (overheating will produce a rubbery product.) Do not add salt — add dry mustard, cayenne, white pepper, or Tabasco, for more flavor. Nice additions are bacon, ham, steamed broccoli, asparagus, crab or shrimp.

*Eggs should not be left out of  
refrigeration for more than two  
hours including preparation and  
service time.*

# Mountain Rose Toast

---

*The Mountain Rose Inn, 1787 Charity Highway  
Woolwine, Virginia 24185, 540/930-1057  
<http://www.swva.net/mtroseinn>*

Nestled along the banks of Rock Castle Creek, the Inn offers tranquil beauty on 100 acres of land within the shadows of the Blue Ridge Mountains. It's the perfect place to fish, stroll, hike, cycle, or luxuriate in doing nothing. This recipe, created specifically for the Mountain Rose Inn, combines the tradition of homemade bread and classic French toast with the technology of modern bread machines. Reeves and Melodie Pogue, Innkeepers, will serve you a sumptuous three course breakfast, by the glow of oil lamps.

## #1 Cranberry-Walnut Bread (use 1½ lb. automatic bread machine)

½ C. plus 2T. water	1 T. sugar
½ C. plus 2T. Cranberry juice cocktail	1½ t. salt
3 C. bread flour	½ T. butter
1½ T. dry milk	2 t. active dry yeast
	¾ C. chopped walnuts

Make the bread the evening before and allow enough time to thoroughly cool. Follow directions of the bread machine, selecting Basic Mode, adding the above ingredients.

<b>#2 To make French toast:</b>	1½ C. milk
1 loaf homemade Cranberry-Walnut Bread	2 T. sugar
6 eggs, beaten	¼ t. cinnamon
	½ t. salt

Slice homemade bread into one inch slices. Beat together above ingredients in a shallow bowl. Dip bread in egg mixture, coating both sides. Cook over medium heat on well greased griddle until golden brown on both sides. Do not undercook. Serve with the following sauce:

## #3 Spicy Cranberry Sauce

½ C. sugar	1 t. cinnamon
1 T. cornstarch	¼ t. nutmeg
1¼ C. Cranberry juice cocktail	¼ t. ground cloves

Bring all ingredients to a boil in a small saucepan over medium heat, stirring and boiling for one minute. Serve warm on French toast, dusted with powdered sugar.

*Yield: Serves 8*

**Tip:** The VA Egg Council tested this using purchased Cranberry Walnut quick bread with very nice results. The absence of a bread machine should not remove this from your choices for a spectacular and flavorful breakfast entrée.

# Orange Blueberry French Toast

---

*Edgewood Farm Bed & Breakfast, 1186 Middle River Road  
Stanardsville, Virginia 22973, 800/985-3782  
edgewoodfarm@firstva.com*

Your hosts, Eleanor and Norman Schwartz, will greet you with light refreshments and serve you a sumptuous breakfast each morning. This is a wonderful example from their creative kitchen.

6	eggs, beaten	8	slices French bread
1½	t. grated orange peel		(1½" thick)
⅔	C. orange juice	½	C. sliced almonds
2	T. sugar		
1	C. fresh or frozen blueberries (do not thaw)		
	plus 2 T. sugar		

Combine first four ingredients; set aside. With point of a sharp knife, cut a small pocket into side of each bread slice; toss blueberries with sugar and stuff into bread slices.

Carefully put bread slices into a large zip-lock bag. Pour egg mixture into bag, seal, and turn over once or twice to completely saturate bread. Sprinkle half the almonds onto a greased cookie sheet. Place stuffed bread slices on top of almonds; sprinkle remaining almonds on top of slices. Bake in 400 degree oven for ten minutes. Turn slices and bake another 5 to 10 minutes until golden. Serve hot with the following syrup:

<b>Orange-Blueberry Syrup</b>	⅓	C. water	
3	T. sugar	¾	C. blueberries
2	T. cornstarch	1	C. fresh orange sections or Mandarin oranges
⅓	C. orange juice		

Combine sugar and cornstarch in a pan; mix well. Slowly add juice and water. Bring mixture to a boil, reduce heat, and stir until it thickens. Add blueberries and orange slices. Boil for three minutes. Serve warm.

