



Hotel chefs cook smart

Maintaining a healthy balanced diet is challenging enough at home, but sticking to your eating regimen on the road can be daunting, if not downright impossible. Lurking around every corner—in the in-flight snack of a breaded chicken sandwich laden with a heavy dose of mayonnaise or the decadent chocolates resting on your hotel pillow—the dreaded fat gram awaits even the best-intentioned traveler.

But chefs at many leading hotel restaurants have started doing their nutritional homework, discovering fat does not have to be a fixed enemy. “Fat is flavor; it’s as simple as that,” says chef Matthias Radits, who oversees The Breakers’ seven hotel restaurants. “The key is to supplement fat with other flavors, not omit it entirely.”

Here’s how three hotels are using just a bit of the good stuff to their—and your—advantage.

The Breakers, Palm Beach

Smart eating has returned to Palm Beach’s venerable Breakers hotel with a revamped spa cuisine menu that takes taste as well as nutritional balance seriously.

This is all thanks to the culinary acumen of Austrian-born chef Radits, who is committed to overcoming the bad rap that spa cuisine has received in the past. “We had spa menu items many years ago, but they weren’t successful because the dishes were unappealing,” says Radits, who also helped earn the hotel’s coveted Mobil Travel Guide Five-Star and AAA Five Diamond awards—one



Healthy eating never looked so elegant: Alfresco dining at The Breakers.

of only three resorts in North America to have received both awards.

“Guests aren’t looking to deprive themselves, especially when they come to beautiful Palm Beach and stay at this magnificent hotel,” says Radits. “They want to celebrate and indulge themselves.”

Recognizing a need for menu alternatives, though, Radits worked closely with an area nutritionist in developing new menu items that ensure a bal-

anced mix of carbohydrates, protein and fats, rather than simply stripping each dish of its fat content. The alternative dishes are featured at the oceanfront Beach Club restaurant, located in the resort’s new 20,000-square-foot fitness and spa center, as well as from the 24-hour room service menu.

“I don’t even like to use the label ‘spa cuisine,’ because of its negative implication in terms of flavor,” says Radits. “I prefer to call it lighter, nutri-

Heart-
healthy
cuisine at
some of
our favorite
hotels
•
by
Judy
DiEdwardo

tionally balanced food that tastes great and leaves you feeling great.”

One of the Beach Club’s most popular entrées is the Mediterranean sashimi—a dish Radits discovered while traveling in Hong Kong two years ago. Two-ounce strips of charred beef tenderloin, bigeye tuna and Atlantic salmon are served with sweet soy, harissa, black olive tapenade and a spicy Moroccan pepper sauce with lemon wedges and basil.

Other items include a paillard of grilled chicken breast with young spinach and shallot vinaigrette, and grilled Chilean sea bass with herb-infused grilled vegetables.

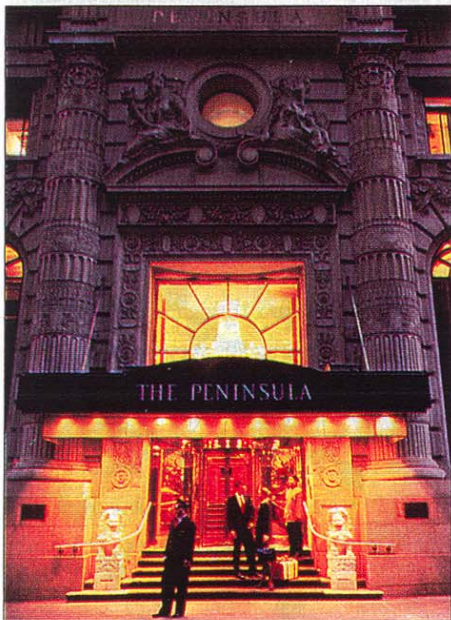
Radits has modified some of the hotel’s other dishes by reducing fat and calories without altering flavor.

But for those who can’t resist temptation, Radits recommends breaking your diet with the jumbo lump crabmeat burger, which is deep-fried and served with red pepper aioli and avocado relish. He warns: “It’s bad for your waistline, yes, but it’s so awesome.”

