

Special Foods for Special Guests

As an innkeeper and cook, I often prepare foods for guests with special dietary needs. At the inn, we've served vegetarian, lactose-free, egg-free, nut-free, low fat, low-sodium, diabetic, nitrate-free, dairy-free, wheat-free, gluten free, and many combinations of specific food allergen-*free* dishes. This can be tricky at times, depending on the availability of ingredients for special dishes, but we do our best to accommodate the dietary needs of our guests.

When preparing foods, always try to use fresh, organic, non-GMO ingredients. Fresh picked herbs from the garden always make food taste best! Specialty ingredients, such as gluten free oats and soy Parmesan can be found at your local health-food store, such as Vitamin Cottage.

Here are two recipes, one for a wheat/gluten free cobbler and the other for a dairy free frittata, which I created for a guest with a number of dietary restrictions. The cobbler may be modified to be dairy free, by simply omitting the butter.

Laurie Lester is Innkeeper/Owner of Willow Pond Bed & Breakfast in Grand Junction Colorado. For more recipes and information please visit www.willowpondbnb.com. To contact Laurie, please e-mail innkeeper@willowpondbnb.com

Willow Pond's Wheat Free Cobbler

Serves 4. Cook time: 20 minutes

*If you do not use *guaranteed* gluten free oats, this may not be a gluten free food. Omit butter to make dairy-free.

Prepare Gluten Free Oatmeal for 4 servings and add:

2 TBSP Pure Maple Syrup
2 TBSP Brown Sugar
¼ tsp Cinnamon
Pinch Allspice (optional)
Pinch Nutmeg (optional)

Berry Mixture:

2 Cups Mixed Berries
2 TBSP Granulated Sugar
½ TBSP Cornstarch
1 tsp Cold Water

Mix in small dish:

1 TBSP Granulated Sugar
1 Pinch Cinnamon

Vegetable Oil Spray

4 TBSP Butter or Butter Substitute

Prepare oatmeal according to package directions, when finished cooking: add syrup, brown sugar & spices.

Put berries & sugar in medium saucepan, cook over medium until boiling, stirring constantly. Mix cornstarch with cold water and add to boiling berry mixture, stir until thickened. Remove from heat.

Preheat Broiler.

Spray small casserole dish with vegetable spray (8 inch oval dish or similar dish)
Put berries in dish, top with oatmeal, spreading evenly over top of berries. Sprinkle with cinnamon sugar mixture and top with butter slices.

Place in broiler until golden, about 3-5 minutes. Remove from broiler and serve.

Willow Pond's Dairy Free Frittata:

Serves 4. Cook time: 20 minutes.

*Substitute vegetables according to dietary needs. Use egg substitute if desired.

10	Organic Eggs
¼ Cup	Soy Parmesan substitute
2 tsp	Italian herbs <i>or</i> fines herbs
Pinch	Salt
½ tsp.	Fresh ground pepper
1	Zucchini, thinly sliced
2	Large Roma Tomatoes, sliced
½	Medium Onion, thinly sliced
4 TBSP	Fresh Basil, chopped
2 TBSP	Olive Oil

In medium bowl beat eggs and add soy cheese, herbs, sprinkle of salt and ½ tsp pepper. Mix.

Heat oil over medium heat, in 10-inch non-stick skillet, sauté zucchini & onion until softened, add tomato and basil, just heat through. (Do not overcook!)

Add egg mixture to skillet, completely covering vegetables, cover and cook over medium-low heat until eggs are set.

Pre-heat broiler. Sprinkle frittata with more soy-parmesan. Place skillet in broiler and cook 3-5 minutes until golden. Serve.