*Yield: Serves 8*

**Tip:** Use large French bread rather than the narrow 'baguette' type, or you'll have to allow two per serving. This is an interesting way to prepare French toast. The VA Egg Council test kitchen fixed it with eggs and juice as well as with the more traditional eggs and milk. Using milk makes it creamier with a less tangy flavor.

# Oven Baked French Toast

---

*Barclay Cottage, 400 16th Street, Virginia Beach, Virginia 23451  
757/422-1956*

Peter and Claire Catanese, owners/operators of the second oldest beach house in Virginia Beach, will fill you in on the history of this completely restored and refinished property. It boasts casual sophistication in a warm, inn-like atmosphere — and it's only two blocks from the ocean. That's a compelling lure to this charming B&B.

- |    |                                                           |   |                                   |
|----|-----------------------------------------------------------|---|-----------------------------------|
| 1  | loaf French, Italian or Portuguese Bread, sliced 1" thick | 1 | C. light brown sugar              |
|    | cinnamon                                                  | 1 | stick butter or margarine, melted |
| 12 | eggs                                                      | 2 | T. corn or maple syrup            |
| 1½ | C. milk                                                   |   | dash nutmeg                       |
| 1½ | t. vanilla                                                | ½ | t. cinnamon                       |
| 1  | heaping t. Butterscotch instant pudding mix               |   |                                   |

Place bread slices in a 9x13" baking dish so they overlap - usually 14-18 slices. Sprinkle with cinnamon. Combine eggs, milk and vanilla and pour on top of bread. Combine remaining ingredients and sprinkle on top of soaked bread. Cover and refrigerate overnight. Bake, uncovered, at 350 degrees for 40-45 minutes.

*Yield: Serves 8 to 12*

**Tip:** This is the reverse of the standard Do-Ahead French Toast — the butter/sugar mixture is on top rather than the bottom. Also, the addition of butterscotch pudding is a special taste treat.

*Recipes use  
large eggs, unless they  
specify differently.*

# Peaches and Crème Brulée French Toast

---

*Inn at Monticello, 1188 Scottsville Road, Charlottesville Virginia 22902, 804/979-3593, <http://www.innatmonticello.com>*

Norm and Becky Lindway pride themselves on the lavish gourmet breakfasts they serve each morning. Once you try this fabulous breakfast creation of theirs, you'll definitely add it to your recipe collection (and visit their Inn).

- |    |                                                     |    |                       |
|----|-----------------------------------------------------|----|-----------------------|
| 1  | stick butter                                        | 6  | eggs                  |
| 1  | C. packed brown sugar                               | 1½ | C. half and half      |
| 2  | T. corn syrup                                       | 1  | t. vanilla            |
| 10 | slices bread, sliced one inch thick, without crusts | 1  | T. Triple Sec liqueur |
|    |                                                     | ¼  | t. salt               |

Melt butter with brown sugar and corn syrup, stirring until smooth. Pour into a 15x10" casserole dish. Place bread slices over mixture. Mix remaining ingredients in a blender or with a whisk. Pour over bread; cover and refrigerate overnight. In the morning, allow to sit at room temperature for 30 minutes. Bake 30-35 minutes in a 350 degree oven.

Serve with Peach Sauce: Combine one package thawed frozen peach slices, ½ cup sugar and ¼ cup peach brandy.

*Yield: Serves 10*

# Rich French Toast Sticks

---

*Brooklyn Plantation, Route 1, Box 341, Prospect, Virginia 23960 803/574-6853*

Lynne and Phil Blaker are the Innkeepers of this beautifully restored 1813 home. Guests will enjoy the ambiance of period antiques, a formal garden and old fashioned cooking which would have been served when the house was new. This is one of their favorites.

