

# Chambered Nautilus Bed & Breakfast Inn

## Favorite Melon Recipes from the Chambered Nautilus Bed & Breakfast Inn

### Mango Tango

Cut fresh watermelon and ripe Mangos into bite sized pieces  
Put in individual fruit bowls  
Drizzle with lime Juice and let sit for 30 minutes  
Just before serving, add one scoop of your favorite sorbet (we like lemon sorbet)  
And garnish with sprig of mint or wedge of lime



### Ginger-Lime Melons

Cut fresh Cantaloupe and Honeydew melons into bite sized pieces and put in individual fruit bowls  
Drizzle lightly with honey  
Drizzle with lime juice  
Sprinkle finely chopped Crystallized Ginger on top  
Garnish with lime wedge

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## Gourmet Granola

6 cups rolled oats	1/2 cup light oil
1/2 cup chopped pecans	1/2 cup brown sugar
1 cup chopped walnuts	1/2 cup honey
1/2 cup sesame seeds	1/2 cup maple syrup
3/4 cup sunflower seeds, raw	1/4 cup molasses
1 cup dried coconut	1 Tablespoon vanilla extract
1/2 cup raisins	1-1/2 teaspoons cinnamon
1/2 cup dried cranberries	1/2 teaspoon salt

Preheat oven to 350 degrees. In separate pan, oven roast the oats, walnuts, pecans, sesame seeds, and sunflower seeds until lightly toasted (about 15-20 minutes); cool. In a large bowl, combine all toasted ingredients with coconut, date and raisins. Set aside.

Combine oil, brown sugar, honey, maple syrup, molasses, vanilla, cinnamon and salt in a saucepan. Stir over low heat until well-combined and warm to the touch. (Do not boil!)

Pour liquid mixture over dry mixture and mix well. Turn out and flatten onto a greased cookie sheet pan and roast at 350 degrees for about 30 minutes, stirring every ten minutes. Remove from oven, cool and store in tightly sealed containers in a cool, dry place.

Makes about 1 gallon of granola, or 36 1/3 cup servings.



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### Stuffed French Toast with Orange Syrup From Chambered Nautilus Bed & Breakfast Inn

- 8 1 inch slices of French Bread
- 4 ounces of Cream Cheese, softened
- 1/4 cup Orange Marmalade
- 3 eggs
- 3/4 cup milk
- 1/4 teaspoon vanilla
- 1/8 teaspoon cinnamon
- Dash of ground nutmeg
- 2 tablespoons butter or margarine



Cut across the top-crust side of the bread and cut a pocket in each slice. In a small mixing bowl stir together the softened cream cheese and the orange marmalade. Mixture should not be soupy. Spoon about 1 tablespoon of the cheese mixture into each pocket. In a mixing bowl beat eggs, milk, vanilla, cinnamon, and nutmeg till combined. Dip stuffed bread slices into egg mixture. Heat butter or margarine on a griddle, and add stuffed bread slices. Fry over medium heat until golden brown, turning once. Serve with warm orange syrup and garnish with orange slice and/or strawberries, and powdered sugar. Makes 8 slices.

#### **ORANGE SYRUP**

In a small saucepan combine **1 cup sugar**, **1 cup butter** and **1 6-ounce can frozen orange juice concentrate**. Place over low heat until butter is melted. Do not boil! Remove from heat and cool for 5-10 minutes. Beat until slightly thickened and serve warm. Orange Syrup will keep in the refrigerator for several weeks. Makes 1 ½ cups.

## Chambered Nautilus Bed & Breakfast Inn

### Crab Artichoke Egg Puff

#### From Chambered Nautilus Bed & Breakfast Inn

This recipe comes to us courtesy of our friends at the 1889 Whitegate Inn and Cottage in Asheville, NC, with a few of our own modifications of course.

#### Egg Puff:

Preheat oven to 350°

#### Combine:

- 5 beaten eggs
- 1/4 Cup flour
- 1/2 Teaspoon baking powder
- 8oz. cottage cheese
- 2 Cups grated jack cheese
- 4oz shredded crab or imitation crabmeat (we only use the real thing at the Chambered Nautilus)
- 6oz chopped artichoke hearts
- Add salt and pepper to taste
- \* Add Tobasco to taste



Combine all ingredients and mix well. Spray 4 individual bowls or 6 6oz ramekins ( each ramekin holds about ½ cup serving of egg mixture) with cooking spray and divide mixture equally between bowls/ramekins.

Bake in a preheated oven at 350° for approximately 30 minutes or until golden brown. Serve garnished with hollandaise sauce and roasted peppers or asparagus.

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## Southwestern Quiche

From Chambered Nautilus Bed & Breakfast Inn

### Ingredients:

6 eggs  
2 Tablespoons flour  
2 cups cottage cheese  
1 cup Shredded Monterey Jack Cheese (may also use Pepper Jack Cheese)  
¼ cup . butter, melted  
4. oz can diced green chiles  
¼ cup chopped cilantro

Salsa, Sour Cream,  
Blue Corn Tortilla chips and refried beans

### Instructions:

Preheat oven to 375 degrees. In a large bowl, beat eggs. Add Flour, beat flour into eggs, it will be a little lumpy. Mix in cottage cheese, jack cheese, butter, chiles, and cilantro. Pour into 6 ramekins.

Bake at 375 degrees for 40-45 minutes.

Serve with sour cream and salsa, on top. Refried beans, and blue corn tortilla chips make a nice side garnish.

This crustless quiche is best served hot from the oven in individual ramekins!



## Chambered Nautilus Bed & Breakfast Inn

### Blueberry Buttermilk Griddle Cakes From Chambered Nautilus Bed & Breakfast Inn

#### Ingredients:

10 oz. (2 ¼ cups) unbleached, all purpose flour  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 tablespoon plus 1 teaspoon sugar  
1 oz. (2 tablespoons) butter, melted  
2 large eggs  
2 ½ cups buttermilk (shake the buttermilk in the carton/bottle before adding)  
Frozen or fresh Blueberries

Mix all ingredients EXCEPT the blueberries, together in a large mixing bowl.

Preheat Griddle. Grease the griddle. Water droplets that dance briefly before disappearing mean the heat is right. 1 ladle (slightly less than ½ cup) of batter per pancake. Place batter on the griddle, drop blueberries into the pancake. Flip the pancake when they are covered with bubbles. Check the underside to make sure it is nicely browned before flipping. Cook the other side for ½ as long. If buttermilk is not available, use 2-2 ¼ cups of milk instead. Sprinkle with powdered sugar.

Variations involve: adding raspberries, chocolate chips, or just serve plain topped with your favorite sauce or syrup.

