

13 RECIPES

BEST SUMMER DESTINATIONS

# Bed & Breakfast

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# Bay Haven Inn of Cape Charles



## *A Little Piece of Paradise...*

Written by: Nicolette Johnston  
Photography : Courtesy of Bay Haven Inn

This past January, I had the pleasure of meeting Jim and Tammy Holloway at the Professional Association of International Innkeepers conference in Las Vegas. I was immediately charmed by their warm personalities. We mentioned to them we were featuring coastal properties for our summer issue and when they later sent us photos of their beautiful bed and breakfast, we knew they were the perfect fit for our summer coastal issue.

The Bay Haven Inn of Cape Charles is a 1906 colonial revival home set in a cozy historic town on the shoals of the Chesapeake Bay in Cape Charles, Virginia. The town has recently been “found” by HGTV Beach Front Bargains, and is listed in Coastal Living Magazines as a “Top 10 Happiest Seaside Towns”. The couple strives to keep a relaxed coastal vibe.

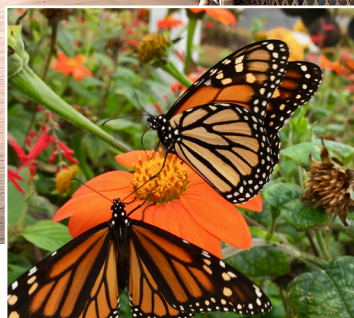
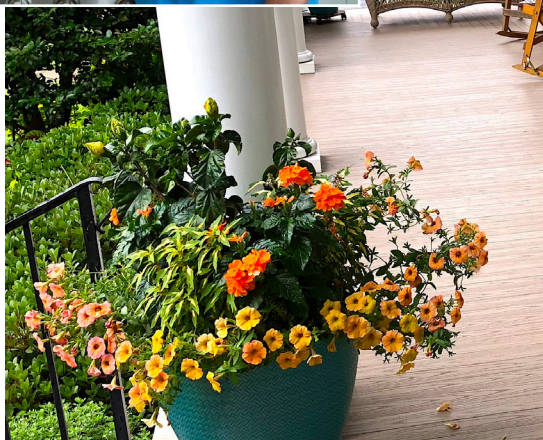
“My husband and I bought the home in 2011. We opened the inn in 2012 and have loved every moment with the exception of our very tiny kitchen and the fact we had no “downtime” space for us (couch, DR table, etc...) or organizational space for the inn (i.e., a storage room, second laundry room, office, or pantry),” said Tammy.

After living and using the space for 5 years they took the time to fully understand what they needed to make their inn more functional, like a bigger kitchen and began remodeling in November of 2017.

They couple met in 2004 and were engaged within six months’ time. The courageous duo took a chance not only in love, but also with a leap into the world of bed and breakfast ownership. Jim and Tammy share a love of entertaining, cooking, experimenting with new recipes, and especially welcoming guests into their inn.



INNKEEPERS  
JIM & TAMMY HOLLOWAY



Tammy earned both her bachelors and master's degrees from Radford University. After working in higher education for several years, Tammy became a formal event planner for the American Chamber of Commerce, something she developed a true passion for. Jim was a career man in the Air Force, he graduated from Virginia Military Institute and earned his master's degree from Webster University.

The couple envisioned owning a bed and breakfast in their retirement years, but saw their plans come to fruition much sooner. They realized how precious life was when Jim's mother Polly passed away. They decided not to wait so long to follow their dream. With Tammy hunting for their dream property online, the property they now own Bay Haven Inn, happened to be located in the same county that Polly had been born and raised in. They took it as a blessing from "Miss Polly".

After about a year and a half they cleared the abundance of overgrown landscaping on the property, even with Tammy's skills as a Virginia Master Gardener and Jim's skills as a life-long Eagle Scout, they appreciated the help of Tammy's mother, Sarah to aid in the vast undertaking.

