



breakfast

WILD RICE IN THE BATTER GIVES THESE FLUFFY BLUEBERRY PANCAKES A NUTTY FLAVOR.

by **HOLLY RUDIN-BRASCHI**
 Food Photography by **PHILIP WEBB**
 Styling by **HELEN TRENT**
 Travel Photography by **ROBERT KENNEY**

THREE OF VICTORIA'S TOP INNS
 SHARE THEIR MORNING
 SPECIALTIES

in B.C.

Mix together an elegant English-style city with misty ocean inlets and generous amounts of dramatic, cedar-covered mountains. Then garnish liberally with formal floral gardens. Serve it all up with a blend of heartfelt Northwest hospitality and proud Native American tradition, and you have a charming city and environs to experience: Victoria, British Columbia.

The best way to savor Victoria is to stay at one of the area's unique bed-and-breakfast inns.

Each morning, the anticipation of a gourmet breakfast will entice you from the warmth of down duvets and designer linens. Whether served to order in your room, in a formal dining room, or on a garden terrace, breakfast will be the highlight of your stay. You'll sample unforgettable menus created to feature the colorful palette of local ingredients: hazelnuts, salmon, trout, rosemary, wild berries, and mushrooms.

On the next few pages, you'll find the information you need to pick an inn for a fabulous stay in Victoria. But if you can't make the trip, you can still bring the spirit of the Pacific Northwest to your own breakfast table with innovative recipes from three of Vancouver Island's top inns.

Beaconsfield Inn

NESTLED ON THE CORNER OF A QUIET, tree-lined residential street, this lovingly restored Edwardian mansion is just two blocks from Beacon Hill Park and the Inner Harbour. The intimate, in-town retreat, a registered historic property, offers nine antiques-filled guest rooms. You'll wiggle your toes in thick oriental carpets, luxuriate in canopy beds, sip champagne in private Jacuzzis, snuggle before roaring fireplaces, or take afternoon tea in the mahogany-paneled library while contemplating your next chess move. Chef Sandy Scambler serves her gourmet three-course breakfasts at cozy tables for two in the dining room or the bright stained-glass sun room. For more information, call (888) 884-4044.

Menu

Fresh local fruit

Vancouver Island Herb Biscuits with Northwest Inspiration
 Microwave Berry-Ginger Jam

Blueberry and Wild Rice Buttermilk Pancakes with maple or berry syrup and sour cream

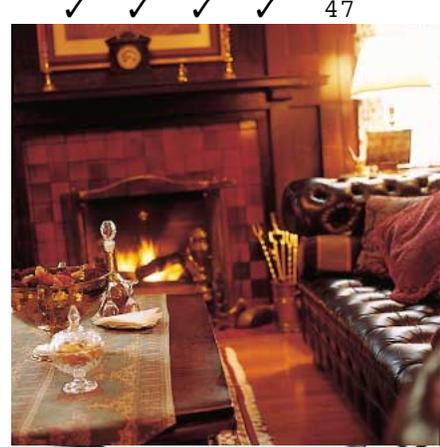
Poached eggs

BLUEBERRY AND WILD RICE BUTTERMILK PANCAKES

PREP AND COOK TIME: About 40 minutes, if the rice is cooked in advance

MAKES: About 20 5-inch pancakes

2 eggs
 2 2/3 cups buttermilk



TOP TO BOTTOM: EVENING SHERRY IN THE BEACONSFIELD'S COZY LIBRARY; THE HOTEL SEEN THROUGH THE WROUGHT-IRON FRONT GATE; BREAKFAST IN THE SUN ROOM; THE VICTORIAN ELEGANCE OF THE EMILY CARR BEDROOM.

- 2 tablespoons salted butter, melted
- 2 cups all-purpose flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1½ cups cooked wild rice (½ cup uncooked), cooled
- 1 cup fresh or thawed frozen blueberries

1. Preheat a 10- to 12-inch nonstick griddle or frying pan over medium-high heat.
2. In a large bowl with a wire whisk, combine eggs, butter-milk, and melted butter.
3. In a medium bowl, sift together flour, sugar, baking powder, salt, and baking soda. Using a wooden spoon, stir flour mixture into egg mixture, just until blended. Fold in cooked wild rice and blueberries.