- |   |                             |    |                                 |
|---|-----------------------------|----|---------------------------------|
| 6 | thick slices of white bread | 1  | t. vanilla                      |
| 4 | eggs, slightly beaten       | 1¼ | c. mixed milk and half and half |
| ½ | t. salt                     |    | Butter for frying               |
| 3 | T. sugar                    |    |                                 |

Cut homemade or French style bread into ¾ to 1" thick slices. Trim edges. Cut each slice into four sticks. Place these in a 9x13" casserole dish. Combine remaining ingredients and pour slowly over bread. Turn bread to ensure an even coating. Cover and refrigerate overnight. Cook in a large skillet or on a griddle with melted butter. Brown well on all four sides. May be kept warm in a low oven for up to ½ hour. Serve with maple syrup, country sausage and fried apples.

*Yield: Serves 6*

# Stuffed Oven-Baked Croissants with Apricot & Orange Sauce

---

*The Hummingbird Inn, Wood Lane, PO Box 147  
Goshen, Virginia 24439, 800/397-3214, hmgbird@cfw.com*

Diana and Jeremy Robinson, hosts at this unique Victorian Carpenter Gothic villa, believe in an informal relaxed atmosphere. The country inn, which is just west of scenic Goshen Pass, sits amid perennial gardens and is surrounded by a sparkling white picket fence. The Robinson's motto: "Take time to be."

## Sauce:

12 oz. jar apricot preserves	1/3	C. orange juice
1/4 C. Apricot brandy or Amaretto	1	T. butter

## Filling:

1 1/4 cups Ricotta cheese	1/4	t. ground cinnamon
6oz. lower fat Cream cheese		generous dash ground nutmeg
1/2 C. Monterey Jack cheese, grated	1/3	C. apricot/brandy glaze

## Batter:

10 large eggs	1	t. ground cinnamon
2 C. half and half	1/8	t. ground nutmeg
1 t. vanilla	1	t. orange zest
1/2 t. almond extract		

## Croissants:

10 large or 20 mini croissants, sliced sandwich style

In a small saucepan, mix apricot preserves with brandy. Heat to boiling. Remove from heat and cool to room temperature. Set aside.

Place cheeses for filling along with cinnamon and nutmeg in a food processor and pulse until smooth, about one minute. Stir in the 1/3 cup apricot mixture. Spoon generous amounts of filling onto bottom half of croissants and arrange in a generously buttered 16x12" baking pan.

Place all ingredients for batter in a blender and blend for one to two minutes. Submerge top portions of croissants in batter and soak for about 30 seconds. Place on top of filled base. Brush lightly with apricot sauce. Pour remainder of batter around croissants and refrigerate 2-3 hours or overnight. Bake in the middle of a preheated 350 oven for 25-35 minutes or until egg batter is set and croissants are heated through.

While croissants are baking, heat remaining sauce with 1 tablespoon butter and 1/3 cup orange juice, and warm over low heat. Drizzle over plated croissants.

*Yield: 10 servings*

# Almond Strudel Coffee Cake

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*Azalea House Bed & Breakfast, 551 South Main Street  
Woodstock, Virginia 22664, 540/459-3500*

Over 110 azaleas adorn the grounds of this century old Victorian House, located in a Registered Historical District in the town of Woodstock. The picket fence and entry trellis welcome you to share a memory at Margaret and Price McDonald's charming establishment.

## Strudel:

1 C. light brown sugar, firmly packed	3 T. butter, melted
1 C. sliced almonds	1 t. grated orange zest
¼ C. flour	Combine and set aside.

## Cake:

½ C. butter, softened	½ t. vanilla
½ C. sugar	2 C. flour
3 eggs	1 t. baking powder
1 t. orange zest	1 t. baking soda
	⅔ C. orange juice

Make cake by creaming butter and sugar until light and fluffy. Beat in eggs, zest and vanilla, mixing well. Combine dry ingredients; stir in alternately with orange juice. Layer half cake batter in a greased bundt pan. Layer half the strudel mixture, the rest of the batter, and the remaining strudel. Bake in a 350 degree oven for 30-35 min. Cool on a rack. Once cool, remove from pan, position on serving plate, strudel side up, and pour on a mixture of ½ cup powdered sugar mixed with 2 teaspoons of orange juice.

