

Appreciating the Apple





SPA CUISINE By Kate Hamilton

When the leaves change into colorful golds and rich reds, and cooler weather calls for a light jacket and a warm mug, apples say “fall” to me.

Versatile and flavorful, apples can be used in almost any type of dish—from crispy salads to delectable desserts and everything in between. As one of the most cultivated tree fruits throughout the world, Americans consume 45.5 pounds of apples per person per year, reports *CNN.com*. Now that’s a lot of fruit.

Facts

Supporting the old proverb “An apple a day keeps the doctor away,” research has suggested that the fruit may reduce the risk of cancer—specifically, colon, prostate and lung varieties. In addition, it may help to ward off heart disease, aid in weight loss and control cholesterol. Packed with 5 grams of fiber, one apple supplies 20% of the daily recommendation from the United States Department of Agriculture (USDA), and is fat-, sodium- and cholesterol-free. The peel, especially, is high in fiber content and antioxidants.

In the kitchen

Whether baked, stewed, dried or pureed, apples make great desserts, complement meat dishes or taste great alone. Ocean Spa & Fitness Center at Loews Santa Monica Beach Hotel in Santa Monica, Calif., features a Peachy-pink Red Delicious Apple Refresher beverage. As it gets colder, sample some Curried Apple and Pear Soup at Westglow Resort & Spa in Blowing Rock, N.C.,

which features a variety of apples, as well as apple cider. The Grilled Apple Salad from Green Mountain at Fox Run in Ludlow, Vt., has grilled apple wedges and a sweet honey balsamic vinaigrette. For dessert, The Hills Health Ranch in 108 Mile Ranch, BC, Canada, serves Baked Apples in Phyllo Pastry With Papaya Sauce. Also, see the recipe **Shrimp/Pork Satay With Green Apple Slaw**, courtesy of Executive Chef Terry Conlan at Lake Austin Spa Resort in Austin, Texas.

In the spa

Rich in alpha hydroxy acids (AHAs), apples make a great ingredient source for exfoliating products. Body Bistro’s Green Apple + Neem Eye Jelly uses apple extract to reduce lines and restore the skin. Apple Cuticle Remover with Alpha Hydroxy Fruit Acid, from Cuccio Naturalé, contains various AHAs—such as malic acids from apples—to remove dead skin cells that build up in the nail bed. Jericho Cosmetics carries a line of bath salts featuring an apple orchard scent that is not only refreshing, but also soothes away aches and pains with minerals from the Dead Sea.

Banyan Tree Phuket in Phuket, Thailand, features an Apple & Green Tea Polisher on its body scrub menu that combines the powerful

Quick Facts

- Apples can be stored for months and will retain most of their nutritional value.
- There are 7,500 varieties, ranging from soft and crisp in texture to bold in flavor.
- The apple often symbolizes a mystical and forbidden fruit in religious traditions, and is the key element in the Christian story of Adam and Eve. To celebrate Rosh Hashana—the Jewish New Year—apples and honey are served to represent a sweet new year.
- The longest apple peel was 172 feet, 4 inches long, and was created by Rochester, N.Y., native Kathy Wafler Madison in 1976.
- A 9-inch pie requires 2 pounds of apples.
- The Guinness World Record for the heaviest apple was 4 pounds, 1 ounce. It was grown and picked in Hirosaki City, Japan.

antioxidants found in green tea with apples' AHA content. The Organic Apple and Paprika Exfoliating Treatment at the R Spa at the Renaissance ClubSport in Walnut Creek, Calif., uses organic ingredients to clear clogged pores and increase blood flow to the skin. Try New York-based Skintology Total Skin and Laser Spa's Organic Apple Sauce Facial, designed especially for expecting or nursing mothers, which heals and soothes with botanicals. By pairing apple and vanilla oils with an intensive massage, The Carmel

Forest Spa Resort in Carmel Forest, Israel, gently cleanses and nourishes the skin with its Vanilla & Apple Body Peeling Treatment.

Fall in love with apple

Whether you love grandma's apple pie or just like the taste of a sweet, crunchy bite, you can't go wrong by adding apples to your culinary palette. Clients also can benefit; offer the powerful fruit in an assortment of treatments. Make sure to plan a trip to your local orchard to sample some varieties this month. ✂



Shrimp/Pork Satay With Green Apple Slaw

From Executive Chef Terry Conlan at Lake Austin Spa Resort in Austin, Texas

Makes 4 servings



Photo courtesy of Lake Austin Spa Resort.

Green Apple Slaw

- 2 cups shredded green cabbage
- 1 Granny Smith apple, cored and julienned
- ¼ cup slivered shallots
- ¼ cup shredded carrots
- ¼ cup julienned daikon radish
- 1 tablespoon minced chives
- 1 tablespoon minced mint
- 2 tablespoons minced cilantro
- 3 tablespoons rice wine vinegar
- 1 tablespoon sugar
- ½ teaspoon salt

Satay Sauce

- ¼ cup reduced-fat creamy peanut butter
- ¼ cup hoisin sauce
- 1 tablespoon sweet chili garlic sauce
- 1 teaspoon fish sauce
- 1 tablespoon coconut extract
- 1 teaspoon curry powder
- ½ teaspoon Asian hot pepper sauce
- 1 teaspoon sugar
- 3 tablespoons rice wine vinegar
- 8 ounces shrimp
- 8 ounces pork tenderloin, cubed

1. Toss the first eight Green Apple Slaw ingredients together.
2. Combine the next three ingredients together in a medium saucepan. Warm just enough to dissolve the sugar. Cool.
3. Toss with slaw. Chill.
4. Combine all the Satay Sauce ingredients.
5. Grill skewers of shrimp and cubed pork tenderloin over charcoal. Serve on slaw, drizzled with Satay Sauce.