4. For each pancake, pour ¼ cup batter onto hot griddle. Turn pancakes when edges appear dry and bubbles burst on top, about 2 minutes per side. Pancakes are done when golden brown on both sides. Remove cooked pancakes to a nonstick baking sheet in a 300° oven to keep warm (do not cover).

Per serving: 100 cal., 19% (19 cal.) from fat; 3.6 g protein; 2.1 g fat (1.1 g sat.); 17 g carbo (0.7 g fiber); 250 mg sodium; 26 mg chol.

VANCOUVER ISLAND HERB BISCUITS

PREP TIME: 25 minutes

COOK TIME: About 15 minutes

NOTES: Chef Scambler uses ground lavender to season these biscuits, but if you're serving them with the Berry-Ginger Jam below, we suggest using mint.

MAKES: 12 biscuits

- 2¼ cups all-purpose flour
- 2 tablespoons granulated sugar

- 4 teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons finely chopped fresh rosemary, basil, thyme, or mint leaves
- ½ cup shortening or 1 stick cold butter
- 1 large egg plus 2% milk to make 1 cup

1. Preheat oven to 400°.
2. In a large bowl or a food processor fitted with the metal blade, sift together or combine flour, sugar, baking powder, salt, and herbs.
3. *If making by hand*, with a pastry cutter or two knives, cut in the shortening until mixture resembles peas. Add egg and milk and stir with a fork to make a soft dough. *If using a food processor*, cut shortening into 1-tablespoon chunks with a knife and add to flour

mixture; combine just until mixture looks like cornmeal. With processor running, slowly pour in eggs and milk; blend until the mixture forms a soft dough.

4. With floured hands or a spatula dipped in flour, remove dough from bowl or processor, handling as little as possible, to a floured board. Shape dough into a 12- by 4-inch rectangle about 1 inch thick. With a sharp floured knife, cut into 12 2-inch-square biscuits.

5. Gently place biscuits on baking sheets about 1 inch apart. Bake in preheated oven for about 15 minutes. Cool on wire rack before serving.

Per serving: 185 cal., 46% (86 cal.) from fat; 3.5 g protein; 9.5 g fat (2.5 g sat.); 21 g carbo (0.7 g fiber); 225 mg sodium; 19 mg chol.

NORTHWEST INSPIRATION MICROWAVE BERRY-GINGER JAM

PREP AND COOK TIME: 30 minutes

NOTES: Chef Scambler's tender

biscuits were the inspiration for this delicately flavored, easy-to-make jam. The recipe makes a small portion that can easily be stored in an airtight container in the refrigerator for up to 3 months.

MAKES: 2 cups

- 1 (12 oz.) package frozen unsweetened mixed berries (strawberries, blackberries, raspberries, and blueberries), thawed
- ¼ cup crystallized ginger, diced
- 2 ½-inch pieces peeled fresh ginger
- 1¾ cups granulated sugar

1. In a 5-quart microwave-safe casserole with a lid, combine thawed berries, crystallized ginger, fresh ginger, and sugar.
2. Cover casserole tightly with plastic wrap to prevent splat-

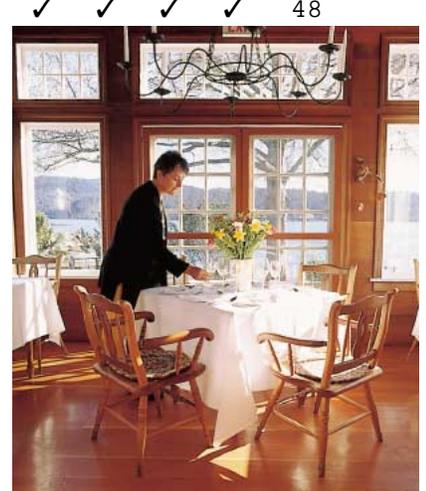
ter, then place lid on top of plastic wrap. Microwave for 10 minutes on high (100% power). Remove casserole from microwave oven. Remove lid and pull off plastic wrap; stir jam thoroughly. Recover casserole with plastic wrap and return to microwave oven; microwave for another 10 minutes on high. (It can boil over, so watch carefully.)

