

Miraval Summer Chef Series

Written by Ashley Pearlstein

Miraval Resort & Spa is introducing its new Summer Chef Series, Chef's Night In. The series will feature celebrity chefs teaching guests what meals they cook for their families on their nights off from restaurant cooking. Join Miraval in welcoming them, and learn how to cook some amazing dishes!



Besides the rare glance into the chefs' lives outside of the restaurant, guests will also sit in on informational lunch sessions, learn about signature dishes featured on the Miraval Restaurant menu, and find out secrets of the trade from top chefs themselves. The series will have an emphasis on health and bringing one's body into balance, complementing the Miraval healthy way of living.

Each class will be offered for one week. The first class is from June 28 to June 30 and will be led by Jody Adams (pictured above). Adams is a James Beard Award winning chef who competed on Bravo's Top Chef Masters. She creates delicious eats at two Massachusetts restaurants, TRADE and Rialto. Outside of the kitchen, Adams is a humanitarian, raising millions of dollars for charities through a culinary-focused bike tour of Italy and earning her the Humanitarian of the Year award in 2010.

Brooke Williamson will lead the July class, held July 19 to July 21. Williamson is the Co-Owner and Co-Executive Chef of Hudson House in California and The Tripel in Playa del Rey. Her creations have been awarded, including a second place on Bravo's Top Chef Seattle. As the youngest chef to have cooked at the James Beard House, Williamson brings innovation and youth to her masterpieces. Williamson enjoys running, hiking, traveling, and spending time with her family while not at work, making her the perfect candidate to teach a culinary-based health and balance class.

Alex Guarnaschelli will teach the final event, held August 23 to August 25. Guarnaschelli is a Food Network celebrity chef and executive chef at New York City's Butter and the award winning restaurant, The Darby. She has cooked on Food Network shows *Chopped*, *Iron Chef America*, *All Star Family Cook-Off*, and *The Best Thing I Ever Made*. She hosts *Alex's Day Off* and *The Cooking Loft* on the Food Network and Cooking Channel. Her dedication to her creations and celebrity chef status make Guarnaschelli the perfect end to the Miraval Summer Chef Series.

Classes are \$198 per person each, and include wine pairings. Miraval rates begin at \$349 per night for those who wish to book a stay along with the Chef's Night In series.

www.miravalresorts.com.