

food and recipes



Fresh Corn and Green Chili Soup

Bringing the Spa Home

Delicious Recipes From Four of America's Top Spas

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Hunan Barbeque Stir Fry



THE ALLURE OF A TRIP TO A SPA INCLUDES THE PAMPERING, THE RELAXATION AND THE WELLNESS PHILOSOPHIES. BUT ONE OF THE BEST PARTS OF A TRIP TO A WORLD-CLASS SPA IS THE FOOD. BOTH DELICIOUS AND NUTRITIOUS, SPA CUISINE FEATURES BOLD FLAVORS AND YET IS SURPRISINGLY LOW IN CALORIES AND FAT.

Once you've discovered the joy of healthy eating, you want to live that way every day. And you can. Healthy, delicious spa cuisine can be prepared easily in the comfort of your own home.

The secret to spas' delicious cuisine is learning how to enhance flavor without adding fat and calories. As they say at Miraval Resort & Spa—it is pleasure, not pain and deprivation, that motivates. Taste and flavor do not have to be sacrificed to have a healthy diet.

Using the freshest ingredients is the “golden rule” at all spas. Chefs utilize citrus, vinegars, fresh herbs and spices to create bold flavors. Skim milk and low-fat cheeses add decadent creaminess without the guilt. Cooking techniques such as marinating, grilling over aromatic woods and slow-roasting add flavor without fat.

The idea is to create healthy, low-fat dishes that you will enjoy eating, and will be able to maintain as part of an overall healthy lifestyle...not as a short-term diet.

The following recipes are a taste of the award-winning cuisine from the Golden Door, Lake Austin Spa, Miraval Resort & Spa and Canyon Ranch.

Most of the top spas in the country offer Internet resources as well as cookbooks to help you bring their spa experiences to everyday real life.

CARROT WALNUT PATE

From Golden Door

Serves 8

- 1/3 cup walnuts, soaked overnight in fridge and drained
- 1/2 cup celery, diced
- 1/2 cup green onion, thinly sliced
- 1 cup shredded carrots
- 1 whole lemon, juiced
- 1 clove garlic, crushed
- Salt and pepper to taste

Place all ingredients in food processor, and puree for approximately 2 minutes, stopping machine every 15 seconds or so to scrape down the sides of the bowl. Adjust seasoning with a little salt and pepper.

Serve as a spread for whole grain crackers or vegetables.

Cover and refrigerate unused portion.



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Carrot Walnut Pate

HUNAN BARBEQUE STIR FRY

From *Miraval Resort & Spa*

Serves 4

- 1 tsp. canola oil
- 2 oz. celery, cut on a bias
- 2 oz. snow peas
- 4 oz. baby carrots, blanched
- 4 oz. red pepper, cut into triangles
- 8 oz. baked or firm tofu, cut into large cubes
- 2 oz. Hunan Barbeque Sauce (see below)
- 2 oz. vegetable stock
- 2 cups brown rice, cooked and kept warm
- 1 small red radish, sliced
- 1/4 cup sliced scallions

In a large sauté pan over medium high heat, add the oil and let get hot.

Add the vegetables except for the pepper, and let sauté for 4 to 5 minutes until they are cooked through and hot, but still crisp.

Add the pepper and tofu, and toss together with the vegetables. Add the Hunan Barbeque Sauce, and let heat; toss the mixture to coat evenly.

Add the vegetable stock. Let the mixture simmer for 2 minutes, and let the stock cook into the mix.

To serve, place 1/2 cup of hot cooked rice in the middle of the plate, ladle the mix over the top and garnish with the radish slices and scallions.

Hunan Barbeque Sauce

Makes 5 cups

- 1/2 cup rice wine vinegar
- 1/2 cup light soy sauce
- 2 cups Hoisen sauce
- 1 1/2 cups orange juice
- 2 tbsp. curry powder
- 2 tsp. finely chopped garlic
- 2 tsp. finely chopped fresh ginger
- 1 cup plus 4 tbsp. water
- 2 tbsp. cornstarch
- 1/4 tsp. canola oil

In a medium-sized bowl, whisk together all ingredients.

MINI LIME CHEESECAKES

From *Canyon Ranch*

Serves 12

Crust:

- 1 cup crushed graham crackers
- 2 tbsp. brown sugar
- 2 tbsp. unsalted butter

Additional serving idea: Serve on toasted whole grain bread, pita, flatbread or tortilla with lettuce, tomato, onion, pickles and Dijon mustard for a terrific vegetarian sandwich.