3. Remove casserole from microwave oven. Uncover and stir thoroughly. Remove fresh ginger.

4. Microwave an additional 1 minute on high, uncovered. Remove from microwave oven and stir.

5. With a rubber spatula, scrape hot jam into a 2- or 3-cup resealable plastic container with a lid. Allow to cool at room temperature with the lid removed. When cool, seal tightly and store in the refrigerator for up to 3 months, or in the freezer for up to 6 months.

Per serving: 54 cal., 0.8% (0.5 cal.) from fat; 0.1 g protein; 0.1 g fat (0 g sat.); 14 g carbo (0.2 g fiber); 1.8 mg sodium; 0 mg chol.



TOP TO BOTTOM: READYING THE DINING ROOM FOR THE MORNING MEAL; SPECTACULAR SOOKE BAY VIEWED FROM A GUEST ROOM PORCH; A GLIMPSE OF THE EDWARDIAN WING OVER THE LAWN; THE SUNNY BLUE HERON ROOM.

Sooke Harbour House

LOCATED ON THE SOUTHWESTERN TIP of Vancouver Island, an easy 45-minute drive from downtown Victoria, Sooke Harbour House is a Northwest haven of rustic elegance. The 1932 white clapboard inn on the shores of Sooke Bay is in close proximity to Vancouver Island's wilderness, yet is surrounded by an impeccably manicured organic garden, which furnishes inspiration for the original recipes prepared in the restaurant. Daily pampering includes breakfast served to order in your room, a bathtub for two, a gourmet box lunch to take on your day trips, and dramatic views as you cozy up to your fireplace for cookies and sherry. Even if you don't stay at the inn, make dinner reservations for an unforgettable meal. For more information, call (800) 889-9688.

Menu

Organic apple juice

Yogurt with cooked blackberry compote

Herbed Tea and Apple Cake with Apple Jelly Glaze

Hazelnut-Maple Syrup Waffles with warm maple syrup and melted butter

Chamomile tea

HAZELNUT-MAPLE SYRUP WAFFLES

PREP AND COOK TIME: About 45 minutes

NOTES: You can prepare these waffles ahead and freeze for up to 3 months, stored between pieces of wax paper in a heavy resealable plastic food bag. Reheat on a wire rack in a 350° oven or toaster oven for 3 to 5 minutes, depending on desired crispness.

MAKES: About 10 large waffles or 15 small Belgian-style waffles

- 4 large eggs
- 1¼ cups milk
- ¼ cup salted butter, melted and cooled
- ¼ cup real maple syrup
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- ½ cup skinned, finely ground hazelnuts
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon cream of tartar
- Vegetable oil

1. Preheat waffle iron according to manufacturer's instructions.
2. Separate eggs, putting yolks in a medium bowl and whites in another medium bowl. Let whites stand. To bowl with egg yolks, add milk, butter, maple syrup, and vanilla; mix with a wire whisk until combined.
3. In a medium bowl with a fork, mix flour, nuts, baking powder, and salt.
4. Add cream of tartar to egg whites. Using an electric mixer, beat until very stiff.
5. Lift mixer from egg whites; set whites aside. Slowly pour egg yolk mixture into flour mixture, blending well with mixer on low speed (do not clean beaters).
6. Using a rubber spatula, mix ⅓ of the egg whites into batter to lighten it. Gently fold in remaining egg whites.
7. Brush waffle iron with oil and pour in about ½ cup of batter per regular waffle (use less if you have a smaller waffle

THESE PRETTY WAFFLES HIDE DELICIOUS BITS OF GROUND HAZELNUTS.



iron). Cook until edges loosen and waffles are a deep golden color, about 4 minutes per waffle.

8. Gently remove waffle from iron and hold in a warm oven until ready to serve. Or cool

FRESH BREADS AND LOCAL INGREDIENTS TO SAVOR

completely on a wire rack before freezing.