*Yield: 16*

**Tip:** Margaret McDonald of the Azalea House says this is so tasty that what should serve 16 often disappears with 8.

*Eggs,  
only 75 calories each, are a  
dieter's delight.*

# Clam Casserole

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*York River Inn B & B, 209 Abler Street, Yorktown 23690  
757/887-8800 or 800/884-7003, [www.sybercom.net/yorkrvr](http://www.sybercom.net/yorkrvr)*

Host Bill Cole, former curator of the Watermen's Museum, delights his guests with unusual combinations of foods. When he fixes this delicious recipe in individual ramekins, he calls them Clamalamadingdongs.

2	C. cracker crumbs	1	T. Worcestershire sauce
2	eggs	2	T. chopped green pepper
½	C. melted butter	2	T. celery, chopped
2	C. half and half	2	T. grated onion and juice
2	C. clams, coarsely chopped	1½	T. parsley
1	T. Old Bay seasoning	1½	T. chives
2	T. lemon juice	1	t. dry mustard

Mix all ingredients and pour into a greased 8x11" casserole dish. Bake one hour at 350 degrees.

*Yield: Serves 6 to 8*

**Tip:** Can be baked in individual ramekins. Top with buttered bread crumbs and bake for about 40 minutes or until crisp and bubbling hot. Makes 6 generous, or 8 smaller servings. This is a great entrée for brunch, luncheon, dinner. VA Egg Council used canned clams in testing.

# Cranberry-Apple Scones

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*Sampson Eagon Inn, 238 East Beverley Street  
Staunton, Virginia 24401, 540/597-9722*

Innkeepers Frank and Laura Mattingly love creating unusual recipes. This one is so moist, no butter is needed when serving. It's more like a German Kuchen than regular scones.

2¼	C. unbleached all-purpose flour	1	egg, lightly beaten
		½	C. melted butter
½	C. sugar	1	C. coarsely chopped apple
1	rounded T. baking powder	1	C. coarsely chopped cranberries
¼	t. salt		cream and coarse sugar
¾	C. milk		
1	t. vanilla		

Combine dry ingredients. Combine milk, vanilla, egg, butter and apple and add to flour mixture. Gently fold in cranberries. Spread batter in a greased 10" springform pan. Brush top with cream and sprinkle lightly with sugar. Bake in 350 degree oven for 35-40 min. or until golden brown. Do not undercook. Serve warm.

*Yield: Serves 8*

**Tip:** Freezes well when tightly wrapped in foil and reheated. It is simply wonderful — tart, moist, and delicious.

## Eggs Benedict Caledonia

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*Caledonia Farm 1812, 47 Dearing Road, Flint Hill, Virginia 22627  
540/675-3693, <http://www.bnb-n-va.com/cale1812.htm>*

Retired international broadcaster, Phil Irwin, Innkeeper at Caledonia Farm, has fine-tuned this basic recipe. He says timing and practice are critical and you'll get, as he does, rave reviews.

- |   |                                 |   |                            |
|---|---------------------------------|---|----------------------------|
| 2 | English muffins, split          | 4 | eggs, poached              |
|   | Butter or margarine             | 1 | pkg. Hollandaise sauce mix |
| 4 | slices Canadian bacon<br>or ham | 3 | T. lemon juice             |

Toast muffin halves and spread with butter. Top with slices of Canadian bacon or ham. Warm in 160 degree oven. Poach eggs for 3½ minutes in cups sprayed with cooking spray. Cook until whites are opaque and yolks are beginning to congeal around edges. Invert eggs onto muffins. Prepare Hollandaise sauce, replacing 3 tablespoons water with lemon juice. Cover eggs with sauce. Garnish with fresh parsley, kiwi slice, strawberries.

*Yield: 2 servings*

## Mock Pizza

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*Jasmine Plantation B & B Inn, 4500 North Courthouse Road  
Providence Forge, Virginia 23140, 804/966-9836 or  
800/NEW KENT*

"Country with an elegant flair" best describes this 18th century restored farmhouse, located in Virginia's historic plantation country, halfway between Richmond and Williamsburg. Hosts Joyce and Howard Vogt will ensure your stay is a pleasant one.