*Jim & Tammy invite guests to  
"relax, rejuvenate, and restore  
at your haven on the shore."*







For more information, or to book  
you stay, visit:

[www.bayhaveninnbnb.com](http://www.bayhaveninnbnb.com)









## *A Historical Side to Sweet Potato Biscuits*

From the Bay Haven Inn Blog

When Inn Keepers Tammy and Jim Holloway came to the shore they quickly fell in love with the fact they could use so many local ingredients to create unique meals. One of their favorite finds was the ever-plentiful sweet potato! They first tasted the incredible sweet potato and ham biscuit at Stingrays Restaurant, just south of Cape Charles on 13, a stop that is a must for all visitors. Passersby stumble into this find just for gas, (after all it is an Exxon filling station) but then experience a most memorable and authentic meal.

So back to the sweet potato biscuit! I was fascinated by this unique combination so I did a little research. Come to find out the sweet potato biscuit goes many years back. The story goes that Thomas Jefferson liked to garden and one of the vegetables he grew were sweet potatoes. In a letter he wrote to Nicholas Lewis in Paris, dated September 17, 1787, he requested "... seeds of the common sweet potato [I mean the real seeds and not the root which cannot be brought here without rotting] ..." His biscuits were served at the first meeting of the First Continental Congress in 1774 and are served today at the famous City Tavern (built in 1773), located in Philadelphia's historic district at 2nd and Walnut Streets. An 18th century atmosphere with costumed wait staff and authentic colonial menu is maintained. The Constitutional Convention held its final banquet there 13 years after the first meeting.

At the Bay Haven Inn of Cape Charles, Chef Jim Holloway is our official in-house baker, innkeeper and master-of-working through a "honey-do" list! Jim took on the task of creating a unique Sweet Potato Biscuit recipe of the inn. During his research he discovered the Thomas Jefferson Sweet Potato biscuit recipe included nuts and "spices" (such as ginger and all spice). For our recipe we excluded the peanuts and reduced the quantity of spices. Jim also found a recipe he liked from a local woman Susie Mapp, in an old Virginia Eastern Shore Sweet Potato cookbook. He combined elements of both and added his own Jim-Jim the Baker Man twist and voila, the Bay Haven Inn of Cape Charles Sweet Potato biscuit was born!

Since 2013 these award-winning sweet potato ham biscuits, with a dollop of homemade ginger fig jam, have graced the table at the inn and delighted the palates of thousands of guests.



### *Bay Haven Inn's Sweet Potato Biscuits*

Created by Jim Holloway, Inn Keeper  
Makes 48

#### Ingredients:

- 2 cups Virginia sweet potatoes (cooked and mashed)
- 2 cups Virginia sweet potatoes (cooked and mashed)
- 9 Tbsp melted butter
- 1/2 cup milk
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/8 tsp all spice
- 2 cups sifted flour
- 1/4 c brown sugar
- 1 tsp salt
- 5 tsp baking powder
- Thinly shaved Virginia Country Ham (optional)

#### Directions:

Add melted butter to sweet potato, next add milk and sugar. Combine dry ingredients together (flour, salt, baking powder). Fold the wet ingredients to dry ingredients and do not over mix, just enough to hold together. Dust a pastry board, divide dough in half and work with one 1/2 at a time. Spread out dough to 1/2 inch thickness and flip over to dust it with flour again. Take 2 inch biscuit cutter, dip in flour and cut in first biscuit, repeat process making sure to dip in flour each time. Bake at 450 degrees for 15-20 minutes, watch closely varies based on oven.

We serve with a thinly shaved Edwards Virginia country ham and add a light layer of apricot or ginger/fig jam to create the perfect bite. I am not sure where adding the country ham came into the picture but it is definitely the perfect mate to the Sweet Potato biscuit. Add our homemade Ginger Fig or peach pepper jam and you have created the perfect, most memorable bite!

*Recipe derived from the Thomas Jefferson's original Sweet Potato Biscuits served at City Tavern and Susie H. Mapp, Eastern Shore homemaker.*