



# NAPIER | Snug Hollow cookbook is almost done

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dinner. It heats up the house, and people love the smell," she said.

**How she learned to cook:** "I learned the love of cooking and understanding of cooking from my mother. We lived in Jackson, and to make money for the schools, they would sell her pies. They would go for \$40 to \$50. She never considered herself a vegetarian, but she was real creative in the garden."

**The cookbook:** Napier expects to have her first cookbook ready for publication by December. In addition to recipes, it will have lots of photographs and stories about the people who have visited Snug Hollow.

**The guests:** "They come from all over," Napier said. "We just had these people from Los Angeles. This guy looked around and said, 'Oh, my gosh, this is just like my grandmother's house.' His wife said, 'Harold you're from Los Angeles.' He said, 'I know, but it's just like my grandmother's house should have been.'"

The farm is an idyllic spot for artists, writers, bicyclists, book clubs, weddings and retreats.

**How to find Snug Hollow:** The Web site is [www.snughollow.com](http://www.snughollow.com). Southern Living magazine recently called Snug Hollow "1 of the 5 most romantic getaways of the South." National Geographic and The New York Times have written about its Appalachian hospitality.

**Her recipes:** Snug Hollow oatmeal pancakes are a favorite of guests. "Pancakes can be the perfect breakfast made with oatmeal and served with yogurt, fruit and real maple syrup. We whip up fresh fruit smoothies to wash them down," Napier said. The recipe for Snug Hollow biscuits is from Napier's sister Brenda.

## RECIPES

### Snug Hollow biscuits

2½ cups self-rising flour  
2 cups heavy whipping cream  
Whole wheat flour

Preheat oven to 450 degrees. In a medium mixing bowl, combine self-rising flour and whipping cream. Stir until blended. (The secret to really great, fluffy biscuits is to handle them as little as possible.) Sprinkle ½ cup of whole wheat flour in a circle, and pour biscuit mix onto flour.

Rub your hands in the whole wheat flour and gently pat biscuit ball out until about 1-inch thick. Use a biscuit cutter or the open end of a juice glass dipped in whole wheat flour. Place on baking sheet ½ inch apart for 15 to 20 minutes, until lightly browned. Makes 12 biscuits. Serve with warm sorghum and homemade jam.

### Snug Hollow oatmeal pancakes

1 cup thick, rolled oats  
1 cup all-purpose flour  
½ cup whole wheat flour  
2½ teaspoons baking powder  
Pinch salt

2 large eggs  
2 cups milk or buttermilk  
5 tablespoons butter, melted  
2 tablespoons brown sugar

To a large mixing bowl, add oats, flours, baking powder and salt. Mix well. In another bowl, beat the eggs, and stir in buttermilk, melted butter and brown sugar. Pour wet ingredients in dry ingredients and stir well. Let mixture sit for 5 minutes, and



PHOTOS BY FRANK ANDERSON | STAFF

Napier, putting the finishing touches on a serving of blackberry shortcake, learned to cook from her mother, whose pies were sold as fund-raisers at the schools in Jackson. "She was real creative in the garden," says Napier.



Fresh flowers brighten a breakfast area just off the main kitchen.

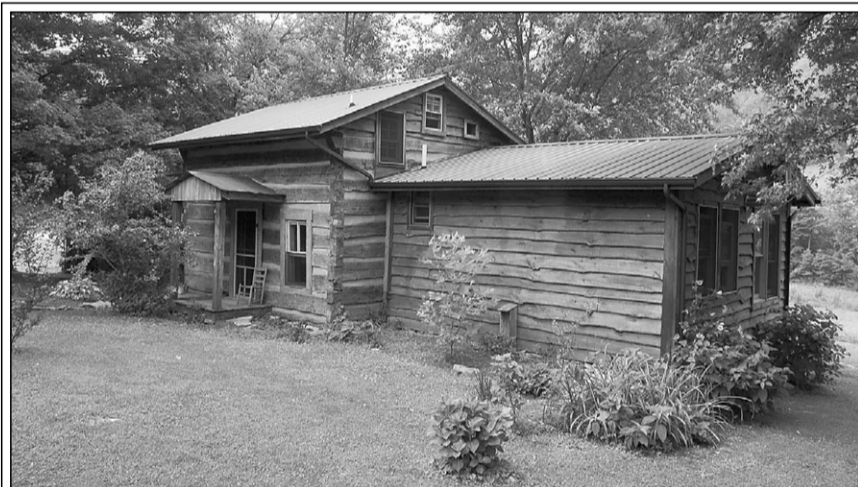
heat the griddle. (Add a little more milk if too dry.) Use cooking spray to resist sticking, and pour batter by the half-cup onto griddle. Pancakes are generally ready to flip when they first begin to bubble and stiffen on top. Makes 10 pancakes. Warm pure maple syrup and garnish with gingered bananas.