- |   |           |   |                      |
|---|-----------|---|----------------------|
| 6 | eggs      | 2 | t. parsley           |
| 1 | t. salt   | 1 | t. Italian seasoning |
| 1 | t. pepper | ¼ | C. Parmesan cheese   |

**Toppings:** thinly sliced onions, peppers, mushrooms, cooked sausage, ham, veggies

- |   |                                |   |                           |
|---|--------------------------------|---|---------------------------|
| 1 | 14 oz. can chopped<br>tomatoes | 1 | t. basil                  |
| 1 | small can tomato sauce         |   | Mozzarella cheese, grated |

Combine eggs and next 4 seasonings together and pour into a sprayed deep dish pie pan. Sprinkle with Parmesan and top with any or all the toppings. Bake approximately 25 minutes. While pie is cooking, heat tomatoes, tomato sauce and basil. Cut Mock Pizza into pie slices, place on plates, top with sauce and a sprinkling of Mozzarella.

*Yield: 8 slices*

## Eggs Florentine 'Light'

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*Thornrose House at Gypsy Hill, 531 Thornrose Avenue  
Staunton, Virginia 24401, 540/885-7026*

This turn of the century Georgian Revival home with a wrap-around verandah sits on an acre of gardens festooned with Greek colonnades. Innkeepers Suzy and Otis Huston begin breakfasts with Bircher muesli, and follow with fresh baked muffins and breads and hot entrées such as the following:

2	English muffins, split	4	slices tomato
2	t. butter	4	poached eggs
1 lb.	fresh or 10 oz. frozen leaf spinach		Herbed Mock Hollandaise sauce
2	thin slices cooked turkey ham		

Spread each muffin half with  $\frac{1}{2}$  teaspoon butter. Place under broiler to toast lightly. Cook spinach, omitting salt; drain well; keep warm. Layer slices of ham and tomato on muffin halves. Divide spinach evenly on tomatoes; top with a poached egg, and drizzle on 2 tablespoons Hollandaise sauce.

### Herbed Mock Hollandaise Sauce:

$\frac{1}{3}$	C. low fat mayonnaise	1	t. fresh chopped tarragon or rosemary ( $\frac{1}{4}$ t. dried)
2	T. water		Dash pepper
2	t. lemon juice		

Combine ingredients in a small saucepan; stir with a wire whisk until smooth. Cook mixture over low heat, stirring constantly, 3 to 4 min., or until thoroughly heated. Serve warm over eggs.

*Yield: Serves 2 to 4*

**Tip:** This is a wonderful lighter version of an old favorite. It's actually a tasty combination of Eggs Benedict and Eggs Florentine — taking the best of both, and leaving the fat behind. Try it.

*If you drop an egg,  
sprinkle it heavily with salt, and  
clean up will be easy.*

# My Mom's Best Eggbread

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*York River Inn, 209 Ambler Street, Yorktown, Virginia 23060  
757/887-8800 or 800/884-7003, www.sybercom.net/yorkrvr*

An elegant small inn overlooking the York River, this B & B has as its innkeeper William Cole, an historian. He'll not only feed you extremely well, he'll add to your knowledge about this most historic part of Virginia.

2	C. whole milk	1	t. salt
½	C. white cornmeal	2	t. sugar
3	eggs, separated	½	t. baking powder
2	T. butter		

Heat milk nearly to boiling. Add cornmeal gradually and mix thoroughly. Cook to consistency of mush, stirring all the time. Beat egg yolks until foamy. Add meal and milk mixture to yolks, a bit at a time to prevent cooking the eggs. Add butter, salt, sugar and baking powder. Beat whites until stiff and fold into other mixture. Bake in a greased 11x7" casserole or a soufflé dish for 30 to 40 min. at 350 degrees.

*Yield: Serves 4 to 6*

**Tip:** If you prepare nothing else in this booklet, prepare this. It's like eating something from a world gone by. The VA Egg Council home economist cooked the cornmeal (we used yellow meal and 2% milk) in the microwave, to speed things up. This spoon bread can be served as a side dish at any meal. Its texture and flavor are wonderful, and definitely worth the effort.

