

Iowa Bed & Breakfast Guild

2017 “Quiche Me In The Morning” Review

Well another Quiche contest has come and gone at this year’s Iowa State Fair. Boy did we have a good time! This year our four judges had the “delicious” task of tasting 11, yes 11 Quiche! I think they had a difficult time because they ALL looked so good!

This year’s first place winner was Bridget Lottman with her “Crustless Sunrise Quiche”. Our second place winner was “our own” Marie Fitzgerald (Innkeeper at Four Mounds Inn and Conference Center in Dubuque) and her “Spinach and Artichoke Quiche”, and our third place winner was Jennifer Bartles and her “Italian Zucchini Pie with Venison Salami”. Each winner received a cash prize and an Iowa Bed and Breakfast Guild gift certificate. Congratulations!

Each person who entered the contest received a beautiful chef’s apron inscribed with, ***Iowa Bed and Breakfast Guild, Quiche Me In The Morning, Iowa State Fair***. These are beautiful aprons!

This year was special because our contest was covered by Iowa Public Television! They did a fantastic job telling our story. If you would like to see coverage of our contest goes to **iptv.org** and search for “State Fair coverage”.

I would like to take this opportunity to thank our wonderful judges; Dorothy Spriggs (Carriage House B&B/Grinnell), Bob Brooks (Brown Street Inn/Iowa City), Judy Mills (Cupola Inn/Nora Springs), and Kayla Hawkins (White Lions B&B/Winterset). They did all the hard work and they did a fantastic job!

If you think you might be interested in serving as a judge next year, please give Michelle Bliss or Dorothy Spriggs a call. You will receive free entrance into the Fair plus a free parking pass (a \$22.00 value).

Think about coming out and enjoying the State Fair for a day! You’ll be glad you did!

See you next year!!

Michelle Bliss
Harvest Moon Innkeeping
515.689.8915

Dorothy Spriggs
Carriage House B&B
641.236.7520



Congratulations to Marie Fitzgerald, IBBG Member from Four Mounds Inn in Dubuque – 2nd Place Winner

Find the winning Quiche Recipes in the “Recipe Box” section

News from Iowa Tourism - 2018 Iowa Travel Guide

Dear IBBG Members;

We will not be listing lodging properties in the 2018 issue of the Iowa Travel Guide. All lodging listings will still be available on www.traveliowa.com. Our research showed that people use websites over guides for the purpose of finding lodging.

The information that appears on page 1 of the current guide regarding the Iowa Bed & Breakfast Guild will remain in the next guide.

Let us know if you have additional questions.

Jessica O'Riley | Tourism Communications Manager
Tourism Office



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Our Children Thought We Were Crazy.

It is. . .families returning 14 consecutive years.

It is. . .children's smiles.

It is. . .friendly farm cats and cattle.

It is. . .butterflies, bees, fireflies and birds.

It is. . .vacationers, working folks and those celebrating special occasions.

It is. . .Germany, Switzerland, England, Australia, Korea, Norway, and America.

It is. . .motorcycles, campers, U-Haul trucks, classic cars, pickups, cars and bicycles.

It is. . .family and college reunions.

It is. . .instructing rookie river runners and countless Winnebago River floats.

It is. . .flowers enhanced with garden art.

It is. . .agriculture 101.

It is. . .the rounded curve of the stone barn roof.

It is. . .breakfast from the griddle, oven, grill, and microwave.

It is. . .breakfast served in-room, on the deck, in the round stone barn, or on picnic tables in the flower garden.

This year the Cupola Inn Bed & Breakfast in Nora Springs celebrated 20 years of business... with an attitude of gratitude. **Judy & Dale Mills**

Welcome New Members



The Ruby House B&B
Pat & Terry Rabbitt
316 S John Wayne Drive
Winterset IA 50273
641-221-0359

therubyhousebnb@gmail.com

www.therubyhouse.com

2 rooms



The White House of Eldora B&B

Barbara Reiter
900 10th Street
Eldora IA 50627
641-849-7113

whitehouseofeldora@gmail.com

www.whitehouseofeldora.com

4 rooms





FOR YOUR RECIPE BOX

Do you have a recipe you'd like to share in the "Recipe Box" section? Submit to Shellie at the IBBG office at ibbg@netins.net

2017 Quiche Me in the Morning State Fair Contest Winning Recipes

Crustless Sunrise Quiche 1st Place

Ingredients:

4 eggs slightly beaten
1/4 cup grated onion
1 cup cream cheese (room temp)
1 lb. sausage (cooked)
1/4 cup all-purpose flour
1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. cayenne
1 cup sharp cheddar
1 T. chopped Jalapeno
1 T. chopped roasted red pepper

Directions:

Pre heat oven to 350*. Grease a 10 " deep dish pan.
Mix eggs, cream cheese and the grated onion. Add the cooked sausage. Set aside.
Mix Flour, baking powder, salt, garlic powder and cayenne. Add to egg mixture. Mix well.
Add the cheese, jalapenos and red pepper.
Mix until just incorporated.
Pour into prepared pan.
Decorate top with extra jalapenos and red peppers.
Bake 35 - 40 minutes.
Cool 10 minutes before cutting.

