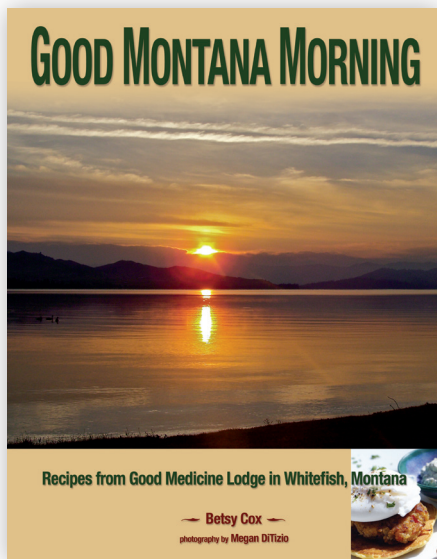


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GOOD MONTANA MORNING:
Recipes from Good Medicine Lodge in Whitefish, Montana

BY: Betsy Cox

PHOTOGRAPHY BY: Megan DiTizio

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WHITEFISH WOMAN SHARES CULINARY CREATIONS IN NEW COOKBOOK

After years of requests from guests asking her to write a cookbook, Betsy Cox—owner of Good Medicine Lodge in Whitefish, Montana—has finally done just that.

Good Montana Morning: Recipes from Good Medicine Lodge in Whitefish, Montana (\$29.95, Good Medicine Lodge, 2011) features 104 of the bed-and-breakfast's signature recipes. "The dishes we've included have proven to be favorites with our guests," says Cox.

Farmers markets and Cox's own personal garden inspire many of the recipes, which include egg dishes, fruit, french toast, waffles, pancakes, cereal, pastries, and cookies. The beautifully photographed cookbook includes several award-winning recipes.

"I grew up in a family that gathered together for meals, enjoyed good food, had adventurous palates, and happily let me experiment and explore in the kitchen beginning when I was six," explains Cox.

Her life-long passion for the culinary arts certainly shows, with inventive regional dishes such as Going-to-the-Sun Eggs, Huckleberry Vinaigrette, and Flathead Cherry Cobbler.

And don't forget the giant Montana-Sized Cookies that are almost the size of your hand. Or the tasty Big Mountain Pancakes that are named after the nearby ski hill.

"It's our intention to share the culinary delights we prepare on a daily basis," says Cox. And in the spirit of sharing, Cox is donating a portion of the proceeds from the sales of the book to the Whitefish Food Bank.

"It is our daily pleasure to plan, prepare, and present a breakfast that will first delight the eyes and then the palate," says Cox. "That is our wish for this book as well."

Good Montana Morning is available at local bookstores and gift shops, through online retailers, or from distributor Farcountry Press at 1.800.821.3874, www.farcountrypress.com.

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About the Author



Beginning at an early age, Betsy Cox was immersed in a variety of regional and international food experiences. She is an interior designer by education and first career, and a cook by passion throughout life. For a brief time as a young mother, Betsy wrote an infant nutrition column for a newspaper. She has also written and conducted wine-and-food-pairing seminars for adults. Betsy quilts on occasion, collects corkscrews, and loves to read, travel, and hike the trails in Glacier National Park. www.goodmedicinelodge.com.

For an interview, contact the author at 406-862-5488, betsy@goodmedicinelodge.com.

About Farcountry Press

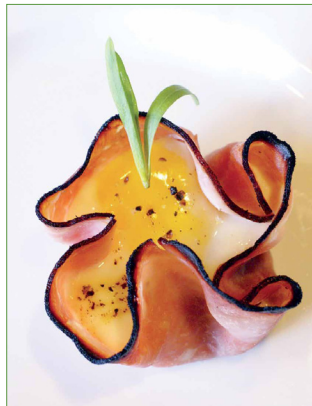
Formed in 1980 and based in Helena, Montana, Farcountry Press is an award-winning publisher of softcover and hardcover color photography books, children's series, guidebooks, cookbooks, and regional history titles nationwide.

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Take a peek inside



This recipe for baked eggs and mushrooms is a recipe that is named for the recently awarded listing in the Star Trek: Deep Space Nine National Park. This was the first article that we earned points after purchasing Good Medicine Lodge in February 2008.