# Scalloped Pineapple

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*York River Inn, 209 Ambler Street, Yorktown, Virginia 23060  
757/887-8800 or 800/884-7003, www.sybercom.net/yorkrvr*

This recipe is so curious, it must be tried to be believed. It's the perfect side dish for roasted meats or on a breakfast buffet. Creamy and sweet, it'll make your reputation.

3	eggs, beaten	½	C. half and half
1	C. sugar	1	t. lemon juice
½	C. brown sugar	½	t. vanilla
½	t. salt	1-20	oz. can pineapple chunks and juice
⅛	t. nutmeg	3	C. bread crumbs.
½	C. butter, melted		

Mix eggs with everything else except bread crumbs. When mixture is smooth, fold in bread. Pour into a greased 11x7" casserole dish. Bake at 350 degrees for 45 minutes.

*Yield: Serves 8*

**Tip:** The VA Egg Council used a sweet Hawaiian bread in testing this recipe — Yum.

# Amos' Pancakes

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*Old Spring Farm Bed & Breakfast, Ltd., 7629 Charity Highway (Rt. 40), Ferrum, Virginia 24088, 540/930-3404*

Whatever the season, whatever the reason, Old Spring Farm is a quintessential Blue Ridge Mountain getaway. Built in 1883, and lovingly restored as a B & B in 1997, the inn will transport you to a simpler time. The following recipe was inherited by your host, Suzanne V. Pabst from her father, Amos Van Vorst. He was a baker at heart, and this was one of his most asked for recipes. Suzanne sent a copy of her dad's original hand scripted recipe and offers it to you in his honor.

1	C. flour	1	T. oil
1	t. salt	1	T. corn syrup (white or dark)
1	t. baking powder	1	C. buttermilk
1	t. baking soda		
1	egg, separated and at room temp.		

Sift together dry ingredients; set aside. Beat egg white until stiff; set aside. Whisk egg yolk and oil; mix in syrup; then buttermilk. Add liquid ingredients to flour mixture, and combine with wooden spoon until wet. Do not over mix. Fold in egg white. Bake on hot griddle until brown, and enjoy.

*Yield: 4 servings*

**For waffles:** Add 1 additional egg, 1 T. oil and ½ C. flour to pancake recipe.

*Eggs separate  
more easily when cold,  
but egg whites whip to  
a greater volume at room  
temperature. Set bowl of  
whites in hot water for 5 min.  
before whipping.*

# Lemon Buttercream Blueberry Pancakes

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*Sampson Eagon Inn, 238 East Beverley Street  
Staunton, Virginia 24401, 800/597-9722 or 540/886-8200*

This recipe is pure luxury. Treat your guest or your family to this one lazy weekend morning, and pretend you're dining in the historic Sampson Eagon Inn.

1¼ C. all-purpose unbleached flour	½ C. sour cream
2½ T. sugar	¼ C. melted butter
½ t. salt	½ t. vanilla
1 t. baking soda	½ T. freshly grated lemon zest
2 eggs, separated	Blueberries
1¼ C. buttermilk	

Sift together dry ingredients. Separately, mix together remaining ingredients (except for egg whites and berries). Whisk milk mixture into flour mixture — let batter rest about 10 to 15 minutes. Beat egg whites into soft peaks and fold into batter. Use about ¼ cup per pancake. Cook completely on one side; sprinkle on blueberries; turn and finish cooking.

*Yield: Serves 4*

**Tip:** Blackberries and raspberries are great, too. Be careful not to crush berries when pancakes are flipped.

# Lemon Ricotta Pancakes

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*The Inn at the Crossroads, PO Box 6519  
Charlottesville, Virginia 22906, 804/979-6452*

Maureen and John Deis, Innkeepers, offer hospitality and comfort reminiscent of a bygone era. Listed on the National Register of Historic Places and as a Virginia Historic Landmark, the Inn was built as a tavern for travelers. Today, it offers a place to relax and unwind.