Nutrients Per Serving: 44 Calories (kcal); 3g Total Fat; (54% calories from fat); 2g Protein; 4g Carbohydrate; 0mg Cholesterol; 13mg Sodium.

FRESH CORN AND GREEN CHILE SOUP

From *Lake Austin Spa*

Serves 16

- 1 large onion, chopped
- 3 garlic cloves, minced
- 6 cups chicken stock (or vegetable stock)
- 6 cups fresh corn kernels (about 9 to 10 ears)
- 9 to 10 corn cobs
- 1 can (15-ounce) yellow hominy, drained and rinsed
- 1 tsp. adobo paste from canned chipotle chiles, or 1 tsp. Tabasco sauce
- 1 large carrot, chopped
- 2 poblano or New Mexican green chiles, roasted, peeled, seeded and diced
- 1 cup 2% milk
- 1 can (12-ounce) evaporated skim milk
- 2 corn tortillas
- 2 oz. queso fresco or crumbled feta cheese
- 2 tbsp. chopped fresh cilantro leaves

Spray the bottom of a heavy soup pot lightly with cooking spray. Add the onion, and cook over low heat just until tender. Add the garlic and cook, covered, for 1 minute longer.

Combine the stock and corn cobs in a large saucepan over medium heat. Simmer for 15 minutes. Strain the liquid into the onion mixture; discard the cobs. Add 5 cups of the corn kernels, the hominy and adobo paste; mix well.



Mini Lime Cheesecakes

Cook for 10 minutes.

Purée the mixture in a blender or food processor, in batches if necessary. Place a fine-mesh conical strainer or sieve over a soup pot. Pour the purée through the strainer, pushing on the solids to force as much as possible through the strainer and into the pot; discard the solids. Add the carrot, chile peppers, remaining corn kernels and 2% milk to the purée; bring to a simmer. Cook just until the carrots are tender. Add the evaporated skim milk; mix well.

Cut the tortillas into thin strips. Arrange on a baking sheet. Bake at 350° for 10 minutes or until crisp. Serve the soup hot, garnished with tortilla strips, cheese and cilantro.

Nutrients Per Serving: 118 Calories; 6g Protein; 22g Carbohydrates; 2g Fat; 13% Calories from Fat; 368 mg Sodium.

1 tbsp. pure maple syrup
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1 tsp. lime zest

Filling:

12 oz. low-fat cream cheese
1/2 cup sugar
1 tbsp. fresh lime juice
1 1/2 tsp. pure vanilla extract
3 tbsp. egg whites
1 1/2 tsp. lime zest

Strawberry Compote:

1 cup diced fresh strawberries
1 tbsp. sugar
1/8 vanilla bean
1/8 tsp. fresh lemon juice
1/2 tsp. cornstarch
2 1/4 tsp. water

Preheat oven to 375°.

For Crust:

In a medium-sized mixing bowl, mix graham crackers, brown sugar, butter, maple syrup, cinnamon, nutmeg and lime zest until well combined. Spray a medium-sized 12-cup muffin pan with canola oil spray. Place 1 heaping tbsp. of crumb mixture in each muffin cup. Press crumbs firmly on bottom and a third of the way up the side of each cup to form a crust. Set aside.

For Filling:

In a medium-sized bowl, using a hand-held mixer on medium speed, blend cream cheese, sugar, lime juice, vanilla, egg whites and lime zest until smooth. Spoon 3 tbsp. of mixture into each of the 12 crust-lined cups.

Bake cheesecakes for 15 to 20 minutes or until the center of the cheesecake is almost set. Remove from oven, and place on rack to cool for 20 minutes. Carefully remove cheesecakes from pan by running a knife along the edge of the crust. Let cool completely on wire rack, then chill until ready to serve.

For Compote:

In a small saucepan, combine all ingredients except cornstarch and water. Simmer for a few minutes. In a small bowl, combine cornstarch and water to form a thin paste. Add to strawberries, and cook for 3 minutes on medium heat stirring constantly until sauce thickens slightly. Remove from heat, and strain to remove seeds. Allow to cool slightly, and purée until smooth.

Top each cheesecake with 1 tablespoon of strawberry compote.

Nutrients Per Serving: 175 Calories; 24g Carbohydrate; 7g Fat; 21mg Cholesterol; 4g Protein; 219 mg Sodium; 1g Fiber. ●

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