Spinach and Artichoke Quiche 2nd Place winner - Marie Fitzgerald

Ingredients:

6 eggs
1/4 cup milk
salt and pepper
2 cups fresh spinach leaves
1 bulb of garlic divided into cloves and peeled
1 - 12 oz. jar artichoke hearts
8 oz. cream cheese softened
6 oz. Parmesan cheese
1/2 cup Hellman's mayonnaise

Mix together eggs, milk, salt & pepper and set aside.
Chop together the 2 cups spinach leaves, garlic cloves, and artichoke hearts. Stir in the softened cream cheese, Parmesan cheese and the mayonnaise. Mix well. Add egg mixture into the spinach mixture and stir well. Pour into prepared unbaked pie crust and bake at 400 * for 40 - 50 minutes or until knife inserted into the center comes out clean.

Pie Crust:

2 1/2 cups AP flour
1 cup shortening
1 T. corn starch
1/2 tsp. baking powder
1/8 tsp. salt
1 T. vinegar in 1/2 cup cold water

Mix together dry ingredients. Mix in the shortening and finally the vinegar/water.
Roll out and press into a 10" pie plate

Italian Zucchini Pie with Venison Salami

3rd Place - Jennifer Bartels

Ingredients:

2 T. butter
4 cups thinly sliced zucchini
1 cup chopped onions
1/2 cup hot pepper cheese venison salami
2 T. dried parsley flakes
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic powder
1/4 tsp. dried basil leaves
1/4 tsp. dried oregano leaves
2 eggs, well beaten
2 cups Italian blend shredded cheese
2 tsp. stone ground mustard

Heat oven to 375*. In a 12 - inch skillet, melt butter over medium/high heat. Add zucchini and onions; cook 6 - 8 minutes, stirring occasionally, until tender. Stir in parsley flakes, salt, pepper, garlic powder, basil and oregano. In a large bowl, mix eggs and cheese. Add cooked vegetable

mixture; stir gently to mix. Spread crust with mustard. Pour egg mixture evenly into crust lined pie plate.

Bake 45 - 55 minutes or until knife inserted toward the center comes out clean. If necessary, cover edge of crust with strips of foil during final 10 minutes of baking to prevent excessive browning. Let stand 10 minutes before serving.

Pie Crust:

1 1/2 cups sifted flour
1/2 tsp. salt
1/2 cup cold lard
3 - 4 T. ice water

Sift flour and salt together. Cut in cold shortening. Sprinkle with water (without the ice cubes) one Tbsp. at a time, lightly tossing with a fork after each addition until moistened. Gently form a disc. The less the dough is handled the better. Wrap in plastic wrap and chill in fridge for 2 hours. Roll out disc and place in the bottom of a 9" pie pan.



To all IBBG Members – Greetings,

There are all kinds of opportunities to promote your bed and breakfast on Facebook FOR FREE. One way is to utilize our IBBG Facebook page. To be featured on our Facebook page, please send announcements about special prices and events, news about updates or new features at your B&B, and most importantly, photos! If you send photos and announcements to Sherrie Hansen at bluebelle@myomnitel.com, she will post them on the IBBG Facebook page. Please provide a caption if possible. If you don't know how to send digital photos, you can mail a photo or even a copy of your brochure to Sherrie Hansen, PO Box 205, Saint Ansgar, Iowa 50472 and Sherrie will photograph it to use on the Facebook page.

One more way you can all help to publicize and promote your B&B and IBBG is to LIKE and FOLLOW the Facebook page if you haven't already. Please also LIKE the posts and photos already featured on the page, including your own. If you feel inclined to share the posts or photos, that's even better. The more likes a post has, the more people will see it. You can also SHARE our IBBG page so your friends on your own page will see it and hopefully check it out.

If you scroll down on the right, under the Community heading, please click on INVITE YOUR FRIENDS to like our page. We each have dozens or even hundreds or thousands of friends on Facebook. If we all share the page, like the posts, and invite our friends to like the page, the free exposure we get from the Facebook page will multiply several times over and we will all benefit.

Thank you! Sherrie Hansen, Blue Belle Inn B&B (If you have questions, please feel free to contact me at 641-713-3113 or bluebelle@myomnitel.com).