Per serving: 259 cal., 48% (123 cal.) from fat; 6.9 g protein; 14 g fat (4.7 g sat.); 27 g carbo (1.1 g fiber); 302 mg sodium; 102 mg chol.

pan with shortening, then line bottom of pan with wax paper. Set aside.

3. In a medium bowl with a fork, mix flour, sugar, salt, tea, baking powder, and baking soda until combined.

4. In a medium bowl with a mixer, beat apple juice, vanilla, eggs, and oil until well combined. Add juice mixture to flour mixture and mix first at low speed, then at a higher

speed to combine. Batter will be very thick.

5. Add apple cubes and mix at low speed until well distributed in the batter.

6. Using a rubber spatula, spread batter evenly into prepared pan.

Bake for 50 minutes until golden brown and a knife inserted in the center comes out clean.

7. Remove pan from oven to a wire rack. With a wooden skewer, poke holes all over cake.

8. In a 1- to 2-quart pan, melt jelly over low heat. Or melt in a microwave oven in a 4-cup microwave-safe bowl, covered, for 1 to 2 minutes on high (100% power).

9. Pour melted jelly over cake and spread evenly with a spatula or a pastry brush. Cool to room temperature before cutting into squares to serve.

Per cake square (24): 231 cal., 40% (93 cal.) from fat; 2.7 g protein; 10 g fat (1.2 g sat.); 32 g carbo (0.8 g fiber); 206 mg sodium; 35 mg chol.

HERBED TEA AND APPLE CAKE WITH APPLE JELLY GLAZE

PREP TIME: 15 minutes

COOK TIME: About 50 minutes

NOTES: The Sooke Harbour House breakfast chef, Frank Von Zuben, perfumes this cake with tea blends made from aromatic fresh herbs grown in the gardens around the inn. He might mix lemon verbena, lemon balm, lemon geranium leaf, apple mint, or orange mint into this moist cake. Since most of us don't blend our own herb teas, use the contents of your favorite herbal tea bags.

MAKES: 18 to 24 cake squares

- Vegetable shortening
- 3 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon salt
- ¼ cup herbal tea
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ cup organic apple juice
- 1 tablespoon vanilla
- 4 large eggs
- 1 cup sunflower or canola oil
- 3 medium-size cooking apples, such as Golden Delicious or Braeburn, peeled, cored, and cut into cubes (about 4 cups *total*)
- 1 cup apple jelly or jam, or a blend of apple and mint or cinnamon

1. Preheat oven to 375°.
2. Rub a 9- by 13-inch baking

THIS BREAKFAST SANDWICH FROM ABIGAIL'S REFLECTS LOCAL NATIVE CUISINE.



Innkeepers' Picks What to see and do in Victoria

half next to sauce, sliced side up. Spoon equal portions of eggs on top, overlapping buns and sauce. Place a toasted bun half, sliced side down, on top of each bun half at an angle. Garnish with dill sprigs and serve.

Per serving: 654 cal., 46% (306 cal.) from fat; 29 g protein; 34 g fat (17 g sat.); 59 g carbo (4.4 g fiber); 1,463 mg sodium; 519 mg chol.

QUICK-RISE CHOCOLATE ALMOND BRIOCHE

PREP TIME: 40 minutes, plus 1½ hours rising time

COOK TIME: About 15 minutes

NOTES: This bread is delicious served continental breakfast style with cream cheese, jam, and fresh fruit.

MAKES: 8 large rolls or 16 petite rolls

- ½ cup slivered almonds
- ⅓ cup granulated sugar
- 1¼ teaspoon salt
- ⅓ cup sweet ground chocolate
- 2 packages (¼ oz. each) rapid-rise dry active yeast
- 4 cups bread flour, divided
- 2 teaspoons almond extract
- 4 large eggs, divided
- ½ cup (¼ lb.) unsalted butter or margarine, at room temperature
- ½ cup chocolate chips

1. Preheat oven to 325°.
2. Spread almonds on a nonstick baking sheet. Bake, stirring once, for 5 to 7 minutes or until lightly browned and fragrant. Remove from oven and cool to room temperature.
3. *If making by hand*, in a large bowl with a wooden spoon, combine sugar, salt, ground chocolate, yeast, and 3 cups of the flour. In a small bowl using a wire whisk, mix almond extract and 3 of the eggs until combined.