6 eggs, separated	grated peel from ½ lemon
2 C. Ricotta cheese	1 C. flour
¼ C. vegetable oil	½ t. salt
2 T. maple syrup juice from ½ lemon	4 t. baking powder

Mix egg yolks and cheese. Add oil, syrup, lemon juice and peel. Combine dry ingredients and add to the egg/cheese mixture. In a separate bowl, beat egg whites until stiff peaks form. Gently fold into batter. Pour ⅓ cup batter onto hot griddle for each pancake and brown lightly on both sides. Sprinkle with powdered sugar and garnish with fresh berries. Serve with maple syrup.

*Yield: Serves 6*

# Sunrise Pancakes

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*The Gladstone House Bed & Breakfast, 12108 Lincoln Avenue  
Exmore, Virginia 23350, 800/BNB-GUEST, www:gladstonehouse.com*

The Gladstone House is located on Virginia's Eastern Shore. Gracious southern hospitality is extended to you in a beautiful Georgian home. Hosts Pat and Al Egan's motto is, "You will not leave our breakfast table hungry."

1	C. all-purpose flour	2	eggs
2	T. sugar	½	C. plain yogurt
1	t. baking powder	½	C. water
½	t. baking soda	2	T. butter or margarine, melted
½	t. salt		

Prepare Vanilla Cream syrup (follows); set aside. Combine dry ingredients in a large bowl. Combine eggs, yogurt and water in another bowl; whisk in butter. Pour all liquid ingredients into dry ingredients; stir until moistened. Pour about ¼ cup batter onto a hot griddle or fry pan. Spread batter out to make 5" circles. Cook until tops of pancakes are bubbly and appear dry; turn and cook until browned, about two minutes.

## **Vanilla Cream Syrup:**

½	C. sugar	1	t. vanilla
½	C. light corn syrup	1	nectarine, diced
½	C. whipping cream		

Combine sugar, corn syrup and cream in a 1-quart pan. Cook, stirring constantly, over medium heat until sugar is dissolved. Simmer two minutes or until syrup thickens slightly. Remove from heat. Stir in vanilla and nectarine.

*Yield: Makes eight 5-inch pancakes and 1 cup syrup*

**Tip:** Syrup can be made ahead and reheated in microwave. This takes the place of butter and syrup drizzled on the pancakes, and is a lovely flavor and texture change.

*Use your freshest  
eggs for baking — the finished  
product will rise higher.*

## Plantation Pancakes

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*Mayhurst Inn B & B, 12460 Mayhurst Lane, Orange, Virginia 22960  
888/672-5597 or 540/672-5597, [www.bbonline.com/va/mayhurst](http://www.bbonline.com/va/mayhurst)*

Listed on the National Registry of Historic Places for its historic and architectural merit, Mayhurst is a magnificent and rare Italianate Victorian gem. Hosts Bob and Peg Harmon operate the Inn with its fanciful architecture and oval-spiral staircase which ascends four floors.

4	eggs, room temperature*	1	t. salt
1	t. vanilla	8	strips bacon, cooked soft
1	C. flour		
1	C. milk*		

Beat eggs, vanilla, flour, ½ cup milk, and salt. Add remaining milk and beat until light and fluffy. Pour into four individual au gratin dishes, with 1" high sides. Top with 1-2 inch pieces of bacon, approximately 2 slices per pancake. Bake at 375 degrees for 20-25 minutes or until golden brown and puffy. Serve immediately, topped with butter, powdered sugar, and syrup.

*Yield: 4 servings*

**Tip:** \*Warm eggs to room temperature in a bowl of hot water, and microwave milk for 30 seconds to room temperature - they'll incorporate into mixture better. Optional toppings for pancakes are strawberries or fried apples spilling over the side.

## Jackie's Sausage Apple Quiche

---

*Edgewood Farm B & B, Route 2, Box 303, Stanardsville, Virginia  
22973, 804/985-3782, <http://www.firstnetva.com/edgewoodfarm/>*

This is an example of the sumptuous breakfasts served by your hosts, Eleanor and Norman Schwartz, at Edgewood Farm.