The Peninsula, New York

Chef Oliver Dudler isn’t afraid to say “spa cuisine.” As executive chef for the 239-room Peninsula New York in midtown Manhattan, he’s the man responsible for the spa lunch menu, which is sure to make even the most ardent junk food addict consider changing his ways.

“Our menus are centered on organic and



The Peninsula in midtown Manhattan

FOUR DIAMONDS IN A TUSCAN SETTING

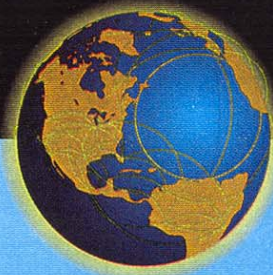


THE TRIANGLE’S FINEST EUROPEAN-STYLE FOUR DIAMOND HOTEL

THE SIENA HOTEL

1505 East Franklin St. Chapel Hill, NC 27514 919-929-4000 www.sienahotel.com

We’ve got your attention,
Do You Have Theirs?



Meridian magazine targets movers and shakers of the Raleigh, Durham, Cary and Chapel Hill area, a hotbed of technological, economic and cultural activity. Meridian reaches a captive audience at a time when they’re relaxed and able to consider your advertising message.

Fly Meridian non-stop to sales, call Melanie Weaver at 919-832-1414 or email mweaver@midwayair.com. All astute advertisers should be on board.

MERIDIAN

The Rest locally farmed ingredients with attention to protein, fat, carbohydrate and calorie content in order to appeal to the athlete as well as those who need to watch the scale,” says Dudler.

The Swiss-born chef, who joined the Peninsula Group in Hong Kong before moving to its U.S. flagship hotel as executive sous chef, recently was named executive chef. He inherited an outstanding spa menu to which he looks forward to adding his signature.

Chef specialties include Long Island corn chowder with caramelized cipollini and roasted peppers; seared Peekytoe crab cake on jicama slaw and roasted pineapple essence; and yellowfin tuna tartare pyramid with pappadam crackers and garlic chive oil.

“When we developed all of our menus, we consulted with a nutritionist who ensured that we had correct proportions,” he says. “We then added our own modifications.”

For example, the tomato bisque—served in the Adrienne, the hotel’s formal restaurant, which serves haute cuisine—is prepared without cream or butter. Instead, a mixture of diced vegetables is blended, frozen and then emulsified to act as a thickener and flavoring agent. Even the risotto has been spared a heavy hand through the use of truffle oil rather than butter.

But calories are not a problem for guests who have full use of the hotel’s tri-level rooftop



Chefs at Loews L’Enfant Plaza are serious about good eating, so guests can be serious about enjoying the atrium and pool (above and left).

Loews L’Enfant Plaza, Washington, D.C.

The food and beverage team at this Washington, D.C., hotel is taking good eating seriously with healthy menu options, cooking demonstrations and seminars conducted throughout the year.

“Sure, we’ll always have our share of naysayers—people think eating and cooking primarily with whole grains, beans, fruit and vegetables is akin to the flavor and texture of twigs and gravel—but that’s not who we’re after,” says Louis Carrier, director of operations for the 370-room four-star, four-diamond Loews L’Enfant Plaza, located across the street from the Smithsonian Museums. “We’re interested in helping people who want to improve their eating habits both at home and on the road by showing them how—not just telling them they ought to.”

In honor of National Nutrition Month in March 1999, the hotel hosted a weeklong program of special menus adapted from nationally syndicated radio physician Dr. Gabe Mirkin’s book *20/30 Fat and Fiber Diet Plan*. The response was so phenomenal that this year’s program ran the entire month of March,



Battle the bulge in style: Sundeck and deluxe room at The Peninsula (above and right).



health club and the spa located on the 21st floor. Spa cuisine can also be served, weather permitting, on the hotel’s signature Peninsula Spa Sun Deck, with its dramatic views of the Manhattan skyline. There, guests can enjoy one of Dudler’s heart-smart specialties, while leaving room for dessert. In addition to assorted fruit sorbets and frozen yogurts, the dessert tray includes a surprisingly decadent sliced tropical fruit melange with sesame tuile crisp.

and there are plans to expand the program even further next year.

