

Fall Getaway to a B & B

If you are looking for a Fall getaway, let us suggest a bed & breakfast. Our friends at [BnBFinder.com](http://www.BnBFinder.com), the leading bed & breakfast directory, have compiled a complete fall getaway guide at www.BnBFinder.com/Foliage and compliments this list with hundreds of guest favorite and tested fall recipes at www.BnBFinder.com/recipes. We've received their permission to pass on a few of the favorites for you to try at home--or, at the inn!

Eastern United States

From quintessential New England towns to urban centers, a radiant mix of reds and yellows surround the beautiful rivers, mountains and highways of this region. Colors began their display in late September and are expected to last until the end of October. Experience the colors for yourself and stay at:

Fitch Hill Inn Bed & Breakfast, Hyde Park, VT
www.BnBFinder.com/FitchHill

This wonderful Federalist home (with some Victorian additions on the front façade) has been a farmhouse, a boarding house, a family home and, since the mid-1980's, a bed and breakfast. It is also the perfect spot to set up camp for your foliage excursions. And at home enjoy this guest favorite:

Pumpkin Walnut Muffins

Ingredients:
2 eggs, beaten
1 1/2 cups sugar
1 cup canned or cooked mashed pumpkin
1/2 cup vegetable oil
1/3 cup water
1 2/3 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup chopped walnuts

Directions:
Pre-heat oven to 350°.
In a large bowl, mix eggs, sugar, pumpkin, oil and water.
In a medium bowl, combine flour, cinnamon, baking soda, baking powder and salt.
Stir dry ingredients into pumpkin mixture; mix well. Fold in nuts.
Fill greased or paper-lined muffin cups 1/2 -3/4 full.
For regular-sized muffins bake for 20-25 minutes or until muffins test done. For jumbo-sized muffins bake for 30-35 minutes or until muffins test done.
Do not over bake. Cool on wire rack.
Yield: 12 regular-sized muffins or 8 Jumbo-sized muffins.
Note - These muffins freeze well.

Central United States

From Michigan to Arkansas, the middle of October is peak foliage season. Experience the classic colors and trees that are found in the northern states, or take a trip to the Ozark Mountains where the bright red hue from the many dogwood trees make the foliage memorable. Plan your getaway accordingly so that you are sure to enjoy all of the vibrant colors and stay at:

Songbird Prairie Bed and Breakfast, Valparaiso, Indiana
www.BnBFinder.com/SongbirdPrairie

Sweet songs of bluebirds invite you to wander on deep-shaded paths that wind through sheaves of prairie grass and wild rose. Located just 1 hour from downtown Chicago and 2 1/2 hours from Indianapolis, there will always be plenty to do on your getaway. And at home enjoy this seasonal guest favorite:

Pumpkin Bread Pudding In a Pumpkin Shell

Ingredients:
1 pound loaf of egg bread sliced
1 stick of butter
2-12 ounce cans of evaporated milk
3 cups of gourmet half and half
1 cup of sugar
1 cup of cooked, pureed pumpkin or canned pumpkin
6 large eggs
2 teaspoons ginger
2 teaspoons cinnamon
2 teaspoons vanilla
1/2 teaspoon salt
1 cup sliced dates or raisins
1 cup walnuts

Directions:
Cut off the top of a medium sized pumpkin remove seeds and fibers. Place pumpkin in a square pan that has 1 inch of boiling water in it. Bake shell for 30 minutes at 350 degrees.
Fill shell with pudding mixture and bake 1 1/2 hours longer.
Set pumpkin lid in oven for last hour of baking.
The pudding:
Toast bread slices and brush with melted butter and cut into cubes. In a saucepan, blend evaporated milk, half and half, sugar and pumpkin with wire whisk until smooth.
Heat until bubbles appears around the sides of pan. Remove from heat.
In a large bowl, whisk the eggs with ginger, cinnamon, vanilla and salt until well-blended. Then beat in a cup of the pumpkin mixture. Pour egg mixture into remaining pumpkin mixture and mix well. Pour over bread and let stand 15 minutes.
Heat oven to 350 degrees. Fold in dates and nuts.
Transfer to pumpkin shell that has been previously baked for 30 minutes and bake according to directions above.

Western United States

Heading west may sound odd when talking about fall foliage, but it is truly spectacular. Picture beautiful rolling hills spotted gold, or miles and miles of vineyards turned into vibrant colors after the harvest. Western Wine Country enjoys foliage color until mid-November. In the southwest, imagine deep green pine tress surrounded by the red and golds that mix together with the white bark of Aspen trees. Wherever your trip takes you, the colors are sure to will impress you. Stay at:

Strawberry Creek Inn Bed and Breakfast, Idyllwild, CA
www.BnBFinder.com/StrawberryCreek

A tranquil retreat that will rejuvenate your spirit and relax your body, The Strawberry Creek Inn offers peaceful luxuries and simple pleasures. Nestled in the San Jacinto Mountains, Strawberry Creek offers you magnificent colors and beautiful views. And at home enjoy:

Banana Nut Muffins

Ingredients:
1 2/3 Cups (220g) All-purpose Flour
1/3 Cup (35g) Oat Flour
1 tsp (6g) Baking Soda
1 tsp (6 g) Salt
1 Cup Toasted Walnuts or Pecans, chopped
8T (1 stick) unsalted butter, melted and slightly cooled
2 Large Eggs (room temperature)
1 tsp Almond Extract
1/2 tsp Banana Rum (optional)
3 to 4 overripe bananas* (12 oz or 340g)
1 Cup Granulated Sugar (7 1/2 oz or 210g)

Directions:
Pre-heat oven to 350 degrees.
Sift flour, oat flour, baking soda, and salt into a bowl.
Fold in toasted nuts.
Whisk butter, eggs, almond extract and banana rum together in a separate bowl.
Place bananas and sugar in another bowl and mash together until smooth with a potato masher.
Combine Banana/sugar mixture with butter/egg mixture and whisk together.
Add wet ingredients to dry ingredients and mix only until combined. Do not overmix!
Butter or spray a 12-hole muffin tin.
Use a 2 1/2 oz ice-cream scoop to fill each muffin hole with batter; batter should come just to the top of the muffin hole.
Bake in the middle of the oven for about 30 minutes, or until a toothpick inserted into the bottom of the muffin comes out ALMOST clean.
Carefully turn each muffin on its side to cool using a spatula spreader or paring knife, to prevent sogginess.
Yields 12 muffins.
*Bananas should be VERY ripe (ie, as much black as possible on the skins), but not spoiled. You should be able to very easily mash the bananas with a potato masher. This is a good use for bananas that have gotten too ripe to eat whole. You can freeze them before they spoil--but after they have over-ripened--and thaw just before making your muffin batter.

Comments

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