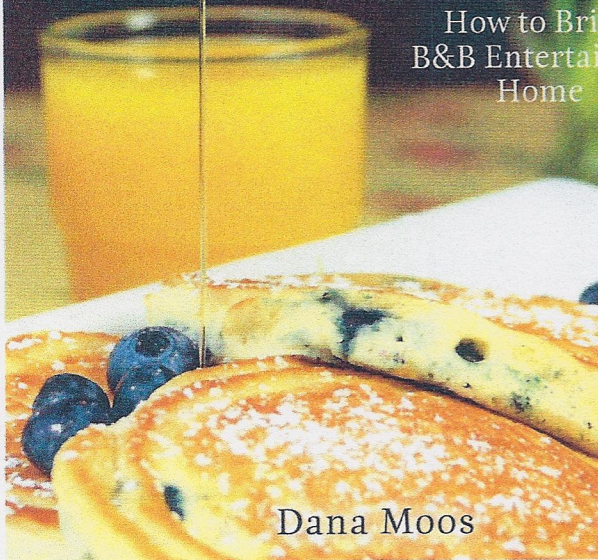


the art of breakfast

How to Bring
B&B Entertaining
Home



Dana Moos

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*Is A Woman Of
Many Talents*



Not only is she the author of *The Art of Breakfast*, but she is also an Innkeeper and Realtor® selling bed and breakfasts, inns and recreational properties throughout Maine.

She's a passionate hobby photographer, blogger (foodmadam.com, mymainephotography.com and visitmaine365.com), and a freelance food writer/photographer. Currently she contributes to various blogs and magazines. Dana is a native Washingtonian who grew up in the Maryland suburbs before moving to Maine to buy a bed and breakfast. She appreciates "Maine, the way life should be" and has three mottoes: "Everything in moderation"; "Wine and cheese daily"; and "My glass is always half full, unless I'm drinking from it!"

She's been known to take breakfast way beyond bacon and eggs and paint a plate or two with multiple sauces. But that doesn't mean the process has to be complicated. There's no reason that breakfast should receive any less respect than dinner when it comes to presentation. Combine these components and you'll understand the premise of her cookbook; in two words: *Sophistication Simplified*.

For years Dana has viewed food as art; the medium with which to paint her plates. Foods of opposite colors look and taste fabulous together. With a basic understanding of these principles and a few techniques, shortcuts and basic pantry ingredients, you'll see how simple it is to recreate a bed and breakfast style breakfast at home for your friends and family. Inside *The Art of Breakfast*, Dana has included a selection of gluten free and vegetarian options as well for the health conscious foodie.

"I've learned a lot during my time as an innkeeper: you can't please all of your guests all of the time but you can certainly come close."

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Monte Cristo *with* Ham & Maine Maple



Black Pepper Candied Bacon

1 pound of thick-cut bacon
Light brown sugar
Freshly ground black pepper

1. Preheat the oven to 350 degrees.
2. Lay the bacon flat on a rimmed baking sheet. Sprinkle each piece with about teaspoon of the sugar. Add plenty of black pepper straight from a peppermill.
3. Bake until crispy, about 30 minutes. Remove to a piece of foil, or a cotton towel, not paper towel, as the sugar will cause the bacon to stick.

Serves 4

4 large eggs
1 cup half & half
1/4 teaspoon salt
1/4 cup sweet brown mustard
1/2 cup plus 2 tablespoons Maine maple syrup
8 slices of Challah or other thick-cut egg bread
16 slices of thinly sliced smoked ham
8 slices of Havarti (or Monterey Jack)
1 ripe but firm Bosc pear, sliced fresh raspberries,
for garnish raspberry preserves, for garnish

1. Preheat the oven to 325 degrees.
2. Mix the eggs, half & half, mustard, 2 tablespoons of the maple syrup, and salt in blender for 5 seconds and pour into a wide bowl for dipping.
3. Layer four slices of the bread with cheese, ham, sliced pear, and another layer of cheese, then top with the remaining 4 slices of bread. Cut in half. Dip the sandwich halves into the egg mixture and fry on a griddle over medium heat until brown on both sides, about 5 minutes. Move the sandwiches to a parchment-lined cookie sheet when done. Cover and place the cookie sheet in oven for 20 minutes, uncovering after 15, until completely heated through.
4. Serve the two halves on a plate with fresh raspberries, maple syrup, and a small ramekin of raspberry preserves. (Sometimes I add diced kiwi for color and a light acidic bite.)

Maine Blueberry Malted Belgian Waffles

Makes 12 waffles

- 2 1/4 cups flour
- 2 tablespoons granulated sugar
- teaspoon salt
- 1/2 cup canola or vegetable oil
- 1 1/2 cups 2 percent milk
- 1 egg
- 1/4 cup malted milk powder
- 2 tablespoons baking powder
- 1 cup Maine blueberries (thaw and drain well if you use frozen berries)
- Fresh Whipped Cream for garnish

1. In a large bowl, combine the flour, sugar, salt, oil, milk, egg, malted milk powder, and baking powder and mix with a whisk until well combined. Do not over mix—it's OK the batter is slightly lumpy. Gently fold in the blueberries, using caution not to break them.
2. Heat a waffle iron and liberally coat it with cooking spray.
3. Ladle the batter onto waffle iron and cook until golden brown, about 8 minutes. To keep the waffles warm and crisp, keep them covered in a 250-degree oven and then just before serving uncover to expose waffles to the dry heat for a few minutes, then plate.