Going-to-the-Sun Eggs

- 7½ pound mushrooms, finely chopped
- 2 tablespoons butter
- 1½ teaspoon salt
- 1½ teaspoon vinegar
- 2 tablespoons olive oil or oil
- 1 tablespoon fresh sage, finely chopped
- 12 whole Black Forest ham
- 12 eggs
- 12 eggs

Preheat oven to 400 degrees. Cook mushrooms and olive oil in butter with salt and pepper in a large heavy skillet over medium-high heat, stirring, until mushrooms are tender and the liquid has evaporated, about 10 minutes. Remove from heat, stir in olive oil and vinegar. 15 cups of eggs are needed in a 12-cup dish. The eggs will stick up and hang over edges of dish. Spoon mushroom mixture into the bottom of each cup, then an egg on top of mushroom mixture and season with salt and pepper.

Bake in a 12-cup dish until whites are set but yolks are still runny, about 10 to 15 minutes, depending on your oven and desired doneness. Remove each serving from center of dish, place and garnish with fresh sage leaves. For a vegetarian version, omit ham. Cook pasta (according to package directions) and spoon sauce into the bottom of a skillet, warming it up the sides. Continue as above with mushroom mixture and eggs. Serves 12.



This has been a favorite and often requested recipe at Good Medicine Lodge. A French version is the addition of a cup of cream cheese along with the cream cheese in the middle layer.

French Toast Stata

- 1 pound bread, sliced or French baguette preferred
- 8 ounces cream cheese, cubed
- 10 eggs
- 2½ cups milk or half and half
- 6 tablespoons butter, melted
- 1½ cups maple syrup
- 1½ cups brown sugar
- 1½ cups brown sugar

Preheat a 9x13-inch baking dish. Brown bread in butter. Top half of the bread in the baking dish. Top with cream cheese cubes and remaining bread. Continue egg, milk, melted butter and syrup in a 9x13-inch dish. Sprinkle with brown sugar and cinnamon. Top with maple syrup and cream cheese. Sprinkle with cinnamon. Using a spatula, press lightly on top to moisten. Cook with plastic wrap and refrigerate overnight. If doubling the recipe, bake in two dishes rather than one large dish.

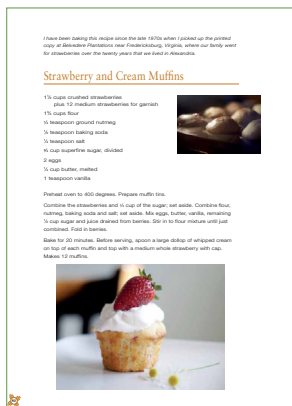
Preheat oven to 350 degrees. Bake uncovered for 45 minutes or until the center appears to be set and the edges are lightly golden. Let stand about 10 minutes before serving.

Serve with maple syrup or Warm Strawberry Sauce (recipe below).

Warm Strawberry Sauce

- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 cup sliced strawberries
- 1 tablespoon butter

Stir sugar, cornstarch and water in a small saucepan over medium heat until thickened. Stir in strawberries and simmer until strawberries soften. Add butter and continue to stir until thickened.



I have been baking this recipe since the late 1970s when I picked up the printed recipe at downtown Potomac near Washington, Virginia, where our family went for strawberries over the family place that we had in Alexandria.

Strawberry and Cream Muffins

- 1½ cups crushed strawberries (plus 12 medium strawberries for garnish)
- 1½ cups flour
- 1½ teaspoon ground nutmeg
- 1½ teaspoon baking soda
- 1½ teaspoon salt
- 1½ cups superfine sugar, divided
- 2 eggs
- 1½ cups butter, melted
- 1½ teaspoon vanilla

Preheat oven to 400 degrees. Prepare muffin tins. Combine the strawberries and 1½ cup of the sugar, set aside. Combine flour, nutmeg, baking soda and salt in a bowl. Mix eggs, butter, vanilla, remaining 1½ cup sugar and pour drained from berries. Stir in 1½ cups mixture until just combined. Fold in berries.

Bake for 20 minutes. Before serving, spoon a large dollop of whipped cream on top of each muffin and top with a medium whole strawberry with cap. Bake for 10 minutes.

