

George House

Heritage Bed & Breakfast

Kitchen Recipes

WINNER

GOURMAND
World Cookbook Awards



Recipes from the Award-Winning, Five-Star
George House Heritage Bed & Breakfast
in Dildo, Newfoundland and Labrador

Todd Warren and Dale Cameron



GEORGE HOUSE

HERITAGE BED & BREAKFAST

❧ Kitchen Recipes ❧

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of more than 300 tried, tested
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and old-time classic recipes
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Newfoundland trivia,
and timeless cooking tips*

TODD WARREN and DALE CAMERON

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HERITAGE BED & BREAKFAST

*We dedicate this book
to our mothers*

and

*our family and friends
for their encouragement*

and

*to the countless guests
who have always asked:*

“Can I have your recipe for . . .”



Acknowledgements

We would like to thank all of those guests, family members and friends who collected recipes, passed them along with their compliments and for those whom we asked, “Could you try this dish? We want your opinion as we are making a cookbook and want to know what you think.”

A special note of acknowledgement goes out to Todd’s mother, Marina Warren, for taking the time to write down her recipes that she keeps in her head, to our valued staff members Doris Garland for sharing her fish recipe, Tammy Boyer for her Hopeall coffee cake, Ruby Legge (who we affectionately call Aunt Ruby) for her Aunt Emily’s Cake, and the many others who contributed their cherished recipes.



“The Journey,” by Dale Cameron

My first memories of being in a kitchen were about 37 years ago as I assisted my mom as her “Cookie.” She would say that she was the cook and therefore I was the “Cookie.” Of course I was only about four years old at the time and my duties usually included scraping a bowl or occasionally stirring the batter.

My mother was an exceptional, self-taught baker and she would produce wonderful breads, biscuits, muffins, sweets, and pies. She made homemade jams, jellies, and pickles. My food memories as a child include homemade applesauce, pumpkin jelly, warm tea biscuits, homemade lemon meringue pie, oatmeal coffee cake, and her wonderful brown bread with raisins.

Due to our family relocating east, as a child I had to wait for an additional year to start elementary school, and there wasn’t kindergarten at the time, so I spent lots of time in the kitchen with my mom helping her – or so I thought I was, when actually she was just keeping an eye on me and trying to keep me out of mischief. She would allow me to assist her in stirring, measuring, and scraping the bowls in exchange for me assisting with the dishes. While I detested doing the dishes, I thought the task was worth the fun of helping.

My mom had a stove with two oven doors and she would leave them open to warm up the kitchen after she had removed whatever she had baked that day. As children we were happy to have homemade cookies in our school lunches, and treats after we arrived home from school. Mom would have prepared our evening meal and, as my dad was a “meat and potatoes” man, she always had traditional basics like meat loaf, roast beef, shepherd’s pie, corn chowder, beef stew, pork chop skillet bake, and boiled dinner.

At some point in my childhood, my mom began to work outside of the home, and while she worked evenings she still continued to bake and cook for the family. So I substituted my on-the-job training in the kitchen with watching the action on a variety of television cooking shows. We didn’t have cable TV in the 1970s and early 1980s and only had two English television channels, channels 2 and 7, and channel 11 was French-language television.

I can vividly remember watching Ruth Frames on *What’s Cooking*, Bruno Gerussi with *Celebrity Cooks*, Graham Kerr on *The Galloping Gourmet* reruns, Stephen Yan on *Wok With Yan* and *Yan Can Cook*, and two special favourites were James Barber’s *The Urban Peasant* and Madame Jehane Ben-



oit on *The Young Chefs*. I remember watching to see what ingredients they were going to use, how they would use them, and wish I could be there in their TV kitchen to assist and taste along with them.

After the death of my mother I remember trying to recreate her signature dishes and I realized that while anyone can make a dish from a recipe, each cook adds his own personality to the dish. And, while I've never been able to fully recreate her dishes, I've come close and, as all cooks do, I've added my own personality to it.

Over the past number of years I've taken a few night school courses in food preparation that have continued my interest in cooking. I began clipping recipes and trying them and sharing recipes with friends. I've always enjoyed making dishes to bring to potluck parties – and once remember making a few hundred egg rolls for a retirement party in Renfrew, Ontario. My house smelled of cooked cabbage for weeks afterward.

Cookbooks offer lots of inspiration to an eager cook, and I think of a cookbook as a great novel – something to be read from cover to cover. I've collected hundreds of cookbooks over the years and always enjoy reading them and choosing recipes to try. Sometimes they turn out just like the photo in the book, and other times they don't. Often I'll include the ingredients the way a recipe calls for it to be prepared, and then the next time I make it I'll adjust the recipe to make it my own.

Several years ago I thought about writing a cookbook, and due to time restraints and lack of focus it never happened. Then, two years ago, Todd and I were working at the bed and breakfast, and guests asked us for the recipe for a dish that we had prepared. I wrote it out for them and the guests said, "Why don't you make a cookbook, as I'm sure we're not the first guests to ask for this recipe?" Later that night, after the kitchen was closed, we sat with a glass of wine and said, "Why don't we?" And thus the concept began.