### Gingered bananas

2 tablespoons butter  
1 tablespoon freshly grated ginger  
1 banana, peeled and sliced  
3 tablespoons brown sugar

Melt butter in medium skillet. Sprinkle in freshly grated ginger. Add bananas and brown sugar, and stir. Let simmer just a minute.

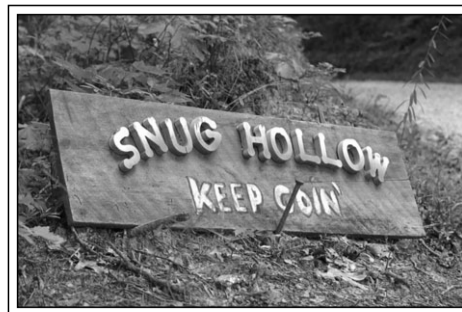
SHARON THOMPSON



The restored chestnut log cabin has a downstairs living room, upstairs bedroom and partial kitchen. The inn is ideal for artists, writers, weddings and retreats.



The Pearl Room is in the main house. In the winter, Napier's cooking "heats up the house and people love the smell," she says.



Snug Hollow was named one of the South's five most romantic getaways by Southern Living.

## COOKBOOK

# 'Heavenly Delights' bridges the eras

By Sharon Thompson  
HERALD-LEADER FOOD WRITER

High Bridge spans not only the Kentucky River but years of historically important events and family memories. It will be the site of a festival this summer to celebrate the small community that was home to the ancestors of Mary Todd Lincoln, Revolutionary War Capt. John Curd and artist Paul Sawyier.

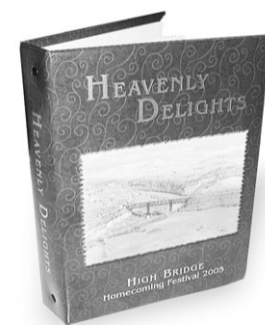
John Roebing, best known for designing the Brooklyn Bridge, designed the cantilever bridge. When work was stopped during the Civil War, bridge designer Charles S. Smith completed it, and President Rutherford B. Hayes presided at the dedication ceremony in 1877. The High Bridge Association bought land for a park, and tourists came to see the palisades and the Great Railroad Trestle, as the bridge was known.

The area's popularity declined in the 1950s, but the site has been restored, and the first High Bridge Homecoming Festival will be Aug. 19 to 21. The event, celebrating heritage, heart and home, will be at High Bridge Park outside Wilmore.

To commemorate the restoration and reopening of High Bridge park and village, the Steering Committee of the High Bridge Homecoming Festival has published a cookbook, *Heavenly Delights*, with recipes from former and current residents, and friends of High Bridge. Many recipes are from the High Bridge Fire Belles, an auxiliary group that raises money for the Fire Department by having bean suppers and potluck dinners.

The cookbooks are \$15 each and will be available at the festival, or by sending \$18, check or money order, to the High Bridge Homecoming Festival, P.O. Box 145, Wilmore, Ky. 40390.

Here are two recipes.



## RECIPES

### Cauliflower salad

1 head lettuce, chopped  
1 head cauliflower  
1 stalk broccoli  
1 red onion  
1 pound bacon, cooked crisp  
1 package shredded cheese, any blend  
1 package Ranch dressing mix  
2 cups mayonnaise

Place lettuce in bottom of large mixing bowl. Cut up cauliflower, broccoli and onion, and place atop lettuce. Add bacon and cheese. Mix 2 cups mayonnaise with Ranch dressing mix. Spread on top of salad. Refrigerate. When ready to serve, stir ingredients together.

