

30-PAGE FOOD SPECIAL: A PHOTO WITH EVERY RECIPE

FOOD & WINE

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*healthy and
delicious
recipes*

*an american chef's
easy italian recipes*



*Hearty & healthy:
layered root-vegetable
gratin with a
rich Chenin Blanc*

RECIPE P. 127

finding value on a wine list

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Best Recipes from New Foodie Resorts

These four wonderful new escapes have star chefs and stellar spas. F&W's *Jen Murphy* reports on their healthiest and most delicious recipes.

food photographs by kana okada

TRAVELERS IN SEARCH OF A HOTEL WITH BOTH A great restaurant and a fabulous spa have a spate of new choices. The chefs at the four American hotels described on these pages would never say they make “spa food,” but all have tucked at least a few healthy—and utterly

delicious—dishes onto their menus among the more decadent choices. Here are some of the best, from resorts in New Mexico, Florida, Texas and Georgia—exactly the kind of food anyone would want to eat after a two-hour massage or a killer Pilates session.



Encantado's salmon club includes greens from the resort's biodynamic garden (recipe, p. 44).



encantado

santa fe, new mexico

Charles Dale (an F&W Best New Chef 1995) brings a yogic calm to the kitchen at Auberge Resorts' new hotel, Encantado. “It has nothing to do with asanas and everything to do with focus and intention,” explains Dale, who happens to be a fan of the Bikram yoga classes at Encantado's 10,000-square-foot spa. Dale cooks Southwestern-style farm-to-table food at the AvroKO-designed restaurant, Terra, from a slow-cooked and superindulgent suckling pig to a healthy barbecued-salmon sandwich (recipe, p. 44). *Doubles from \$425; 198 State Rd. 592; encantadoresort.com.*

The signature dish at Bolla, the Stoneleigh's Italian restaurant: a vegetable- and bean-packed minestrone.



the stoneleigh
dallas, texas

A recent renovation to this Art Deco hotel added a 5,200-square-foot spa and Bolla, a modern Italian restaurant. David Bull (an F&W Best New Chef 2003) prepares hearty dishes like short-rib



cannelloni, but his signature recipe is a healthy minestrone loaded with vegetables and beans. The spa offers a menu of Bull's lightest dishes, but ironically, this soup didn't make the cut. "I had to pick foods that guests could eat while sitting pretty, getting their nails done," Bull says, and the minestrone just wasn't manicure-friendly. *Doubles from \$245; 2927 Maple Ave.; stoneleighhotel.com.*

Hearty Minestrone Soup

ACTIVE: 30 MIN; TOTAL: 3 HR 30 MIN
PLUS OVERNIGHT SOAKING

4 SERVINGS

THE GOOD NEWS This satisfying soup from David Bull is an excellent source of fiber.

- 1¼ cups dried white beans (8 ounces), soaked overnight and drained
- 3 tablespoons extra-virgin olive oil
- 2 ounces pancetta, finely diced
- 2 medium shallots, minced
- 2 large celery ribs, finely diced
- 1 medium onion, finely diced
- 1 large carrot, finely diced
- ½ fennel bulb, cored and diced
- 4 garlic cloves, minced
- ½ teaspoon crushed red pepper
- 2 bay leaves
- 2 tablespoons tomato paste
- One 14-ounce can plum tomatoes, chopped, juices reserved
- 1 quart low-sodium chicken broth
- Salt and freshly ground pepper
- 1 cup baby arugula
- ½ cup flat-leaf parsley leaves
- 1 tablespoon fresh lemon juice

1. In a pot, cover the beans with 2 inches of water and bring to a boil. Simmer over low heat until tender, about 2 hours; add water to keep the beans covered. Drain the beans and reserve the cooking liquid.
 2. Meanwhile, in another pot, heat 2 tablespoons of the oil. Add the pancetta and cook over moderate heat until crisp, 4 minutes. Add the shallots, celery, onion, carrot and fennel, and cook until softened. Add the garlic, crushed pepper and bay leaves and cook, stirring, until fragrant. Add the tomato paste and cook, stirring, for 2 minutes. Stir in the tomatoes and broth; bring to a boil. Simmer over low heat for 1 hour. Add the beans and enough cooking liquid to thin out the soup. Discard the bay leaves; season with salt and pepper.
 3. In a bowl, toss the arugula and parsley with the lemon juice and remaining 1 tablespoon of oil. Season with salt and pepper. Serve the soup in bowls; top with the salad.
- ONE SERVING** 475 cal, 18 gm fat, 4.1 gm sat fat, 55 gm carb, 14 gm fiber.