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Chateau Chantal's Founding Owner Publishes Life Story Cookbook

Nadine Begin, founder and Bed & Breakfast chef at Chateau Chantal, will release her first cookbook, *Feed my Lambs, Feed my Sheep-The Meals and Memories of a Lifetime*, detailing her varied life experiences and the recipes that accompanied each stage. At the request of many B&B guests to have a book about these life experiences and recipes, Nadine spent the past few years compiling her recipes and writing her story.

This is an amazing true tale of one woman's life and her relationships with family, friends, Jesus, and cooking. The cookbook story leads you through Nadine's winding road beginning with life in 1932 on a Michigan farm, to 22 years as a



home-economics teaching nun, life in Detroit as a wife to a former Catholic priest and mother, and a move to Northern Michigan as a winery and B&B founder. The stories from each of these life stages are enhanced with full color photos, poetry by local poet, Earlene McMillin, and recipes that match what Nadine was preparing during those years for her varied audiences. Recipes range from Polish family traditions, 10 years of Bed & Breakfast specialties, multi-course dinner party compilations, decadent desserts and scrumptious candies. Nadine's daughter, Marie-Chantal, comments, "I'm so proud of my Mom's effort and determination in writing this book, it's such an interesting compilation of our family photos, life stories, familiar foods, and the deep connection to God which my Mother expresses in her daily life."

In an excerpt from her convent days, Nadine writes, "In 1950-53 we had beautiful ceremonies becoming Novices, receiving the white veil and then the black veil as fully professed Sisters. Our family and friends were invited. It was the joy of a wedding. Everyone's most favorite food was "babka" which Sister Isadore would bake in her mountainous ovens. It was served with humble bologna." Fast forward 35 years to life in Northern Michigan, "In 1983 we lived in Europe for nine months touring, studying wine, getting ideas for the Chateau Winery. We returned in November, bought a 60 acre cherry farm and my once handsome, debonair, French CEO became a farmer. Tuxedos, dark suits and ties flash across my mind. I see dusty boots, holes in trousers and pockets and a smile from ear to ear?"

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At this exciting point in her life, Nadine says, “This was a challenge to write, but upon completion, I felt a great sense of accomplishment. It will be a pleasure sharing this book with all the friends we’ve made through our B&B and winery.”

Feed my Lambs, Feed my Sheep, will be available for purchase at the Chateau Chantal tasting room and online at www.chateauchantal.com for \$19.95, add it to either of your shipments for no extra shipping charge.



Chateau Chantal is a unique development that combines a winery, vineyards, bed and breakfast, residence, six private home sites, and winding roads, all of which combine to create a “retreat into the Old World.” The 65 acre site sits high atop a ridge 12 miles north of Traverse City, Michigan on the beautiful and historic Old Mission Peninsula. Chateau Chantal crafts many styles of wine, allowing the grape to dictate the style. The location’s unparalleled views and outstanding staff play host to B&B activities, cooking classes, wine education opportunities, Tapas Tours, conferences and meetings, small weddings, and friendly regional wine events.