This cookbook includes many recipes that we have tried over the years, ones that were given to us by family, friends, and from our travels. The recipes are straightforward and use commonly found ingredients and kitchen tools so that a basic cook or baker can easily create anything from the book.

So, when I think about this cookbook I think of the days I had as a child in the kitchen with my mom, those afternoons sitting on the living-room carpet watching Ruth, Bruno, Graham, Steven, James, and Madame Benoit on a small black and white television with rabbit ears, and all the different ways in which food was created are some of the best memories in my life.

Dale Cameron



"Inspiration," by Todd Warren

I often wonder what our ancestors ate when they first arrived on the shores that are now Newfoundland and Labrador.

I have many fond memories that revolve around food and I often remember being a child and anxiously awaiting our Christmas dinner, and days in the summer when I longed for fresh fish. There were those days when I would rush home from school and watch my mother bake cakes and cookies and cook our evening meals. I would stay by her side to watch and help her prepare dinner and provide my young commentary as I tasted her soups and nibbled on pastry.

At the age of ten I began experimenting with how food was made. I would wait until there was a time when my parents and siblings were out of the house and I would seek a chocolate cake mix from the kitchen cupboard and I would make the batter according to the directions. Only about half of the batter would make it into a pan and the oven, as the other half would have been devoured by me in the process of mixing the batter. Then the only thing left to do would be to eat the baked cake once it was iced to ensure all morsels were gone so there was no evidence I was tampering in Mom's kitchen.

I don't know if this was any indication of my first love of sweet foods or the beginning of my interest in the kitchen and its many wonders.

This cookbook has been a dream of mine for many years. Since I first opened Inn By The Bay and subsequently opened George House Heritage Bed & Breakfast, our guests would frequently ask, "How did you make this," "Where did you go to cooking school," "Can I have this recipe," and, "Have you ever thought of making a cookbook?" Although I had no formal training in cooking I would smile and say, "I cook using recipes and my imagination and just taste as I go."

At the time I was in school for my formal training in the hospitality industry I was offered a job by a hotel in St. John's as a waiter part-time and part-time front desk clerk. This gave me a wonderful introduction to the hospitality industry as well as its demands. I took that opportunity to ask the chefs why they put certain items on the menu, inquired as to how they would make a certain dish, and learned all I could on the job. Eventually, my career advanced and I moved from one hotel property to another, and I was always pleased to assist the kitchen when large banquets were held, and I had the coveted role of "Gravy Boy" at the end of the production line, ensuring the plate was perfect before being served.



In the early, entrepreneurial days of my foray into the bed and breakfast business, I would wonder, *How will I prepare the food for the guests?* Would I only prepare breakfast or should I include lunch and perhaps even evening dinner? So I simply began by preparing basic foods, continued to search for new recipes to try, and picked up cookbooks that were interesting, and I changed recipes to reflect my own cooking personality.

During the slow times of the year I watched classic cooking shows such as *Cooking with Julia Child* and Martha Stewart's show and found inspiration. Then I began to notice, as I watched other television shows, that my attention was on the food they served and ate, and not on the plot at all. I was hooked.

Over the past 13 years in the bed and breakfast business I have tried to count the sheer number of guests who have enjoyed breakfast, evening dinner and even my two attempts at attracting a local lunch crowd. I've held charity dinner events, hosted dozens of Christmas parties, and even made homemade preserves and sold them.

My greatest accomplishments, in addition to our guests commenting favourably about their dining experience, have been the many mentions of my food in established travel guides such as *Fodor's*, *Frommers*, *Lonely Planet*, *Moon*, and of course *Where to Eat in Canada* over the past several years.

The food from this little bed and breakfast in Dildo, Newfoundland, has been highlighted in many other publications such as *The National Post*, *The Globe & Mail*, *The New York Times*, *The Toronto Star*, *The Toronto Sun*, *The UK Independent*, and it's been recognized on many websites and even a few television programs.

It has been with the assistance of my partner Dale and his love of food as well, that this cookbook has gone from a dream to a reality. Our life includes wonderful memories and as always they are peppered with wonderful adventures in food. When we recall a trip or memory we are often caught reminiscing, saying, "Remember that is where we ate the . . . and had the . . ."

In closing, I hope you enjoy flipping through these pages and savouring the many gifts they have to offer.

Todd Warren

About recipes from the kitchen of the George House Heritage Bed & Breakfast

At bed and breakfasts and country inns, cooking takes on a whole new dimension where guests make memories of their most favourite dishes, and now you can create this at home with *George House Heritage Bed & Breakfast Kitchen Recipes*.

Continuing in the tradition of hospitality, Newfoundland innkeepers Todd Warren and Dale Cameron offer classic recipes that are time-tested and true. For over 20 years they have cooked and enjoyed presenting their food for family, friends, and guests at their bed and breakfast and inn.

George House Heritage Bed & Breakfast Kitchen Recipes celebrates the 125-year history of the George House in 2010 as a historic landmark in Dildo, Newfoundland, and Todd and Dale's cookbook showcases traditional Newfoundland favourites as well as many personal recipes that guests have asked for over the years. As you leaf through the pages of this cookbook you will have an adventure in cooking, and it will be as rewarding to read as it will be to use as your handbook in the kitchen.