FROM GAIL HORTON HURT

### Tiramisu toffee trifle pie

1½ tablespoons instant coffee granules  
¾ cup warm water  
1 (10.75-ounce) frozen pound cake, thawed  
1 package (8 ounces) cream cheese, softened  
½ cup powdered sugar  
½ cup chocolate syrup  
1 carton (12 ounces) frozen whipped topping, thawed and divided  
2 English toffee candy bars, coarsely chopped

Stir together coffee and warm water until coffee is dissolved. Cut cake into 14 slices. Cut each slice in half diagonally. Place triangles in bottom and up sides of 9-inch deep-dish pie plate. Drizzle coffee over cake. Beat cheese, sugar and chocolate syrup at medium speed with electric mixer until smooth. Add 2½ cups whipped topping, and beat until light and fluffy. Spread cheese mixture evenly over cake. Put dollops of whipped topping around edges of pie. Sprinkle with candy, and chill for 8 hours.

FROM STEPHANIE TRAVIS CASSIDY

# SWEETENERS | Without sugar, you must adjust

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cakes and cookies might seem dry and pale, and custards might cook up firmer and require a shorter baking time, said Cynthia Fauser, a nutrition specialist who teaches diabetic cooking classes.

For that reason, home cooks usually will get far better results by using a recipe designed for a specific sweetener rather than adjusting a recipe that calls for sugar.

In some recipes using artificial sweeteners, small amounts of honey, brown sugar, molasses or maple syrup can provide structure, browning, moisture, tenderness and preservation.

In addition to natural sweeteners, other ingredients can add luster to pale, unappealing dishes. For example, sweet potatoes give color and flavor to a Splenda-sweetened pound cake created by Sylvia Woods, owner of Sylvia's Restaurant of Harlem, N.Y., a popular

soul-food eatery.

If, then, expectations are kept in check, foods baked with sugar substitutes can be satisfying.

But it will take time and experimentation to find the exact mix that is pleasing to the individual palate.

Now it's time to go forth and bake.

## RECIPES

### Sylvia's sweet potato pound cake

½ cup chopped walnuts  
3 cups sifted cake flour (sift before measuring)  
2 cups Splenda granular sweetener (see note)  
1 teaspoon baking powder  
½ teaspoon salt  
¼ teaspoon baking soda  
1 cup (2 sticks) butter, softened  
1 cup mashed sweet potatoes, cooled  
1 cup low-fat buttermilk

1 teaspoon lemon extract  
1 teaspoon vanilla  
6 large eggs

Preheat oven to 350 degrees. Grease and flour a 10-inch bundt pan. Sprinkle walnuts in pan; set aside.

Combine flour, sweetener, baking powder, salt and baking soda in a large bowl; set aside. Beat butter at medium speed with an electric mixer about 2 minutes or until creamy. Beat in sweet potatoes, buttermilk, lemon extract and vanilla. Add flour mixture in thirds, beating after each addition until batter is smooth. Add eggs, one at a time, beating just until yellow disappears. Spoon batter into prepared pan.

Bake 50 to 60 minutes or until a long wooden pick inserted in the center comes out clean. Let cool in the pan on a wire rack 10 to 15 minutes. Remove from pan; let cool completely on the wire rack, nut-side up.

Note: 2 cups of Splenda granular

sweetener are equal in sweetness to 2 cups of granulated sugar.

ADAPTED FROM A RECIPE BY SYLVIA WOODS FOR SPLENDA NO CALORIE SWEETENER.

### Coconut surprises

1 package (3 ounces) cream cheese, softened  
3 packets Sweet'N Low (see note)  
¼ teaspoon grated orange zest  
¼ teaspoon grated lemon zest  
1 teaspoon chopped walnuts  
¼ cup unsweetened shredded coconut, toasted

Work cream cheese with a spoon until light and fluffy. Thoroughly mix in sweetener, zests and walnuts. Chill until firm, about 20 minutes. Roll into 12 (1-inch) balls. Roll in toasted coconut. Refrigerate.

Note: 3 packets of Sweet'N Low are equal in sweetness to 2 tablespoons of granulated sugar.

ADAPTED FROM WWW.SWEETNLOW.COM.

