

# CELEBRATING *well*

A HEALTHY HOLIDAY COOKBOOK FROM  
SPAFINDER WELLNESS 365®



## EDITOR'S *note*



The magic of the holiday season is undeniable. It is a season of celebration: from celebrating the holidays themselves to celebrating the loved ones we surround ourselves with. What better way to celebrate the ones you love most than with a home-cooked meal that comes straight from the heart?

This year, we wanted to share our favorite holiday recipes with the ones we celebrate this time of year, you! From healthy meals you'd never guess were good for you to guilt-free desserts that are sure to quiet the sugarplums dancing in anyone's head, *Celebrating Well* is just that – a book filled with recipes to help you celebrate the season while maintaining your wellness and your waistline!

Please enjoy these recipes and be sure to share your foodie photos and thoughts back with us! Use [#CelebrateWELL](#) so we can see all the holiday meal magic you're making!

From us to you, and everyone you're celebrating with this season, have a happy (& healthy) holiday!

XO,

*Jackie*



**Spafinder**  
Wellness 365®

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# HORS *d'Oeuvres*

**GET THE PARTY STARTED!**





# *Baked Pears with Sauce Anglaise*

FROM GWINGANNA LIFESTYLE RETREAT

**SERVES 6**

- 3 firm packham or bosc pears
- 3 dried figs
- 2 Tbs pistachio nuts
- ¼ cup raw almonds
- ¼ cup desiccated coconut (flakes of shredded dried coconut)
- ¼ tsp cinnamon

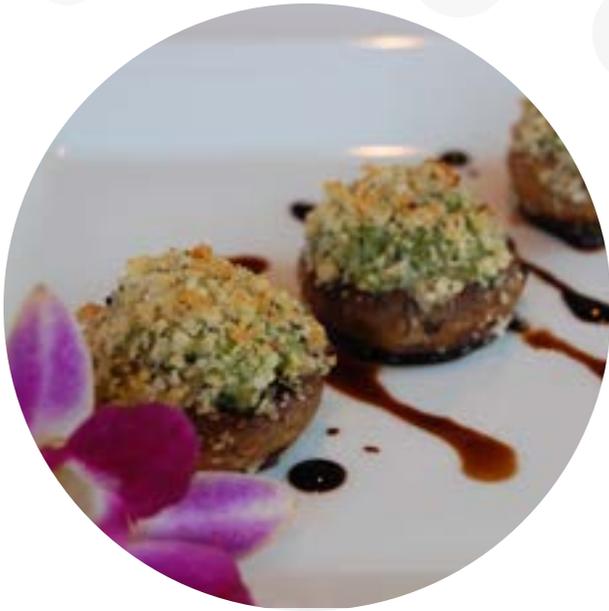
## **INSTRUCTIONS:**

1. Preheat the oven to 320°F.
2. Cut pears into half lengthwise and core them.
3. Place pears on a tray lined with baking paper and bake for 15 minutes.
4. Mix the chopped nuts, figs, and cinnamon together.
5. Place a spoonful in each pear and bake for another five minutes until golden.
6. Serve with sauce anglaise (recipe below)

## **FOR SAUCE ANGLAISE:**

- ½ vanilla bean
- 5 egg yolks
- 2 cups rice milk
- ¼ cup maple syrup

1. Infuse rice milk with vanilla in a pot over medium heat and bring to a simmer.
2. Whisk egg yolks with maple syrup in a stainless steel bowl until creamy.
3. Strain the rice milk and add to egg mix.
4. Fill a pot with about 1 inch of water and simmer over medium heat. Place the bowl on the top of the pot; making sure the water does not touch the bowl.
5. Warm the sauce, stirring constantly with a wooden spoon until it starts thickening just before boiling point. Do not boil or the mix will curdle.
6. Serve warm or cold.