Fluffy Chocolate Ricotta Pancakes

Serves 4

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| 1 cup ricotta cheese | 1 1/2 cups flour |
| 1 cup low-fat milk | 2 cups maple syrup |
| 1 tablespoon extra-virgin olive oil | Juice from 2 oranges |
| 1/2 teaspoon orange extract | 1 tablespoon Grand Marnier |
| 3 eggs, separated | Powdered sugar, orange slices and zest, for garnish |
| 3 tablespoons granulated sugar | 1/4 cup mini chocolate chips, for garnish (optional) |
| 1 tablespoon cocoa powder | |
| 1/4 teaspoon salt | |
| 1 tablespoon baking powder | |

1. In a mixer, blend the ricotta cheese, milk, olive oil, orange extract, egg yolks, and sugar until smooth. Add the cocoa powder, 1/8 teaspoon of the salt, the baking powder, and flour and blend.
2. In a separate bowl, whisk the egg whites with the remaining 1/8 teaspoon of salt and beat until stiff.
3. Add the egg whites to the batter, folding gently to incorporate. Drop the batter onto a hot griddle, flipping when they just begin to bubble. Meanwhile, combine the maple syrup, orange juice, and Grand Marnier in a small bowl. Dust the finished pancakes with powdered sugar and serve with the orange maple syrup and fresh orange slices. Zest some orange peel on top before serving. Add the mini chocolate chips for the Chocoholic!

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Chocolate, Banana & Raspberry French Toast

Makes approx

1/2 cup
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1/2 cup
1/2 cup

Serves 4

3 large eggs
1 cup half & half
1/4 cup granulated sugar
1/4 teaspoon salt
1/2 teaspoon vanilla extract
3 ounces cream cheese, softened
8 slices thick-cut French toast bread
2 small ripe bananas
Powdered sugar, Raspberry Coulis, Dark Chocolate
Sauce and Fresh Raspberries for garnish

1. Preheat the oven to 325 degrees.
2. Combine the eggs, half & half, sugar, salt, and vanilla in blender and mix for about 5 seconds. Pour into a wide bowl for dipping.
3. Spread the softened cream cheese on one side of all eight slices of bread.
4. Thinly slice the bananas and divide among four slices of bread, layering evenly.
5. Place the top slice of bread on top of the layer of bananas, with the cream cheese side facing down. Dip each sandwich into the egg mixture to coat, making sure to soak thoroughly.
6. Fry on griddle or skillet over medium heat until browned on both sides, about 4 to 5 minutes per side.
7. Place on a parchment-lined sheet, cover with foil, and bake for 15 minutes until the center is heated through. Remove foil and cook another 3 minutes.
8. Remove from oven and let sit for 2 minutes before slicing on a diagonal. Dust with powdered sugar and serve with a drizzle of Raspberry Coulis (page 137), Dark Chocolate Sauce accompanied by fresh raspberries and sliced bananas.

Dark Chocolate Sauce

Makes about 2 cups

1 1/2 cups heavy cream
1 cup dark brown sugar
8 ounces unsweetened chocolate
1/2 stick unsalted butter
3 tablespoons spiced rum
teaspoon salt
1/2 teaspoon vanilla extract

1. Combine the cream, sugar, chocolate, butter, rum, salt, and vanilla in a small saucepan and melt over medium-low heat until the chocolate is completely melted and combined. Use a whisk and stir constantly for best results.
2. Cool completely and store in squeeze bottles in the refrigerator for up to 1 week or in the freezer for 1 month
3. Sauce accompanied by fresh raspberries and sliced bananas.

Raspberry Coulis

Makes about 2 cups

One (24-ounce) bag frozen raspberries, thawed,
draining most of the visible excess liquid
1/2 cup powdered sugar
1 tablespoon fresh lemon juice

Combine the raspberries, sugar, and lemon juice in a blender and puree for about 20 seconds. Push through a fine-mesh sieve or a strainer. Store in a plastic airtight container or squeeze bottles in the refrigerator for 4 days or freezer for 4 weeks.

1. Preheat the oven to 325 degrees.
2. Combine the eggs, half & half, sugar, salt, and vanilla in a wide bowl for dipping. Add the vanilla.
3. In a large bowl, spread the softened cream cheese on one side of all eight slices of bread. Layer the sliced bananas and bread slices evenly.
4. Spread the top slice of bread on top of the layer of bananas, with the cream cheese side facing down. Dip each sandwich into the egg mixture to coat, making sure to soak thoroughly.
5. Store in a plastic airtight container or squeeze bottles in the refrigerator for up to 1 week or in the freezer for 1 month.

