



# Cooking is My Passion . . .

...and even though I am an amateur, my time in the kitchen is a calling. Cooking is not a chore here but a daily meditation. The planning, preparation and sharing of vegetarian meals are joys for me and gifts to our guests. At Snug Hollow, the sunny kitchen is the engine room of the house. Bread is baked daily; soups simmer on the stove and the pies in the oven fill the house with a fragrant promise of what's to come. Hearty breakfasts, lunches and elegant dinners are lovingly prepared and make their way to the table...another memorable meal!

I'm not sure if I was born to cook, but I sure have a love of preparing food my way. Since becoming a vegetarian 32 years ago I have searched for creative ways to cook and prepare delicious meals. My preference is to serve up old favorites with as little alteration as possible. Stuffed green peppers, pot pies, bean soup, mashed potatoes, macaroni and cheese or even a good cheesy pizza are my favorites.

Since a vegetarian diet may be confusing to some, this is a “what to cook” book as much as a recipe book. I have included ideas with familiar foods served in perhaps new and imaginative ways. I am flattered when guests ask for a recipe and I expect them to make it their own by adding or subtracting ingredients.

Having the right ingredient is important to Snug Hollow meals and we have a well-worn path from our garden to the kitchen door. When it comes to unconventional cooking, such as vegetarian, we must depend on our own “good taste.” I mean this literally. By tasting, using herbs, spices and creative additions, you can give your dish the delicious taste it deserves.

*“Tucked away in the hills of Estill County, Kentucky is a hide-away where guests can leave behind their fast-paced lives and truly relax. Snug Hollow is where innkeeper Barbara Napier treats you like royalty.*

*She does amazing things with home-grown vegetables and fruit and berries that grow wild on the hillsides. Sharing her recipes is just another way Barbara shows her true Kentucky hospitality.”*

*Sharon Thompson*



*Sharon Thompson, Lexington Herald-Leader food editor, signs her book, Flavors of Kentucky, at Snug Hollow.*



Winter months call for planning ahead and I make it a point to keep our cupboards well stocked with a good supply of winter keepers such as sweet potatoes, winter squash, apples and onions. Sunny window sills are crammed with favorite culinary herbs. At times I buy from local community growers and sometimes a trade is involved. That is the country way. Our country eggs are the real deal.

As I share my thoughts on a vegetarian lifestyle, I invite you to step into my world at Snug Hollow and into the spacious farmhouse dining room with a view of 300 scenic acres and sit down to a hearty meal of culinary delights. Candle light, fresh flowers and good company add to the ambiance of an exquisite dining experience.