# Pesto Stuffed Mushrooms

FROM HILTON HEAD HEALTH

**SERVES 20**

- 20 each Crimini mushrooms, cleaned, stems removed

## **FILLING:**

- 2 cups fresh basil leaves
- 2 Tbs pinenuts
- 4 Tbs Parmesan cheese, fresh
- 1 Tbs olive oil
- 1 Tbs fresh garlic, minced
- 2 tsp lemon juice
- ½ tsp Kosher salt

## **TOPPING:**

- 1½ cups Panko breadcrumbs
- ¼ cup butter, melted
- 3 Tbs parsley, freshly chopped

## **INSTRUCTIONS:**

1. Preheat oven to 350°F.
2. Clean mushrooms of any dirt or debris and align the mushroom caps upside down in a baking pan.
3. In food processor, place all filling ingredients and process until evenly mixed.
4. In separate bowl, mix panko breadcrumbs, butter, and fresh parsley.
5. Fill each mushroom generously with filling and then sprinkle panko mixture on top of the filling. (Each mushroom should have about 1 teaspoon of panko topping on it). Pat down so that the crust mixture sticks. Then place in oven for about 15 minutes.

*If making these a day ahead simply cover and refrigerate until needed. The size of the mushroom will determine the cooking time. Be sure to check on the mushrooms after ten minutes to gauge the remaining time if any.*



# *Tangerine Scallops*

FROM PRITIKIN LONGEVITY CENTER & SPA

**SERVES 7**

- 12 to 15 large scallops, U-10 size (meaning 10 scallops, or fewer, make up a pound)
- 4 fresh tangerines, juiced
- ½ tsp chopped fresh dill
- ½ tsp chopped garlic
- 12 to 15 tangerine segments

## **INSTRUCTIONS:**

1. Marinate scallops in mixture of tangerine juice, dill, and garlic for 20 minutes.
2. In a large hot nonstick skillet, sear both sides of scallops until golden brown, about 1 to 2 minutes per side.
3. Garnish each scallop with a segment of tangerine and toothpick.

# *Sides*

**A SUPPORTING ACT!**





# Roasted Pear and Arugula Salad with Pomegranate-Chipotle Vinaigrette

FROM RANCHO LA PUERTA

**SERVES 6**

- 6 small pears
- 1 Tbs agave syrup
- 4 cups baby arugula, stemmed and washed
- 2 cups mixed baby lettuces, with some red color, stemmed and washed
- Pomegranate seeds, optional

## **FOR THE POMEGRANATE-CHIPOTLE VINAIGRETTE:**

- 1 small garlic clove, peeled and minced
- 1 medium shallot, peeled and minced
- $\frac{3}{4}$  cup strong, unsweetened pomegranate juice
- 2 Tbs red wine vinegar
- $1\frac{1}{2}$  Tbs brown sugar
- 1 Tbs extra-virgin olive oil
- 2 tsp orange zest
- $\frac{1}{8}$  tsp sea salt
- $\frac{1}{8}$  tsp ground black pepper
- Pinch of ground cloves
- $\frac{1}{8}$  tsp ground dried chipotle, to taste

## **INSTRUCTIONS:**

1. Preheat the oven to 350°F.
2. Core the pears from the bottom, using a small spoon or melon baller. You may peel them or not, but leave the stem intact. Brush the pears with the agave syrup and roast on a baking sheet until browned and tender, 30-45 minutes, depending on the size and ripeness of the pears.
3. Whisk all the vinaigrette ingredients together or puree in a blender.
4. To serve, combine the baby arugula and lettuces with the dressing and divide among 6 chilled plates. Set a pear on each plate and scatter some pomegranate seeds on the greens, if desired.



# Jalapeño Cornbread Stuffing

FROM SHANE DIET, WEIGHT-LOSS &  
FITNESS RESORTS

**SERVES 10**

- Cooking spray
- 1¼ cups cornmeal
- 1 cup fresh or frozen corn kernels (thawed, if frozen)
- ½ tsp kosher salt
- ½ tsp baking soda
- 1 cup nonfat buttermilk
- ½ cup (2 oz.) shredded reduced-fat pepper jack cheese
- 2 Tbs minced pickled jalapeño peppers
- 1½ Tbs butter, melted
- 1½ Tbs honey
- 1 Tbs canola oil
- 2 large eggs, lightly beaten
- 2 cups chopped onions, (1 large onion)
- 2 cups chopped celery, (4 large stalks)
- 2½ cups reduced-sodium vegetable broth
- Ground pepper, to taste

