

49 DELICIOUS NEW RECIPES

# bon appétit

MAY 2013

THE  
**10 BEST  
HOTELS**  
FOR FOOD  
LOVERS  
P. 99

Smoky  
Mountain  
Griddle Cakes  
from Our  
No. 1 Hotel  
P. 16  
↘



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Lake Austin Spa Resort offers hot stone massages and haute cuisine. For more info, visit [lakeaustin.com](http://lakeaustin.com).



## LOW-CAL LUXURY

At the high-end wellness resort **Lake Austin**, “spa food” is a (very) good thing

BY SARAH Z. WEXLER

**YOU WOULDN'T THINK** everything's bigger in Texas if you spied the portions at Lake Austin Spa Resort. But the downsized servings of roast poussin and *harissa*-spiced mahi-mahi—and the downsized guests, who often leave a few pounds lighter—are the only vestiges of the spa's former life as one of the original '60s-era “fat farms.”

Once a place that exercised visitors to exhaustion and fed them fewer than 900 calories a day, the resort is now one of the country's top luxury wellness and weight-loss destinations for people who actually *like* to eat. Where else can you follow in-pool yoga and a mini boot camp with a brisket-smoking demo hosted by guest chef Elizabeth Karmel? Cooking classes and nutrition lectures round out the activities for those hoping to take healthy eating habits home.

The biggest losers can thank executive chef Stéphane Beaucamp, who keeps the miraculously delicious entrées under 400 calories by using substitutions (see “Spa Secrets,” page 61), creating small portions, and, above all, adhering to his native France's philosophy: “We use the good stuff, eat less of it, and cook what's fresh,” he says. “It's about eating until you're satisfied, not until you're stuffed.”

It's easy to use the good stuff when organic fruits and vegetables are grown a few hundred feet from the kitchen. He also uses many of the garden's 300 herbs to brighten dishes like Texas Bay shrimp tacos (just-picked cilantro) and rack of lamb (honey-thyme glaze). And the herbs that don't wind up on diners' plates? Lavender and arnica appear in some of the spa's 100 services, ensuring guests get the same treatment as their dinners. To sample the food without booking a stay, turn the page for recipes.

*Sarah Z. Wexler is a writer based in Portland, OR.*



## Scallops with Apple Pan Sauce

ACTIVE 20 MINUTES TOTAL 20 MINUTES

**4 SERVINGS** *Granny Smith apples are ideal for this dish: Their sweet-tart juice complements the rich scallops, and they keep their shape when cooked.*

- 2 Granny Smith apples
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- 12 large sea scallops (about 1 lb.), side muscle removed
- Kosher salt, freshly ground pepper
- 1 Tbsp. unsalted butter
- ¼ cup hearty sprouts (such as daikon or sunflower) or pea shoots

Core 1 apple; cut into 1" cubes. Place in a blender with lemon juice and ¼ cup water; purée until smooth. Strain juice through a fine-mesh sieve into a small bowl. Peel, core, and cut remaining apple into ¼" cubes. Add to bowl. Set aside.

Heat oil in a large skillet over medium-high heat. Season scallops with salt and pepper. Working in batches, cook scallops until golden brown and just cooked through, about 2 minutes per side. Transfer to a plate; tent with foil to keep warm.

Add butter to skillet. Cook, scraping up browned bits from bottom of pan. Add reserved apple mixture and cook, stirring often, until juice is thickened and apple pieces are tender, about 4 minutes. Spoon over scallops; top with sprouts and season with salt and pepper.

CALORIES 240 FAT 11 G FIBER 2 G



*Black rice is rich in antioxidants.*

## Black Rice Salad with Lemon Vinaigrette

ACTIVE 15 MINUTES TOTAL 1 HOUR 20 MINUTES

**6 SERVINGS** *The pleasantly earthy flavor of black rice pairs well with the bright acidity of this vinaigrette. If you can't find it, use wild rice instead.*

- 1 cup black rice (preferably Lotus Foods Forbidden Rice)
- Kosher salt
- ½ cup walnuts
- ¼ cup Meyer lemon juice or 3 Tbsp. regular lemon juice
- 2 Tbsp. white wine vinegar
- 1 Tbsp. agave syrup (nectar) or honey
- ¼ cup extra-virgin olive oil
- 4 scallions, thinly sliced
- 1 cup frozen shelled edamame, thawed
- 1 cup grape tomatoes, halved
- 4 oz. green beans, thinly sliced (about 1 cup)
- Freshly ground black pepper

**INGREDIENT INFO:** Black rice is available at natural foods and specialty foods stores and some supermarkets.

Preheat oven to 350°. Cook rice in a medium saucepan of boiling salted water until tender, 35–40 minutes. Drain well, spread out on a plate or a rimmed baking sheet, and let cool.

Meanwhile, spread out walnuts on another rimmed baking sheet. Toast in oven, tossing once, until fragrant, 8–10 minutes. Let cool; chop.

Whisk lemon juice, vinegar, and agave in a small bowl. Whisking constantly, gradually drizzle in oil. Season vinaigrette with salt.

Toss rice, walnuts, scallions, edamame, tomatoes, green beans, and vinaigrette in a large bowl. Season with salt and pepper.

CALORIES 310 FAT 18 G FIBER 4 G



### SPA SECRETS

Hammock lounging and lake kayaking not in your future? Try chef Beaucamp's strategies at home.

#### CHOOSE AGED

**CHEESE** Parmesan, Gorgonzola, and Pecorino are pungent, which means you get more flavor with less.

#### DO DIJON

Use Dijon mustard to cut back on salt in sauces and marinades. Beaucamp says it packs a similar punch.

#### DROP THE CRUMBS

Instead of coating chicken or fish in empty-calorie bread-crumbs, dredge fillets in quinoa flakes or cooked, cooled quinoa for a tasty protein hit.

FOR COMPLETE NUTRITIONAL INFORMATION FOR THE RECIPES IN THIS STORY, GO TO [BONAPPETIT.COM/RECIPES](http://BONAPPETIT.COM/RECIPES)