

TheTravelBite.com's

# Bed & Breakfast Cookbook



Ten of the best breakfast  
recipes from  
Inns & hotels  
around the USA

Curated by Rachelle Lucas  
Photography by Jim Hobart

## About Rachelle

Rachelle believes the best way to learn about a destination is through its flavors and often collects recipes from her trips and recreates them on her blog; [TheTravelBite.com](http://TheTravelBite.com)

As a former innkeeper, Rachelle learned to cook by practicing with chefs she met while spending three years managing social media marketing for multiple bed & breakfasts. Since then, she's also had the opportunity to work with The Travel Channel, Visit Florida, Four Seasons Magazine, Mr. & Mrs. Smith, HSN, and the syndicated morning show, Daytime TV.

Rachelle's been recognized 5 times as one of FoodBuzz.com's Top 9 Featured Publishers, was named one of the Top 50 Most Influential People In Travel on Twitter, and Axis Magazine named her one of the Top 20 Coolest People in Orlando. In 2013 she was named one of the top 13 Twitter Personalities To Follow by Elliot.org and had stories printed in PEOPLE Magazine as well as Food Traveler Magazine.

You can read her blog and find more recipes at [TheTravelBite.com](http://TheTravelBite.com).



A very special THANK YOU to Jim and Beth Hobart of MacBeth Photo ([www.MacBethPhoto.com](http://www.MacBethPhoto.com)) for all the photos in this recipe book, for being my taste-testers, and believing in this dream of mine back when I used to burn toast and didn't travel much further than my own back yard. I miss having you guys over for breakfast.

# An Introduction

---

I traded in my power pumps for flip flops in 2005 when I left my corporate job to become an innkeeper. Since it was for vacation lodging cottages, I had the best of both worlds, the relaxed lifestyle of innkeeping without the early morning rush of cooking breakfast. While I enjoyed the luxury of sleeping in as long as the laundry was done, breakfast was my favorite meal of the day. I have the highest respect for the lifelong friends I've made in the bed & breakfast industry that wake up morning after morning to spend time in the kitchen to wow their guests.

One unbearably hot summer, all of the innkeepers in my town got together to brain storm marketing ideas over a refreshing pitcher of iced tea. Or maybe it was wine? It had to be wine, that's what really gets the creativity flowing. Anyway, the idea of blogging came up and since I was the youngest person in the room, and most people in our town thought that blogs were for 14 year olds and insomniacs, I became the designated blogger. That summer, the blog Inn The Kitchen was born.

The stories that I generated were all focused around travel and innkeeping. I trekked all of 3 blocks to each our town's b&b's and stayed the night (which was kind of weird, but fun, being so close to home) so I could write about each experience on the blog. Posts were updated with recipes from the Inns, town events, and any backyard tourist type of activity. Everything from getting dirty on a farm while strawberry picking to fancy schmancy eight course wine pairing dinners. The blog became popular and a few guests asked some of the innkeepers, "Is Rachelle a real person?" What I enjoyed the most from this experience was learning valuable kitchen skills from innkeepers who were retired chefs. Before cooking lessons from these guys, I had a reputation for setting the house on fire just by making toast.

After three years, I had written about everything there was to do and see in a town with a population of 12,000 and began to feel a little wanderlust for a new adventure. I tapped into my previous experience working on television as an actor and trainer and found my calling at the Travel Channel headquarters in Maryland. After some basic training in their film making bootcamp, I hit the road with my camera and began to tell travel stories through video. Producing video for the Travel Channel opened up culinary adventures I wasn't expecting. My experience working with chefs had me wandering into restaurant kitchens, asking for recipes and wanting to see how things were made. Inn The Kitchen evolved to TheTravelBite.com and the rest is history!


Since then, I've traveled to over 35 countries planning my adventures around restaurants and food markets and continue to share those stories online at TheTravelBite.com. I believe we can all learn about a culture through its flavors and the best way to make friends is to enjoy the experience of a delicious meal together.

I hope you enjoy this collection of recipes from my innkeeping days and that it brings a smile to the people you share it with.