If using a stand mixer, at low speed with the dough hook, mix flour, sugar, salt, chocolate, and yeast until combined, about 2 minutes.

4. In a 1- to 1½-quart pan over high heat or in a microwave-safe bowl, covered, in the microwave, melt butter with ½ cup water. Cool to 120°, checking temperature using an instant-read thermometer.

5. *If making by hand*, stir the butter mixture into the flour mixture, then stir in the egg mixture. Continue to mix until a sticky ball is formed. Scrape dough onto a floured board and gradually knead in the remaining 1 cup flour until dough is smooth and no longer sticky. Knead an additional 10 minutes.

If using a stand mixer, pour butter mixture into flour mixture, mixing at low speed. Add extract and 3 of the eggs, continuing to mix. When dough forms a ball, allow machine to knead for 10 minutes at low speed.

6. Place dough in a lightly oiled bowl or leave in stand mixer bowl and cover with plastic wrap. Let dough rest in a warm place for 10 minutes.

7. Remove dough from bowl; on a floured board with floured hands, knead in toasted almonds and chocolate chips.

8. Divide dough into 8 or 16 equal pieces. Form into round rolls and place on a nonstick baking sheet. (If necessary, use multiple baking sheets and bake in batches.) Cover loosely with plastic wrap so rolls have room to expand, but no outside air can circulate around rising dough. Let dough rise in a draft-free place for 1½ hours.

9. Preheat oven to 425°. In a small bowl, whisk remaining egg and 1 tablespoon water. Using a pastry brush, lightly brush mixture on bread.

10. Bake until rolls sound hollow when tapped with the tip of your finger, about 15 minutes. Remove from oven; cool on a wire rack before serving.

Per petite roll: 295 cal., 40% (118 cal.) from fat; 7.7 g protein; 13 g fat (5.4 g sat.); 37 g carbo (1.8 g fiber); 205 mg sodium; 69 mg chol.

ANTIQUE HUNTING AND AUCTIONS. Find your dream antiques on Fort Street in downtown Victoria. Auctions are held several times a week at two houses, Kilshaw's Auctioneers (888/545-7429) and Lunds (250/386-3308).

HIGH TEA AT BUTCHART GARDENS. Take a break from your tour through Butchart Gardens to sip one of Butchart's private tea blends and enjoy a marvelous array of traditional finger sandwiches and sweets. The spectacular 130-acre ornamental garden, located on a former country estate and quarry, is open year-round. (250) 652-4422.

J & J WONTON NOODLE HOUSE. The out-of-the-ordinary Chinese menu at this restaurant features traditional Cantonese and Szechuan recipes prepared with nontraditional ingredients like locally farmed ostrich meat. (250) 383-0680.

ROYAL BRITISH COLUMBIA MUSEUM. If you don't see anything else in Victoria, Sooke Harbour House owner Sinclair Phillips says you must visit the First Peoples' Gallery on the third floor, where the history of local native tribes is told through their magnificent carved and painted art. See two-story totem poles, masks, and even reconstructed houses. (888) 447-7977. Next door is the free Thunderbird Park and Carver's House, where you can learn about the tradition of totem-pole carving while watching master carvers at work teaching their apprentices.

SCENIC GALLOPING GOOSE TRAIL. Hike, bike, or stroll this 100-kilometer trail, which runs through Victoria from Sooke Harbour and links the region's parks and historic sites via an old railway route. (250) 478-3344.

SHOPPING FOR QUALITY NORTHWEST ART. At the Blue Raven Gallery, you buy directly from local artists and avoid paying gallery premiums. (250) 881-0528.

TOP TO BOTTOM: PARLIAMENT BUILDINGS AND VICTORIA HARBOUR, TAKING HIGH TEA, AND A PUB-FILLED, OLD WORLD ALLEY.