## **INSTRUCTIONS:**

1. Preheat oven to 375°F.
2. Combine cornmeal, salt, and baking soda in a large bowl. Combine buttermilk, corn, cheese, jalapeños, butter, honey, oil, and eggs in a small bowl and add to cornmeal mixture. Stir just until combined.
3. Spoon mixture into 9 inch round pan, coated with cooking spray and bake for 20-25 minutes until lightly browned on top. Cut into 1-inch cubes or break up with hands and place in large bowl.
4. Coat a large nonstick skillet with cooking spray and heat to medium-high. Add onions and celery and cook, stirring often, until softened, about 5 minutes.
5. Add the onion and celery mixture to the cubed corn bread and toss to mix. Slowly add broth, gently stirring until the corn bread is well moistened.
6. Season with salt and pepper. Place mixture in an 8x8 baking dish (coated with cooking oil), and bake for about 20 minutes.

*Quick Tip! For a more moist stuffing, cover the baking dish with foil; for crispier dressing, bake it uncovered.*



# Butternut Squash Macaroni & Cheese

FROM HILTON HEAD HEALTH

**SERVES 26**

- 3 cups butternut squash, peeled and 1" cubed
- 1¼ cups chicken stock
- 1½ cups skim milk
- 2 Tbs garlic, minced
- 2 tsp salt
- 1 tsp black pepper, ground
- 2 Tbs fat-free cream cheese
- 1¼ cups Gruyere, shredded
- 1½ cups sharp cheddar, 2% reduced fat, shredded
- ¼ cup + 2 Tbs Parmesan, shredded
- 1 lbs. whole wheat macaroni, uncooked
- 1 tsp olive oil
- ½ cup panko breadcrumbs
- 4½ cups broccoli florets, cut small

## **INSTRUCTIONS:**

1. Preheat oven to 375°F.
2. Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce to medium and simmer until squash is fork tender, approx. 25 minutes – remove from heat.
3. Place hot squash mixture into a blender and add salt, pepper and cream cheese – blend until smooth. Place into a bowl and stir in Gruyere, Parmesan and sharp cheddar cheese. Stir until combined.
4. Cook pasta in boiling water for about 7 minutes or until al dente.
5. Cook broccoli in boiling water until it turns bright green, 2 – 3 minutes.
6. Add cooked pasta and broccoli to squash mixture, stir until combined.
7. Spread evenly in a 13 x 9" greased baking dish. Heat oil in a medium skillet over medium heat. Add panko and cook for 2 minutes or until golden brown. Remove from heat, stir in remaining 2 tablespoons of Parmesan – sprinkle evenly over hot pasta mixture.
8. Bake for 25 minutes or until bubbly. Serve immediately.

# *Entrees*

**THE MAIN EVENT!**





# *Rack of Lamb with Cinnamon-Peppercorn Sauce*

FROM MIRAVAL RESORT & SPA

**SERVES 4**

- 4 size-ounce New Zealand lamb racks (4 to 5 bones each), trimmed and frenched
- ¼ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 2 tsp canola oil
- 1 recipe Cinnamon-Peppercorn Sauce

**CINNAMON PEPPERCORN  
SAUCE RECIPE ON  
FOLLOWING PAGE**

## **INSTRUCTIONS:**

1. Preheat the oven to 375°F.
2. Lightly season the lamb on all sides with the salt and pepper.
3. Heat a large skillet or sauté pan over high heat. Add the oil and when hot, add the lamb in and cook, turning until well browned, 3 to 4 minutes on meaty side, then 1 minute on the bony side.
4. Transfer the pan into pre-heated oven and roast to desired temperature, 12 to 15 minutes for medium rare.
5. Place the racks on a large cutting board and let rest for 1 to 2 minutes.
6. Use a knife to cut the racks into two 2-bone chops each and divide among four plates.
7. Spoon the sauce over the meat. Serve immediately.