To develop the hotel's low-carbohydrate, high-protein selections, Carrier and two of his chefs researched recipes from a host of sources and modified them according to Dr. Mirkin's guidelines. This healthy fare is available in the hotel's restaurants—American Grill, Old Dominion Brewery and Flamingres—and from room service, 6 A.M. to midnight.

Among them are a honey-roasted turkey sandwich with grilled onion, roasted pepper and ancho maple mayonnaise; a portobello mushroom burger with arugula and chimichurri sauce; barbecued salmon, with Swiss chard, horseradish potato pancakes; and berbere steak salad with kalamata olives, Asiago and cucumber with mustard balsamic dressing.

In addition to their focus on healthy eating, Loews has the largest health club among the city's hotels, including a year-round rooftop swimming pool. ✈

COORDINATES

THE BREAKERS

Nightly rates from \$250 to \$610

(888) Breakers

LOEWS L'ENFANT PLAZA

Nightly rates from \$139 to \$329

(202) 484-1000

THE PENINSULA

Nightly rates from \$535 to \$7,000

(800) 262-9467

**The Puzzle Answers
(from page 70)**

S	E	G	E	R	W	A	R	N	S	I	A	M
O	L	I	V	E	A	L	I	A	O	N	L	Y
A	B	R	A	M	D	O	D	G	E	B	A	L
R	E	D	D	O	G	E	G	A	D	L	I	E
					E	V	E	R	E	N	A	B
G	E	O	D	E	S	I	C	D	O	M	E	
R	A	P	S	T	A	R	S	A	T	A	N	
A	S	E	A	E	L	E	C	T	R	O	L	E
D	E	L	L	A	D	R	A	T	R	E	C	
					P	L	Y	M	O	U	T	H
N	I	K	O	L	A	I	D	A	R	E		
A	N	A	O	R	N	E	R	U	G	R	A	T
F	O	R	D	F	R	I	C	K	P	I	A	N
T	I	M	E	O	M	O	O	U	N	I	T	Y
A	L	A	N	W	A	N	S	T	A	L	E	S

Bean Counter

If keeping track of your schedule, family and friends doesn't give you enough food for thought, try Calorie Watch. A software program designed for handheld computers, it lets you keep tabs on your health without the burden of scales or diet books.

With its body-mass-index function, Calorie Watch determines your ideal weight and daily caloric intake limits, helping you create a diet plan. Just enter what you eat and what you do each day; the program then calculates the calories you consumed against the calories you burned. All the data are stored over time, and you can even pop up a graph to chart the progress of your battle of the bulge.

Calorie Watch retails for \$15, and can be ordered online at www.handango.com or by calling (817) 280-0020.

—CAROLINE CUMMINS

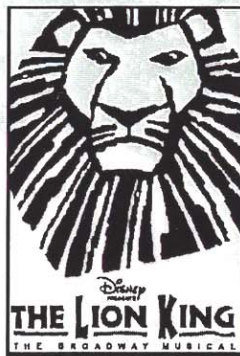
**TWO SIZZLING SUMMER SPECIALS
ONE GREAT RATE!**

May 26-28, 2000

Package Includes:

- * Round-trip air from RDU on Midway Airlines
- * Two nights at the deluxe Millennium Broadway
- * Orchestra seat to "Aida" May 26 8 PM
- * Upper Box seat Red Sox/Yankees May 27 1 PM
- * Lunch at the WWF restaurant
- * All taxes

ELTON JOHN AND TIM RICE'S



June 30-July 2, 2000

Package Includes:

- * Round-trip air from RDU on Midway Airlines
- * Two nights at the deluxe Millennium Broadway
- * Balcony seat to "The Lion King" July 1 8 PM
- * Mezzanine seat Braves/Mets July 1 1 PM
- * Lunch at the WWF restaurant
- * All taxes

Either package:

\$610 Per person
Based on dbl.

FOR RESERVATIONS CALL YOUR TRAVEL AGENT OR:

919-571-4608

Beechwood Tours, Inc.

VISIT US ON THE WEB: WWW.beechwoodtours.com

2319 Hales Rd. Raleigh, NC 27608 * Fax: 919-571-4677 * Email: beechwoodtours@msn.com