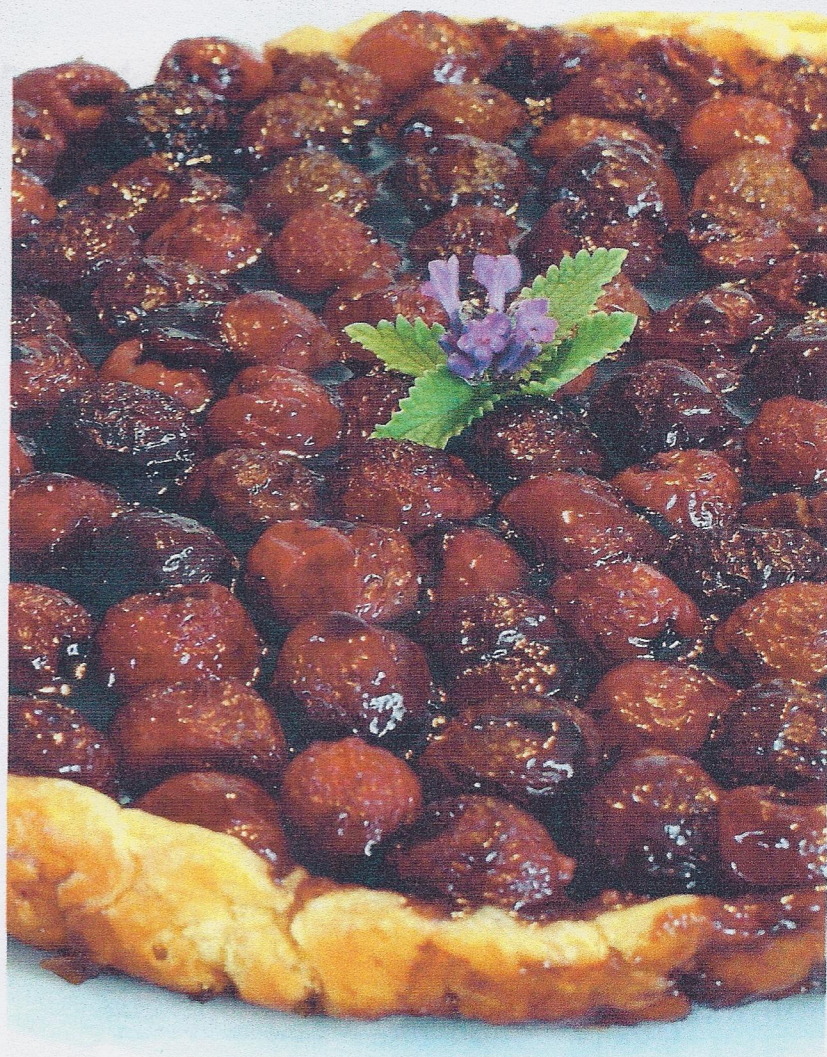


Dana's Gourmet Granola

Makes approximately 5 cups

- 1/2 cup canola oil
- 1/4 cup honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups thick cut oats (not quick cooking)
- 3/4 cup shredded coconut
- 3/4 cup sliced almonds
- 1/2 cup pecans
- 1/2 cup pumpkin seeds
- 1/2 cup dried cranberries
- 1/2 cup golden raisins

1. Preheat the oven to 325 degrees. Line a rimmed baking sheet with parchment paper.
2. Combine the oil and honey in a small glass mixing cup and microwave for 90 seconds. Add the vanilla and cinnamon and set aside.
3. In a large mixing bowl combine the oats, coconut, almonds, pecans, pumpkin seeds, cranberries, and raisins and mix well. Add the oil and honey mixture and mix with spatula until very well coated.
4. Spread the granola onto a baking sheet and bake until just lightly browned, about 25 to 30 minutes, stirring halfway through to ensure even cooking.
5. Store in an airtight container in the pantry for up to 1 week. The cooked granola freezes very well and keeps for a couple months.



Chocolate Cherry Cordial Tart

Serves 8

- 4 cups fresh sweet Bing cherries, pitted
- 1/2 cup sugar
- 1/4 cup port wine
- 1 tablespoon chocolate balsamic vinegar (I use Fiore), but if not available, use an aged Balsamic
- 1 teaspoon arrow root powder (dissolved in a couple tablespoons of the port)
- 2 teaspoons cocoa powder
- 1 sheet frozen puff pastry, thawed
- 4 ounces softened cream cheese
- 4 ounces shaved chocolate (or chips)

1. Preheat the oven to 375 degrees.
2. Mix the pitted cherries with the sugar, port, balsamic, dissolved arrow root powder, and cocoa and put into medium saucepan. Cook over medium heat until sauce comes to a boil. Remove cherries and boil sauce 2 to 3 minutes longer to thicken. Remove from heat and place cherries back into sauce and allow to rest.
3. Press the puff pastry sheet into a 9-inch shallow and greased baking dish or tart pan.
4. Spread the softened cream cheese on the pastry. Spread the chocolate shavings (or chips) evenly over the cream cheese. And using a slotted spoon, place the cherries in a single layer over chocolate.
5. Bake for 35 minutes. Allow to cool at least 20 minutes before serving.