In preparing this cookbook, it was not the authors' aim to present the art of cooking from a professional standpoint, but rather to give, in a very simple and clear manner, the art of cooking and baking to the everyday person. You don't have to be a five-star cook to enjoy this five-star bed and breakfast's cookbook.

This collection of recipes includes a variety of tasty, simple-to-make dishes that include step-by-step instructions and utilize common ingredients. In this cookbook, the authors share their recipes along with guest comments and timeless, helpful kitchen hints and tips. From beginner cooks to the advanced, there is something for everyone.

If you are from Newfoundland, the authors hope this book will encourage you to try these recipes. If you are from away, they hope that you will try the exciting culinary world that is presented in this book.

Recipes include: appetizers, breakfasts, snacks, breads, biscuits, muffins, soups, chowders, stews, vegetables and sides, main dishes, sauces and gravies, timeless Newfoundland favourites, desserts and sweets – including cookies, cakes, and pies – as well as beverages.

Contents

STARTERS

A Recipe Poem	xxvi
Artichoke Appetizer Dip	2
Black Bean Dip	2
Crab Dip	3
Creamy Chive Dip	3
Crab-Stuffed Mushrooms	4
Devilish Eggs	5
Holy Moly Guacamole	6
Mushroom, Bacon and Onion Tart	7
Trinity Bay Salt Cod Dip	8
Spinach Dip	9

BREAKFASTS & SNACKS

Baked Hearty Breakfast	12
Blueberry Cheese Pancakes	12
Country Apple Pancakes	13
Dominion Crepes	14
Easy Basic Crepes	14
Blueberry Granola Bars	15
Heavenly Baked French Toast	16
Honey Granola	16
Morning Riser Apple Pancakes	17
Mushroom Egg Divan	17
Mushroom & Spinach Omelette	18
Portobello Quiche	19
Quiche Lorraine	20
Rock Granola	21
Salmon Quiche	22
Scrambled Eggs 365	22
Tomato & Basil Breakfast Quiche	23
Stuffed French Toast With Blueberries	24
Waffle Mix	25

BISCUITS

Blueberry Scones	28
Captain Dildo's Cheese Scones	29
Country-Style Ham Biscuits	30

Fisherman's Cheese Biscuits	30
Mary Walker's Traditional Tea Biscuits	31
Louisdale Tea Biscuits	32
Mushroom Biscuits	32
Oh So Sweet Tea Buns	33

BREADS

1864 Potato Bread	34
Banana Bread	35
Barrens Cornbread	35
Dinner Rolls	36
It's That Easy Buns	36
Heart's Content Carrot & Zucchini Bread	37
I'se The By Gingerbread	38
Joyce's Partridgeberry Orange Bread	39
Nana Farrell's Molasses Buns	40
Onion Beer Bread	41

MUFFINS

Apple Bran Muffins	42
Blueberry Muffins	43
Cranberry Nut Muffins	44
Decadent Muffins	45
Glory Glory It's Morning Muffins	46
Harvest Pumpkin Muffins	47
Buttermilk Rhubarb Muffin	48
Healthy Banana Blueberry Muffins	48
Inn By The Bay Muffins	49
Partridgeberry Muffins	50
Quick & Easy Blueberry Muffins	50
Rosanna's Raspberry Muffins	51
Strawberry Rhubarb Muffins	52

SALADS

Carrot Raisin Salad	54
Celery Salad	54
Creamy Potato Salad	54
French Salad Dressing	55
Grow Dat Broccoli Salad	56
Lunenburg Cucumber Salad	56
Mayonnaise	57
Potato Egg Salad	57

Opa Greek Salad	58
Todd's Stellar Caesar Salad	59

SOUPS & CHOWDERS

Award-Winning Seafood Chowder	60
Broccoli & Cheddar Cheese Soup	61
Cold Cucumber Soup	61
Carrot & Ginger Soup	62
Cheddar Soup	62
Clam Chowder	63
Corn Chowder	64
Dale's Pea Soup	64
Harvest Pumpkin and Parsnip Soup	65
Cream of Broccoli Soup	66
Gambo Hamburger Chowder	66
Moratorium Cod Chowder	67
Lentil Soup	68
Mussel Soup	69
Old Shop Soup	70
Pea Soup Doughboys	70
Potato And Leek Soup	71
St. Pierre French Onion Soup	71
Route 80 Chili	72
Turkey Soup	73
Yvonne's Cabbage Soup	74

STEWES

Old-Time Kitchen Beef Stew	75
Beginner Stew	76
Shrimp Cookery	76
Cabin Beef Stew	77
Gros Morne Beef Stew	78
White Bean and Mushroom Stew	79
Elephant Stew	80

VEGETABLES & SIDE DISHES

Baked Potato	82
Cauliflower au Gratin	82
Couscous Pilaf	83
Creamy White Beans	84
Curried Carrots	84
Dale's Baked Beans	85

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