# Cinnamon-Peppercorn Sauce

- ¼ cup Miraval Oil Blend or canola oil
- ½ cup thinly sliced yellow onion
- ¼ cup cleaned chopped Portobellos
- ½ tsp whole black peppercorn
- 1 tsp fresh thyme
- ½ bay leaf
- ¼ cup brandy
- 1 cup good quality dry red wine, such as Cabernet Sauvignon or Merlot
- 1 cinnamon stick
- 1½ cups Red Wine Demi-Glace

## **INSTRUCTIONS:**

1. Heat a medium saucepot over high heat. Add the oil; when hot, add the onions, mushrooms, peppercorns, thyme, and bay leaf; cook, stirring until the onions and mushrooms are soft, 3 minutes.
2. Remove the pot from the heat, add the brandy, and very carefully ignite with a match. Once the flame subsides, return the pot to medium-high heat.
3. Add the wine and cinnamon, and bring to a simmer.
4. Cook until the liquid is reduced by half, about 5 minutes, then add the demi-glace and reduce for 20 minutes at medium heat.
5. The sauce will start to thicken, and that's when you're close to being done. Strain sauce through a fine mesh strainer and reserve for plating.



# Vegan Mushroom Ceviche

FROM THE FARM AT SAN BENITO

**SERVES 4**

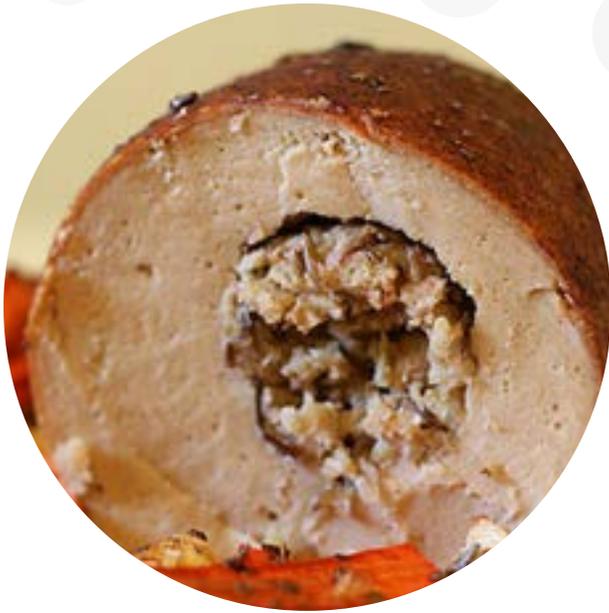
- 3 cups mushrooms (king oyster, shiitake, maitake, enokitake, and/or button mushrooms), sliced
- 2 cups young coconut meat, julienned
- 1 red onion, diced
- 1 cup ripe tomatoes, diced
- 1 tsp garlic, minced
- 3 chile peppers, minced
- 4 Tbs cilantro, chopped
- 4 Tbs basil, chopped
- 4 Tbs fresh oregano, chopped
- ¼ cup orange juice
- 1 tsp liquid aminos
- 4 Tbs lime juice
- Black pepper, salt, cayenne, to taste
- 2 Tbs olive oil
- 1 cup bell pepper, diced
- 1 medium cucumber, diced
- 1 mango, diced

## **FOR MARINADE:**

- 3 Tbs tamari
- 2 Tbs olive oil
- 1 clove garlic, minced

## **INSTRUCTIONS:**

1. Mix the marinade ingredients and marinate the mushrooms in the mixture for at least 2 to 3 hours.
2. Drain mushrooms and combine thoroughly with all other ingredients.
3. Serve in a cocktail glass with a drizzle of 6 tsp coconut sour creme sauce and topped with a few corn and chili crackers (if desired). Sprinkle on some chopped fresh herbs and some thinly sliced onions, if required.



