

30-PAGE FOOD SPECIAL: A PHOTO WITH EVERY RECIPE

FOOD & WINE

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40

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.*

from *encantado*

Salmon Club Sandwiches

ACTIVE: 40 MIN; TOTAL: 2 HR

4 SERVINGS

THE GOOD NEWS Charles Dale makes this healthy club sandwich with omega-3-rich salmon grilled in a lightly sweet, tangy tamarind sauce. The extra sauce here can be refrigerated for up to 1 week and is delicious on chicken or pork chops.

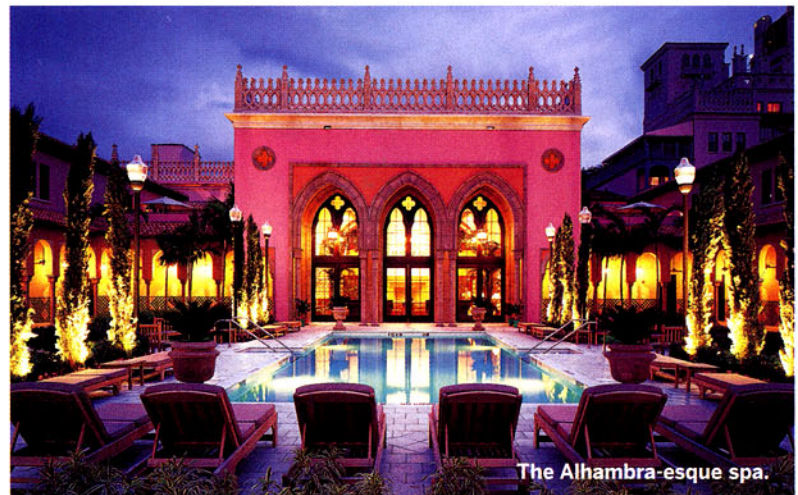
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, coarsely chopped
- 2 tablespoons tamarind concentrate
- 2 garlic cloves, coarsely chopped
- 2 dried chipotle chiles, stems and seeds discarded
- ¾ cup golden raisins
- ¼ cup tomato paste
- ¼ cup agave syrup (see Note)
- ½ teaspoon pure chile powder
- Salt and freshly ground pepper
- Four skinless 4-ounce salmon fillets, halved crosswise
- 12 thin slices of whole wheat toast
- ¼ cup mayonnaise
- 1 cup arugula leaves
- 4 large slices of beefsteak tomato

1. In a saucepan, heat the oil. Add the onion and cook over moderate heat until softened. Add the tamarind, garlic, chipotles, raisins, tomato paste, agave and chile powder. Bring to a boil and simmer over low heat until thick, 20 minutes. Let cool, then puree in a blender. Season with salt and pepper.
 2. Set the salmon in a large, shallow dish and season with salt and pepper. Coat with ½ cup of the sauce; refrigerate for 1 hour.
 3. Light a grill and oil the grates. Grill the salmon over high heat, turning once and basting with another ½ cup of the sauce, until just cooked through, 4 minutes.
 4. For each club, use 3 slices of toast; spread each with 1 teaspoon of mayonnaise and layer with the arugula, tomato and fish.
- NOTE** Sweet agave syrup, made from agave plants, is available at health-food stores.
- ONE SERVING** 662 cal, 28 gm fat, 3.7 gm sat fat, 48 gm carb, 7 gm fiber.
- WINE** Tropical-fruited, rich Chardonnay: 2007 Kumeu River Village.

boca raton resort & club

boca raton, florida

Grandly renovated and expanded, with a new spa modeled on Spain's Alhambra Palace, this resort is nothing if not ambitious. Cielo, the first U.S. venture from Michelin-starred U.K. chef Angela Hartnett, serves Spanish tapas and dishes like chicken with candied lemon. *Doubles from \$169; 501 E. Camino Real; bocaresort.com.*



The Alhambra-esque spa.

Chicken Breasts with Walnuts, Leeks and Candied Lemon

TOTAL: 45 MIN
4 SERVINGS

THE GOOD NEWS Angela Hartnett flavors lean chicken breasts with leeks and preserved lemons, which deliver vitamin C and minerals like magnesium and iron.

- ¼ cup extra-virgin olive oil
- 2 leeks, white and tender green parts only, sliced 1 inch thick
- Salt
- 1 tablespoon sugar
- ½ preserved lemon, pulp discarded and peel thinly sliced
- 2 tablespoons white wine vinegar
- 1 tablespoon minced chives
- 2 teaspoons minced dill
- 1 teaspoon minced tarragon

Freshly ground pepper
Four 6-ounce skinless, boneless chicken breast halves

- ½ cup toasted walnuts, for garnish
1. In a skillet, heat 1 tablespoon of the oil. Add the leeks and a pinch of salt; cook over

- moderate heat until softened. Add 2 tablespoons of water, cover and cook over low heat for 4 minutes. Remove from the heat.
 2. In a small saucepan, combine the sugar with 1 tablespoon of water and simmer over moderate heat until syrupy, 2 minutes. Add the preserved lemon and simmer for 1 minute; add to the leeks and keep warm.
 3. In a bowl, whisk the vinegar, chives, dill and tarragon with 2 tablespoons of the olive oil. Season with salt and pepper.
 4. In a skillet, heat the remaining 1 tablespoon of oil. Season the chicken with salt and pepper and add to the skillet. Cook over moderately high heat until golden, 3 minutes. Reduce the heat to moderate and cook for 2 minutes longer. Turn the breasts and cook until just white throughout, 4 minutes.
 5. Spoon the leeks onto plates. Top with the chicken. Drizzle with the vinaigrette, garnish with the walnuts and serve.
- ONE SERVING** 449 cal, 26 gm fat, 3.5 gm sat fat, 11 gm carb, 2.5 gm fiber.
- WINE** Melony, fresh Sauvignon Blanc: 2007 Foursight Anderson Valley.