-Rachelle

# Table of Contents

---

- 
1. Classic Pancakes
  2. Gingerbread Pancakes
  3. Cinnamon Rolls
  4. Salsa & Eggs
  5. Sweet Potato Muffins
  6. Cherry Almond Oatmeal Bake
  7. Breakfast Egg & Hash Brown Pizza
  8. Blueberry Citrus Scones
  9. Croissant Bread Pudding
  10. Puffed Pastry Egg Bake

## **BONUS**

**Citrus Glaze**

**Homemade Pancake Syrup**





# Classic Breakfast Pancakes



## Ingredients

- 1 1/2 cups all purpose flour
- 2 tsp baking powder
- 2 tsp sugar
- 1/2 tsp salt
- 1 egg (beaten)
- 1 1/2 cup milk
- ( A note about flour: You can also nix the baking powder and use self rising flour for fluffier pancakes.)

## Directions

- 1) Mix all the dry ingredients together in a large bowl. (Flour, baking powder, sugar, salt.)
- 2) Whisk egg in a small bowl and add to the above flour mixture along with the milk.
- 3) Stir together until well blended and pour onto a hot greased griddle or pan.
- 4) Wait until pancakes are bubbling and cooked around the edges, then flip.
- 5) Serve with butter and maple syrup.

# Gingerbread Pancakes

From the  
Mount Dora Historic Inn  
Mount Dora, FL



## Ingredients

- 2 1/3 cup all purpose flour
- 1 tsp ground cinnamon
- 1 1/2 tsp ground ginger
- 1/4 cup sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- pinch of salt
- 1 1/4 cup milk
- 1/4 cup molasses
- 1 egg, beaten
- 3 tbsp vegetable oil

## Directions

- 1) Mix all the dry ingredients together in a large bowl. (Flour, cinnamon, ginger, baking powder, sugar, salt.)
- 2) Whisk egg in a small bowl and add to the above flour mixture along with the milk, oil, and molasses.
- 3) Stir together until well blended and pour onto a hot greased griddle.
- 4) Wait until pancakes are bubbling and cooked around the edges and flip.
- 5) Serve with butter. Garnish with fresh fruit.

# Cinnamon Rolls



## Ingredients

- 1/2 Cup Water
- 1 tbsp Active Dry Yeast
- 1 Cup Milk
- 1/2 Cup Butter
- 1 tsp Salt
- 1 Egg
- 4 1/2 Cups Flour
- 1 Cup Sugar

## Filling

- 1/2 Cup Brown Sugar
- 1 tbsp Cinnamon
- 2 tbsp Butter



## Directions

- 1) Dissolve yeast in 1/2 Cup warm water in a large mixing bowl.
- 2) Scald milk and melt butter in it. Add sugar and salt to milk mixture. Let cool to 120 degrees and add beaten egg to milk mixture.
- 3) Add milk mixture to yeast and mix well, then add flour. Let dough rise until double.
- 4) Punch down dough and roll out into 9×13 rectangle.
- 5) Spread butter or margarine across rolled out dough.
- 6) Cover with brown sugar and cinnamon.
- 7) Roll up dough lengthwise into tight roll.
- 8) Slice dough into 1 inch slices.
- 9) Place slices cut side up on a greased cookie sheet.
- 10) Bake at 350 degrees for 20 minutes.



# Salsa & Eggs



## Directions

- 1) Preheat oven to 400 degrees and coat ramekin dish with cooking spray.
- 2) Line the bottom of the dish with ham and spoon salsa on top of ham.
- 3) Break open the eggs to go over salsa. DO NOT stir the mixture together.
- 4) Bake in oven for 20 minutes or until the white of the egg is beginning to set. Start watching closely after 15 minutes. Remove from oven.
- 5) Layer the grated cheddar over the egg dish. Sprinkle pepper, tomato, and onion on top and return to the oven. Bake until the cheese is melted and a light golden brown on some places. (About 1-2 minutes)
- 6) Let cool for 3 to 5 minutes and then serve.