# Tofurkey with Vegan Gravy

FROM TRAVAASA AUSTIN

- 5 (16 oz.) packages extra firm tofu, drained and crumbled
- 2 Tbs sesame oil
- 1 red onion
- 1 ½ cups celery, diced
- 1 cup chopped mushrooms
- 3 cloves garlic, minced
- 3 Tbs Herbes de Provence
- Salt and pepper to taste
- ¼ cup soy sauce
- 3 cups prepared stuffing
- ½ cup sesame oil
- ¼ cup soy sauce
- 2 Tbs miso paste
- 5 Tbs freshly squeezed orange juice
- 1 tsp mustard
- ½ tsp orange zest
- 3 sprigs fresh rosemary

**RECIPE CONTINUES  
ON FOLLOWING PAGE**

## **INSTRUCTIONS:**

1. Line a medium sized, round colander with a cheesecloth or a clean dish towel. Place the crumbled tofu in the colander. Place another cheesecloth over the top of the tofu. Place the colander over the top of a bowl to catch the liquid. Place a heavy weight on top of tofu. Refrigerate 2 to 3 hours.
2. Make the Stuffing: In a large frying pan, sauté onion, celery, and mushrooms in 2 tablespoons of the sesame oil until tender. Add the garlic, Herbes de Provence, salt, pepper, and ¼ cup of soy sauce. Stir well; cook for 5 minutes.
3. Add prepared stuffing and mix well. Remove from heat.
4. Preheat the oven to 400°F. Grease a cookie sheet.
5. Combine ½ cup sesame oil, ¼ cup soy sauce, miso, orange juice, mustard, and orange zest in a small bowl; mix well.
6. Remove the weight from the tofu. Hollow out the tofu so that there is one inch of tofu still lining the colander. Place the scooped out tofu in a separate bowl. Brush the tofu lining with a small amount of the miso seasoning. Scoop the stuffing into the center of the tofu shell.
7. Place the leftover tofu on top of the stuffing and press down firmly. Turn the stuffed tofu onto the prepared cookie sheet. Putting leftover tofu side of the Tofurkey (the flat side) down. Gently press on the sides of the Tofurkey to form a more oval shape.

# Tofurkey with Vegan Gravy CONTINUED

8. Brush the Tofurkey with 1/2 of the soy sauce-oil mixture. Place the sprigs of rosemary on top of the tofu. Cover the Tofurkey with foil. Bake for 1 hour, remove Tofurkey from the oven and remove the foil.
9. Baste the Tofurkey with the remaining soy sauce-oil sauce (reserving 4 tablespoons of sauce). Return to oven and bake another hour or until golden brown. Place Tofurkey on a serving platter, brush with the remaining soy sauce-oil mixture and serve hot.

## Vegan Gravy

### **VEGAN GRAVY:**

- 1/2 cup vegetable oil
- 1/3 cup chopped onion
- 5 cloves of garlic, minced
- 1/2 cup all-purpose flour
- 4 Tbs nutritional yeast
- 4 Tbs soy sauce
- 2 cups vegetable broth
- 1/2 tsp dried herbs, such as thyme or rosemary
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- such as thyme or rosemary
- 1/2 tsp salt
- 1/4 tsp ground black pepper

### **INSTRUCTIONS:**

1. Heat oil in a medium saucepan over medium heat. Sauté onion and garlic until soft and translucent, 5-7 minutes.
2. Stir in flour, nutritional yeast and soy sauce until a smooth paste forms.
3. Gradually whisk in vegetable broth. Season with sage, salt and pepper. Bring to a boil.
4. Reduce heat, and simmer, stirring constantly, for approximately 10 minutes, or until thickened.

# *Desserts*

**INDULGE A LITTLE!**





# Chocolate-Cranberry Coconut Macaroons

FROM MIRAVAL RESORT & SPA

**MAKES 2 DOZEN COOKIES**

- 2 cups flake-type cereal, such as Organic Maple Buckwheat Flakes or Special K
- ½ cup sweetened or unsweetened coconut flakes
- ¼ cup dried cranberries
- ¼ cup mini semisweet chocolate chips
- 3 large egg whites
- ¾ cup sugar
- ½ tsp pure vanilla extract
- ⅛ tsp salt

## **INSTRUCTIONS:**

1. Preheat oven to 350°F.
2. Line two large baking sheets with parchment paper and set aside.
3. Combine the cereal, coconut, cranberries, and chips in a large bowl.
4. In a separate bowl, beat egg whites on medium speed until frothy. Gradually add the sugar and whip until thick and glossy. Add the vanilla and salt, and continue mixing for another 10 seconds.
5. Fold the meringue into the dry ingredients, being careful not to deflate the meringue.
6. Using a ¾-ounce scoop (1.5 teaspoon), scoop the mixture onto the prepared baking sheets and bake for 8 minutes. Rotate the sheet pans and continue baking until golden brown and the cookies lift freely from the parchment, about 16 minutes.
7. Let cool on the baking sheets before serving, at least 30 minutes. Store in an airtight container for up to two days.