½	lb. Italian Turkey sausage, cooked, drained, crumbled	1	C. sharp Cheddar cheese, shredded
1½	C. chopped apple	4	eggs, beaten
½	t. cinnamon	1	C. milk
½	t. nutmeg	½	C. biscuit mix

Put sausage into greased 7x11" baking dish or 9" pie plate. Add chopped apples; sprinkle with spices. Scatter cheese on top. Pour eggs over mixture. Combine milk and biscuit mix and pour over entire casserole. Bake at 375 degrees until a knife inserted in center comes out clean, about 30-40 minutes. Serve hot.

*Yield: Serves 4 - 6*

**Tip:** Apples create an unexpected moistness, while adding flavor.

# Sausage/Apple Quiche

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*Dragon Run Inn, PO Box 1, Church View, Virginia 23032  
804/758-5719, www.dragon-run-inn.com*

Relax; enjoy a book on the porch swing; visit historic Urbanna; antique shop 'til you drop; and devour a wonderful breakfast, served by the Hertzler's at the Dragon Run Inn.

1	lb. sausage (mild or hot - your pick)	1	can apple pie filling
2	deep dish 9" pie shells	2	T. butter, melted
1	lb. sharp cheese, grated	4	eggs
1/2	lb. extra-sharp cheese, grated	2	T. cornstarch
		2	C. milk

Brown sausage in skillet; drain well; blot with paper. Let cool. Spread sausage in bottom of pie shells. Combine cheeses and spread over sausage. Chop apple filling and layer over cheese. Combine butter, eggs, cornstarch and milk; pour evenly over filling. Bake at 350 degrees for about 40 minutes or until golden brown.

*Yield: Serves 12 (two pies)*

**Tip:** This recipe freezes well — simply thaw, and reheat, wrapped in foil.

*Use your freshest eggs  
for frying and poaching — the  
yolks will be firm and high  
and the whites will not spread  
out as much.*

# Quiche Shenandoah

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*The Inn at Vacluse Spring, 140 Vacluse Spring Lane  
Stephens City, Virginia 22655, 800/869-0525 or 540/869-0200  
<http://www.vaclusespring.com>*

The *Washington Post* calls the Inn “spectacular” and “one of the two most romantic country inns in the region.”

Innkeeper Neil Meyers notes that for a brief period during which morels are in season, this is the ultimate Virginia breakfast, particularly when served with fresh local asparagus. The VA Egg Council test kitchen gave this recipe an A+ when it was tested for this booklet. If the Inn is half as good as this recipe, it must be fabulous.

## Mock creme fraiche:

$\frac{1}{4}$  cup sour cream (no low fat substitutes)      1 C. heavy cream (ditto)

Mix mock creme fraiche ingredients well. Cover with plastic wrap and allow to sit overnight in the refrigerator.

## Quiche:

1 sheet frozen puff pastry, thawed in fridge	3 medium fresh morels (or 3.5 oz. fresh shiitake mushrooms)
1 C. Fontina cheese (about $\frac{1}{4}$ lb.), shredded	1 generous slice of country ham, cubed
6 eggs	$\frac{1}{2}$ cup fresh apple cider
$1\frac{1}{2}$ t. mild hot sauce	

Thoroughly clean morels, soaking if necessary to remove insects. Discard stems. Cut into small slices. (If substituting shiitakes, handle the same except clean by wiping, never soaking.) If ham is very salty, soak overnight in cider. Roll out pastry sheet and line pie pan. Whisk eggs well and add creme fraiche, hot sauce, and whisk just until smooth. Strain ham if soaked in cider. Place ham, mushrooms and cheese in pie plate. Add egg mix. Stir lightly with fork to distribute evenly. Bake on heated baking sheet in 350 degree preheated oven for 40 minutes or until a knife inserted in the center comes out clean. Cool on a rack.

*Yield: 6 to 8 servings*

**Tip:** The VA Egg Council also tested this using bacon with fat removed before cooking, and with fresh asparagus spears. The consistency of the custard in this quiche is superb, as is the delicate flavor. It's worth every calorie.

*Produced by the Virginia Egg Council  
Virginia Egg Board  
911 Saddleback Court  
McLean, VA 22102  
703/790-1984  
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