

Miraval Creative and Mindful Cooking

Written by Written by Amy Strand

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Miraval is known around the globe for its luxe grounds and accommodations as well as its creative and expansive list of spa offerings and events—here in Southern Arizona, we're just lucky enough to have this first-class destination spa in our own back yard. If you've ever wanted to know just how this world-renowned spa cooks up such masterful cuisine, all while still being extremely health-conscious, now is your chance to find out with the Creative and Mindful Cooking event series, happening Nov. 8 through Nov. 13.



Let's face it, eating is fun; but not when following a strict and tasteless diet, right? Well, the folks at Miraval are here to show us that healthy eating doesn't have to mean boring and bland. The Miraval Creative and Mindful Cooking series will begin this coming Sunday and last through the following Friday: six packed days of spa cuisine bliss.

Taking you through the cooking workshops in the beautiful Miraval demonstration kitchen will be Miraval's award-winning chefs, including Chef Chad Luethje. In this special culinary workshop, you will:

- Learn to make healthy substitutions for important ingredients such as eggs and fats when cooking or baking.

- Recreate favorite Miraval soups, salad dressings and sauces (as well as learn how to make new ones).

- Learn the tools and tricks of the trade behind the Miraval recipes so you can then make healthy and creative dishes in your own home.

- Discover the Miraval chefs' secrets to flavor enhancement and the layering of textures for inspired, flavorful meals.

- Find out how to successfully plan out healthy meals and discover handy shopping tips so you can recreate the recipes you learn for your family and friends at home.



The topics that will be covered in the cooking workshop are:

- Soups and Salads (hot and cold soups, composed salads, healthy salad dressings).

- Center of the Plate Healthy Cooking Techniques (techniques include ceviche, marinades, grilling, sautéing, curing, spice rubs, braising, roasting, cooking with parchment).

- Nature's Bounty (grain cooking techniques, the inclusion of fruits and vegetables as an interesting part to every meal).

- Healthy Baking and Pastry Techniques (healthy dessert techniques—including signature Miraval desserts, breakfast breads and more).



If you can't make it to next week's event series, there will be many other 2010 dates in which to attend. Pencil in one of the following on your calendar: Jan. 13-17, May 12-16, July 21-25, Sept. 15-19 or Nov. 10-14.

The Creative and Mindful Cooking workshop is \$600, excluding tax and your stay at the resort. To make reservations, call 800.232.3969 or visit www.miravalresort.com.