

## Food, Friends, & Merriment!

Tracy Merriman  
Beacon Staff

February is the month of love. Cupid, the chubby little cherub and son of Aphrodite, is poised and ready to shoot his arrows into the hearts of the unsuspecting. Cut-out hearts will abound in shades of red and pink. Chocolate candy and sprays of roses will suddenly transform into tokens used to express our love for one another.

In our home we always have breakfast on Sunday mornings as a family. After a busy week of running around and eating in different shifts, we can always count on Sunday mornings to reconnect. At those moments with my family around me, I swell with love and adoration. They are my constant valentines.

Another source of romance is a stay in a bed and breakfast inn. So, in my pursuit to bring you all a wonderful Valentine's recipe coupled with my idea of a loving family breakfast, I decided to go right to the source of such things. Michelle and Chris Bengivengo of The New England House Bed & Breakfast in Andover seemed like just the people. They are going to share with us their Vegetarian Breakfast Souffle recipe.

Michelle explains that this is an adaptation of two formerly famous Andover B&B recipes. Her aunt, Earlene Wormald, was the innkeeper of the Teddy Bear Inn, now known as the Highland Lake Inn in East Andover. Earlene made a souffle that was always requested by returning guests. The second souffle recipe came from Gillian Smith, the previous innkeeper of The New England House (known then as The English House).

Michelle and Chris adapted the recipe to fit their vegetarian lifestyle. Vegetarian sausage, which is usually a soy product, is quite good for you and no one will be the wiser if you sneak it in and call it sausage. However, feel free to use pork sausage or other meats in

your dish if you choose. Michelle also recommends using day-old French or Italian bread, which has the ability to hold up better than soft fresh bread.

Happy Valentine's Day, and enjoy this wonderful recipe! Don't forget to stop by The New England House and visit with Michelle and Chris. Their last name, Bengivengo, is Italian for "I come to you as a friend," and that they do!

Send your favorite recipe to [Cooking@AndoverBeacon.com](mailto:Cooking@AndoverBeacon.com) or PO Box 149, Andover 03216. Include your name and phone number so we can print a little interview along with the featured recipe.

### New England House Vegetarian Breakfast Souffle Contributed by Michelle Bengivengo

- 2 14 oz packages of vegetarian sausage, the kind that can be cut into patties; usually found in produce section
- 9 eggs, beaten
- 3 cups milk
- 1 cup extra sharp cheddar cheese, grated
- ½ cup Swiss cheese, grated
- 2 green onions, chopped
- 1 tsp salt
- ½ tsp pepper
- Pinch of cayenne pepper (optional)
- ½ tsp dry mustard
- 2 cups (about 3-4 slices) of bread, crumbled (day old French or Italian work well)

Brown sausage in skillet, stirring until crumbly. Set aside.

Beat eggs with milk in a bowl, then stir in seasonings, onion, bread, cheese, and sausage.

Pour into well-greased 9 x 13 pan. Cover and refrigerate overnight.

Remove from fridge 30 minutes before baking. Bake covered at 350 degrees for 40 minutes, then 20 more minutes uncovered.

Serve straightaway, while still warm. Serves 10-12. Enjoy!

## Andover Libraries

By Ray Mitchell  
Beacon staff

The Andover Libraries have purchased a pass to the Christa McAuliffe Planetarium in Concord. With it you may save up to \$26 on the price of show tickets. To use the pass you should contact the Planetarium and one of our librarians.

Call a librarian at 735-5333 and ask if the date you want to use the pass is available. Then make a reservation for a show by calling the Planetarium at 271-7827 (271-STAR). A complete listing of shows is at [StarHop.com](http://StarHop.com). All this should be done in advance so that you are assured of seats for the show and use of the pass.

Pick up the pass at the library and take it with you to the Planetarium. The pass should be returned to the library on the same day that you use it. It may be dropped in one of the library drop boxes.

Plan to arrive at the Planetarium one half hour prior to the scheduled show time to pick up tickets at the front desk. Once the show begins, no late seating or admission to the theater is allowed, due to the dark theater environment and safety concerns.

There is an exhibit area featuring scientific, hands-on exhibits that take approximately 30 to 45 minutes to explore. You can enjoy the exhibit area and the gift shop before and/or after the shows.

Most shows are about an hour long and are shown on Thursdays, Fridays, Saturdays, and Sundays. Among the shows on the current schedule are:

- Our Place in Space
- Infinity Express
- Oasis in Space
- Tonight's Sky
- Black Holes

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