

# american spa

THE SPA PROFESSIONAL'S CHOICE

JANUARY 2017

## *hill country* HEALING



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LOMA DE VIDA SPA  
AND WELLNESS AT LA  
CANTERA RESORT & SPA  
(SAN ANTONIO)

CHEF'S CORNER



Chef Victoria Acosta brings beets to life with her Beet and Grain Salad, which is part of the Spa Culinary Menu at **Meadowood Spa** at Meadowood Napa Valley (St. Helena, CA). The dishes mirror the spa's treatments, which focus on Vine, Earth,

Air, and Field, with beets reflecting the bounty of the Earth. "The ingredients in this recipe are packed with antioxidants and anti-inflammatories to help fight off free radicals and keep the immune system strong," says Acosta. "While beets are known for their earthy yet sweet flavor, it's their deep color that really reminds us how beneficial they are for the circulatory system; they help control blood pressure and detox the blood. The citrus, fennel, and bulgur all contribute energy-producing effects and a metabolic boost. Lastly, the olive oil is known to be a healthy fat and aids in digestion, lowering blood pressure and cholesterol, promoting brain function, and protecting against stroke and heart attack." Here, discover how to create this healthy dish at home.—*J.K.C.*



**BEET AND GRAIN SALAD** (serves approximately 8 to 10)

**ROASTED BEETS**

- 5 pounds of assorted baby beets (reserve one of each color for shaving raw)
- 3 tbsps of sugar
- 3 tbsps of Kosher salt
- ¼ cup of olive oil

- Remove leaves from beets, and wash well.
- In a roasting pan, add beets, salt, sugar, and olive oil, and cover halfway with water.
- Cover pan with foil and cook in 400F oven for approximately 35 minutes until beets are fork tender, and allow to cool.
- Remove peels, leaving "tails" intact.
- Leave beets whole or cut in halves or quarters.

**LEMON-ORANGE DRESSING**

- 1 cup of extra virgin olive oil
- ¼ cup of freshly squeezed lemon juice

- ¼ cup of freshly squeezed orange juice
  - Kosher salt to taste
- Combine all ingredients in an air-tight container.
- Seal and shake until emulsified.

**GRAINS**

- 4 cups of water or vegetable stock
  - 1 cup of rinsed bulgur wheat
  - 1 cup of rinsed pearl barley
  - 1 large minced shallot
  - ¼ cup of extra virgin olive oil
  - Kosher salt to taste
- In two separate pots, heat olive oil over medium-high heat.
- Add half of the minced shallot to each pot, and season with salt.
- Stir occasionally, and allow shallot to sweat.
- Add grains to separate pots, toasting slightly in the olive oil.
- Cover with water or stock, and allow to simmer until grains

- are just tender or al dente.
- Strain out any excess liquid, and allow to cool over ice.

**FENNEL PUREE**

- 1 head of fennel, white bulb only, rough small chop
  - 1 scraped vanilla bean
  - 2 tbsps of olive oil
  - Kosher salt to taste
- In a sauce pot, heat olive oil over medium-high heat.
- Add chopped fennel, salt, and vanilla bean.
- Stir occasionally, and allow to sweat.
- Reduce heat to low, cover the pot, and allow to steam until very tender.
- Combine in a blender, and strain through a fine chinois.
- Cool in an ice bath.

**GARNISH**

- ½ head of fennel, fronds

- reserved, shaved root
- fennel flowers
- other edible flowers
- 1 pomegranate, seeds removed

**Assembly**

- Dress roasted and raw shaved beets and shaved fennel with dressing and sea salt, separating red beets to avoid bleeding of color.
- In another bowl, combine grains, pomegranate, and dressing, and season with sea salt.
- On the plate, spread with a spoonful of fennel puree along desired area. Add a base of grain mixture.
- Begin to build layers of roasted beets, shaved beets, fennel, and grains.
- When you have reached desired portion size, finish the plating with reserved garnish of fennel fronds, flowers, and beet greens.