## Ingredients

(per bowl or ramekin)

- 1-2 eggs
- 1 – 2 tbs mild salsa
- 1/4 cup diced ham
- 1/4 cup diced green pepper
- 1/4 cup diced tomato
- 1/4 cup diced white onion
- grated cheddar cheese



# Sweet Potato Muffins



From the  
Beaufort Inn

Beaufort, SC

## Ingredients

- 2 Cups white flour
- 1/2 Cup freshly ground flax seed
- 1/2 Cup honey
- 1/4 tsp baking soda
- 2 tsp baking powder
- 1 tbsp ground cinnamon
- 1/2 tbsp ground cloves
- 1/2 cup oil
- 2 cups baked, peeled, cubed sweet potatoes
- 2 eggs, beaten
- 1 cup walnuts
- 1 cup dried cranberries

## Directions

- 1) Preheat oven to 375 degrees.
- 2) Using a wire whisk, mix dry ingredients (flour, baking soda, baking powder, flax seed and spices) in large bowl.
- 3) Blend in beaten eggs, honey, and oil and mix well.
- 4) With a spoon mix in sweet potato cubes, walnuts and cranberries.
- 5) Spoon into greased muffin pan and bake for 20 to 30 minutes.

# Cherry Almond Oatmeal Bake

From the  
Horse & Chaise Inn  
Venice, FL



## Ingredients

- 2 Cups Old Fashioned Oats
- 4 Cups Milk (I used Almond Milk)
- 1/2 Teaspoon Almond Extract
- 1/4 Cup Brown Sugar
- 1/2 Cup Sliced Almonds
- 1/2 Cup Dried Cherries
- 1 Large Apple, Grated

## Directions

- 1) Start by pre-heating your oven to 350 degrees and then wash and grate your apple. You could also substitute the apple with 1 cup of cinnamon apple sauce. However, the grated apple adds a little more texture.
- 2) Mix the almond extract with your milk. Then sprinkle the oatmeal in a greased glass casserole dish and pour the milk on top. Next, layer the remaining ingredients on top of the oatmeal.
- 3) Next, CAREFULLY add the casserole to the oven. It will be a little liquid-y until the oatmeal soaks up the milk. Bake at 350 degrees for 45 minutes.
- 4) Let cool for 5 to 10 minutes, scoop and serve!

# Breakfast Egg & Hashbrown Pizza



## Ingredients

- 2 cups biscuit mix
- 1/2 cup water
- 8 oz cream cheese, softened
- 6 green onions, finely sliced
- 6 canned, quartered artichokes
- 6 slices bacon, cooked and chopped
- 1/2 cup roasted red peppers, cut in strips
- 1 1/2 cup shredded mozzarella
- 2 1/2 cups frozen hash browns
- 1 1/2 tbsp capers
- 1/2 (additional) cup mozzarella
- 1/4 cup grated Parmesan cheese
- 3 eggs, whisked with 1 tbsp water and 1/2 tsp white pepper.

## Directions

- 1) Preheat oven to 425 degrees F. In a bowl, combine the biscuit mix and water and stir 20 strokes. Turn onto a floured surface and knead 10 times. Roll into circle and put into a 12-inch pizza pan. OR roll into a rectangle approximately 14-inch X 10-inches and place on the bottom and 1/2 inch up the sides of a 13X9 inch baking dish. \*\*You can also sub with store bought ready-dough from your local bakery.\*\*
- 2) Spread the softened cream cheese evenly over the dough. Place the hash browns over the cream cheese and follow with 1 1/2 cups mozzarella and the parmesan cheese. Sprinkle the bacon, onions, and artichokes over that and arrange the red pepper strips over all. Sprinkle the 1/2 cup additional mozzarella over all and sprinkle the capers over that.
- 3) Bake pizza in middle of oven for 15 minutes and then pour the egg mixture carefully over the pizza. Bake another 20 minutes until crust is golden brown and the eggs are just solid. I cut the pieces when the pizza is almost done and then put it back in the oven for 5 minutes to finish baking. Let stand 5 minutes before serving.
- 4) Serve!



