



RAOUL SUDRE

President of Aspen Spa Management

His International career began when he was on the staff at Cornell University, teaching in several academic departments and in Physical Education and Athletics where he was Fencing Master and Director of Martial Arts.

His hotel background and experience led to consulting. He soon became a renowned expert in Luxury Hotel Spas. His work took him to all parts of the planet.

He accumulated knowledge in Asian healing Arts in Japan and in the South East Asian basin.

He is one of the few consultants that is really hands on. His knowledge of architectural design and spa operations has made him a leader in the Industry.

His company offers a complete turn-key possibility from design to management including staff training inspection services.

When asked what he brings to his clients, he smiles and candidly says: "40 years of mistakes they will not have to make!"

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By Raoul Sudre

It seems that for a while, there has been a serious misconception about Spa Cuisine: must it really be so bland and tasteless??

Does Spa Cuisine bring forth in your mind nightmares of egg white omelets, tofu burgers and steamed vegetables? Well if all the above items can surely be used, Spa Cuisine can also be exciting and extremely flavorful. Renowned French chefs such as Michel Guerard, Serge Gouloumes or Claude Verat have even gained Michelin Star status for their "light" cuisine.

For starters, and contrary to some gastronomical assumptions, "More" is not "Better." When it comes to Spa Cuisine, the key to excellence is the preparation of dishes with a minimal amount of ingredients, judiciously selected for their compatibility and complementarity. Also, fresh products are a must, and the original flavors of the main ingredients need to dominate.

In addition, the astute use of herbs and spices can turn any food item into a gastronomical delight, as

long as no more than three or four different flavors are combined into one dish. The use of fish and other seafood complimented with light sauces are delightfully pleasant to the palate, and very healthy. Lean meats can also satisfy the carnivorous instinct in most of us, without the negative effect of high fat fares such as beef. Last, cottage cheese and yogurt can be tasty additions to low calorie diets.

Here is a selection of choice items:

Meats:

- Lean beef cuts
- Free range, farm grown chicken
- Rabbit
- Pigeon
- Kangaroo
- Bison

Seafood:

- White sea fish
- White fresh water fish

MUST IT REALLY BE SO BLAND & TASTELESS?



- Lobster tail
- Sand shrimp
- Mussels and clams

Vegetables:

- Most steamed, boiled (al dente) starchy vegetables in moderation
- Potatoes without butter or cream
- Salads with lemon dressing or olive oil

Tofu and other soybean products such as sobu noodles can be used with enhancing accompaniments, or as salads.

For all foods, cooking should be minimal, to preserve taste and nutritional value.

The bottom line secret to good Spa Cuisine is this: it needs to be pleasing to the palate, while delivering minimum calories and being easy to digest. It shouldn't be a punishment, but rather a reward!

Local cultural idiosyncrasies should also be taken into account to make spa dishes original and satisfactory. Henri Chenot for example, the famous health guru now based in Italy, serves tofu noodles to his guests because "a meal without pasta is not a meal for Italians!" Tofu noodles work as an acceptable substitute. He also serves "coffee" made with corn pellets for the same reason.

Another example would be in Morocco, where we included lean meats in Tajines dishes, eliminating the use of animal fat while still retaining the taste of traditional fare with the help of local spices.

The American population, with its dietary habit still anchored in fatty meats, fried food and excessive use of sugar, can still be psychologically satisfied by being served very lean meats or burgers including vegetable fillers, or by the use of sugary vegetable and fruits in main dishes to satisfy the sweet tooth.

Spa Cuisine is an integral part of the Spa Experience. It must be customized to appeal to the market it wants to serve, and should be innovative within the acceptable parameters of this target market.

Finally, here again copying others is not the solution. Before you start, carefully research and

study successful spa café recipes, identify the fundamentals, and adapt them to your specific situation to create a unique and distinctive flavor.

SAMPLE MENU

Appetizers

- Lobster Salad with dill vinaigrette sauce
- Crab-stuffed artichoke hearts
- Cucumber Salad with yogurt, lemon aioli and paprika seasoning
- Tomato and Mozzarella (or Feta Cheese) with olive oil and lemon dressing
- Raw shredded cabbage salad with olive oil and lemon dressing
- Endive Leaves with diced peppers and blue cheese chunks

Soups

- Gazpacho
- Cold Vichyssoise
- Leek and Potato
- Garlic

Entrees

- Cornish Game Hen with mustard sauce and wild rice
- Tajine of rabbit with polenta cake
- Grilled Walleye with a trickle of lemon olive oil, served with oven-baked tomato stuffed with garden herbs
- Teriyaki flank steak with sobu noodles
- Grilled skirt steak with roasted, diced peppers
- Lean beef shank with couscous and fresh vegetables
- Grilled shrimp with cayenne and curry sauce, served over black rice
- Zucchini, eggplant and tomato chouchouka

Desserts

- Lemon sherbet
- Watermelon sherbet
- Individual Baked Alaska
- Grilled orange salad with cinnamon and raw sugar
- Berry Soup
- Pear sorbet over fresh pear
- Fresh Fruits ■