



FOOD | DINING | ENTERTAINING | CELEBRATIONS

A LA CARTE

SUNDAY, AUGUST 7, 2005 | WWW.KENTUCKY.COM | LEXINGTON HERALD-LEADER

SECTION J

AT THE INN

GOOD FOR 'NOTHING'

*Unless you count eating, rocking,
reading, daydreaming and stargazing*

Name: Snug Hollow Bed & Breakfast in Red Lick Valley in Estill County.

Owner/innkeeper: Barbara Napier; she also is director of Estill Development Alliance, which recently organized the Estill Chamber of Commerce.

Family: Jack Russell terrier named Hillary, sons Todd and Mike Childers, three grandchildren.

The inn: The two-story farmhouse and log cabin are on a 300-acre farm, 20 miles east of Berea, and a mile or so off Ky. 594. The three bedrooms in the main house reflect the comforts of a genuine mountain home; the restored chestnut log cabin has a downstairs living room, upstairs bedroom and partial kitchen.

The farmhouse's living room, dining room, sunroom, library and porches are open to guests. There is no air conditioning or televisions.

"People call and say, 'What is there to do?' I say 'Nothing,' and there's this long silence, and

they kinda laugh," Napier said. "Then I say there are many porches, 10 rocking chairs, two libraries, fireflies, shooting stars, and bats and birds."

"This is one of the last places where things grow wild and roam. I can give my guests a flashlight, and they can see deer bedded down in the yard."

The meals: Breakfast is provided, and other meals are optional. Napier's meals are vegetarian, but few people notice when they eat homemade biscuits and gravy, smoked cheddar frittata, oatmeal pancakes, oatmeal cornmeal waffles, stuffed peppers, corn on the cob, corn bread, peach pie, eggplant parmesan, macaroni and cheese, fried apples, fried potatoes, fresh-baked bread, and chocolate tarts.

"Cooking is a full-time job. I cook before I go to bed. I cook in the morning. I cook all day in order to get things ready for dinner. We like to serve it fresh. In winter I cook right before

See **NAPIER, J2**



Owner Barbara Napier demonstrated the art of rocking on the porch, one of the main activities at Snug Hollow. More often you can find her cooking for guests.



PHOTOS BY **FRANK ANDERSON** | STAFF

The dining room and living room area at the inn evoke instant feelings of nostalgia. "It's just like my grandmother's house should have been," said one guest from Los Angeles. The homemade biscuits, left, are from a recipe of Barbara Napier's sister.



TIDBITS



SHARON THOMPSON
HERALD-LEADER
FOOD WRITER

Farmers markets as meat markets

Restaurateurs brag about buying fresh vegetables at farmers markets, but the Kentucky Department of Agriculture is hoping more of them add local meat and seafood to their menus.

It is encouraging restaurateurs and chefs to use locally produced meats by offering cooking demonstrations Saturday in Owensboro, Aug. 20 in Ashland, Aug. 27 in Louisville, Sept. 1 in Erlanger, and

Sept. 17 in Paducah.

Chef Nancy Russman will prepare beef, pork, catfish and freshwater shrimp as well as specialty meats, such as pastured poultry and goat. Russman is former director of the Kids Cafe program for the Dare to Care Food Bank in Louisville.

"We hope restaurateurs will see not only the demonstrations but the variety of food available for them at farmers markets," KDA farmers market coordinator Janet Eaton said. Meat and fish aren't sold at markets in the demonstration cities, as they are at farmers markets in Lexington and Frankfort. "We're trying to get them open to selling this kind of product," Eaton said.

Every producer who agrees to sell meat or fish at farmers markets will receive a free trailer and freezer for

supplying the KDA with sales data.

"Participating producers will be giving us information we can give back to potential producers," Eaton said.

This cheese stands alone

Cheesemakers from around the country gathered in Louisville last month for the annual American Cheese Society conference. They brought along their finest cheeses for competition, and Uplands Cheese Co. of Wisconsin took top honors for a farmstead cheese it has been making for five years. Pleasant Ridge Reserve is made from May to October, when the cows can graze on pasture. A listing of other conference winners is posted at www.cheesesociety.org.

You can indulge your sweet tooth, sugar-free

By **Cleora Hughes**

KNIGHT RIDDER NEWS SERVICE

ST. LOUIS — Most of us would gladly sail away with Shirley Temple on her "Good Ship Lollipop" with its bonbons, peppermints and chocolate bars. In short, we love our sweets.

But many people must cut their sugar intake because of medical conditions or diet restrictions. Artificial sweeteners can fill the void.

The best-known are saccharin (sold as Sweet'N Low, among other brand names), dating back nearly 100 years, and its newer counterparts, aspartame (Equal) and sucralose (Splenda). All can work well in homemade pie fillings, cheesecakes, sauces, marinades and glazes.

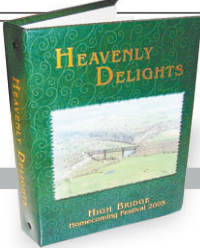
However, artificially sweetened homemade candy might have a coarse texture,

See **SWEETENERS, J2**



NICK KOON | KNIGHT RIDDER/TRIBUNE

Sucralose, sold as Splenda, is made from sugar, but in its pure form it's 600 times sweeter than sugar and has no calories.



SPANNING THE YEARS

COOKBOOK — J2

CONTACT

A la Carte Editor: Sally Scherer, (859) 231-3303. **A la Carte Writer:** Sharon Thompson, (859) 231-3321. **E-mail:** hlfeatures@herald-leader.com

INDEX

Weddings | Engagements J3