# Blueberry Scones with Citrus Glaze



## Ingredients

- 2 3/4 cups of flour
- 1 tsp salt
- 1 tbs baking powder
- 2/3 cup sugar
- 1/2 cup of chilled butter
- 3/4 cup of heavy whipping cream
- 2 large eggs
- zest of one orange
- juice of one orange
- 1 pint of fresh blueberries (freeze them overnight before using)

## Directions

- 1) Pre-heat oven to 400 degrees F.
- 2) Combine dry ingredients.
- 3) Add heavy cream and eggs to dry ingredients.
- 4) Zest one orange, then cut in half, and juice.
- 5) Cut butter into very small pieces and mix into dough using a fork or pastry blender. Don't over mix. Butter should be about the size of peas when you are done mixing it into dough.
- 6) Coat fresh frozen blueberries with a light dusting of flour then add by folding gently into dough.
- 7) Place about a cup of flour onto counter and place half of dough on it. Coat dough lightly with flour and form a round disk with the dough. It should be about 10 inches around.
- 8) Cut circle of dough into 4 sections. Remove excess flour from scones and place on cookie sheet lined with parchment paper.
- 9) Repeat with second half of dough.
- 10) Bake at 400 degrees for about 45 minutes.
- 11) Add orange icing (*recipe included at the end of e-book*) and serve!





# Croissant Bread Pudding

## Ingredients

- 8 store bought croissants, torn into medium-sized pieces
- 8 whole large eggs
- 1 1/2 cups milk
- 2 Tbsp Grand Marnier liquor
- 1 Tbsp superfine sugar
- Powdered sugar and fresh raspberries, blueberries and/or blackberries for garnish



From the  
Glass Mountain Inn  
St. Helena, CA

## Directions

- 1) Preheat oven to 400 degrees. Generously spray 8 ramekins with vegetable oil. Add one torn croissant to each ramekin.
- 2) Whisk eggs, milk, sugar and liquor in a bowl. Pour egg mixture into each ramekin, making sure there is enough liquid to soak bread. Let ramekins sit for 15 to 20 minutes to allow bread to soak up egg mixture. Place ramekins on parchment covered baking sheet, preferably a jelly roll pan with sides to avoid sliding.
- 3) Place ramekins in preheated 400 degree oven and bake for 20 minutes until golden and puffed. Using an offset spatula, gently turn out each bread pudding on a serving plate. Top with powdered sugar and fresh berries. Chicken-apple sausage or bacon is a perfect accompaniment to this dish.

# Puffed Pastry Egg Bake



## Ingredients

- 1 pkg Pepperidge Farm puff pastry sheets
- 1 dz eggs
- 1 lb of jack cheese
- 1 onion, diced
- 1-2 tbsp dijon mustard
- salt
- grated cracked pepper

From the  
Silver Forest Inn

Bozeman, MT

## Directions

- 1) Thaw puff pastry to room temperature. Lightly butter a cookie sheet.
- 2) Brown onion in butter; add whipped eggs and scramble over medium heat until nearly cooked (still glossy).
- 3) Place one sheet of pastry on cookie sheet and brush with mustard. Spread with eggs and sprinkle with cheese. Top with cracked pepper. Place other pastry sheet on top; do not crimp sides.
- 4) Bake at 400 for 20-30 minutes until puffed and golden brown.
- 5) Cool 5 minutes and cut into squares.
- 6) Serve with salsa, chicken apple sausage and fresh fruit. (Note: Salt can be added to scrambled eggs to taste.)

# Citrus Glaze



## Ingredients

- A 1lb bag of powdered sugar
- Orange (for zest and juice)
- Orange extract



## Directions

- 1) Pour sugar into mixing bowl.
- 2) Zest the orange, then add zest to sugar.
- 3) Next, cut the orange in half, then squeeze the juice into the sugar mixture. Be sure to not allow any seeds to get into your glaze.
- 4) Add the orange extract for a little extra flavor.
- 5) Mix until well blended, then pour over blueberry scones.

# Homemade Pancake Syrup

## Ingredients

- 1/2 Cup Water
- 1 Cup White Sugar
- 2 Cups Brown Sugar
- 1 tsp Pure Vanilla Extract
- 1 tsp Corn Starch

## Directions

- 1) Add cornstarch to white sugar and mix together. Then add all ingredients to a large saucepan on medium heat and bring to a boil.
- 2) Once it begins to bubble, turn heat down to low and stir until all sugar is dissolved.
- 3) Serve hot off the stove, or let cool for a bit and it will thicken up even more.



[www.TheTravelBite.com](http://www.TheTravelBite.com) ©2013  
All Rights Reserved