# Warm Flourless Chocolate Cake with Orange Sauce

FROM GWINGANNA LIFESTYLE RETREAT

**SERVES 8**

- 8 oz. good-quality dark chocolate with 60%-70% cacao, chopped
- 1 large egg
- 2 very ripe bananas, sliced (1¼ cups)
- ½ cup mashed yam (1 small baked, peeled yam or canned)
- ¼ cup honey
- 1 Tbs orange zest, grated
- 1 tsp vanilla extract
- Pinch of kosher salt
- 3 large egg whites, whipped
- 1 orange, peeled and separated into segments for serving
- Vegetable oil cooking spray

## **ORANGE SAUCE:**

- 1 cup fresh orange juice (from 3 oranges)
- 2 tsp cornstarch
- 1 Tbs half-and-half
- 1 Tbs Grand Marnier

## **INSTRUCTIONS:**

1. Preheat the oven to 350°F. Spray eight 4-ounce ramekins or foil cups with cooking spray until well coated and place them on a baking sheet.
2. For the sauce, pour all but 1 tablespoon of the orange juice into a small saucepan and place over low heat. In a small bowl, stir the cornstarch into the reserved 1 tablespoon of orange juice until smooth. When the juice comes to a simmer, whisk in cornstarch mix and continue to whisk for 30 seconds until thickened. Remove from the heat and let cool for 15 minutes.
3. Whisk in the half-and-half and the Grand Marnier. Set aside to keep warm or chill; the sauce can be served warm, at room temperature, or chilled.
4. Make the cakes: Melt your chocolate. (Chocolate should be pre-melted and cooled before making cake batter.) Combine the egg, bananas, yam, honey, orange zest, and vanilla in a blender and process until very smooth.
5. Add this mixture to the melted chocolate and stir together until just combined. Set aside. In another bowl, use an electric mixer to whip the egg whites and salt until they form soft peaks, about 3 minutes. Carefully fold the egg whites into the chocolate mixture until just incorporated. Do not over-mix.

**RECIPE CONTINUES ON FOLLOWING PAGE**

# *Warm Flourless Chocolate Cake with Orange Sauce* CONTINUED

6. Spoon the mixture into the ramekins or foil cups to about  $\frac{1}{4}$  inch from the top. Bake until the tops are set when a ramekin is gently nudged and the centers are slightly puffed, 8 to 10 minutes.
7. Transfer the ramekins to a cooling rack. When the ramekins are cool enough to handle, run a paring knife around the edges and turn over onto eight dessert plates. The center of the cake should be nice and soft.
8. Drizzle the sauce around each cake and garnish with orange segments. Serve and enjoy!



# Butternut Squash Pie

FROM TRAVAASA AUSTIN

**SERVES 8**

- $\frac{3}{4}$  cup granulated sugar
- 1 tsp ground cinnamon
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp ground ginger
- $\frac{1}{4}$  tsp ground cloves
- 2 large eggs
- 15 oz. puréed roasted butternut squash
- 12 fl. oz. half-and-half or evaporated milk
- 1 recipe of Ben's Pie Crust (see below)
- 9-inch pie tin
- Whipped cream (optional)

## **INSTRUCTIONS:**

1. Preheat oven to 350°F.
2. Split and seed squash lengthwise and lay face down on parchment lined baking pan. Bake for 20 minutes.
3. Scoop out roasted squash mixture and puree. Fill pie crust with this filling. Bake at 400°F for 10 minutes, reduce temperature to 300°F and bake for 20 minutes, or until filling is golden brown.
4. Let cool, slice, and serve

## Ben's Pie Crust

- 1 cup all-purpose flour
- $\frac{1}{4}$  lb. unsalted butter
- $\frac{1}{3}$  cup ice cold water
- 2 pinches salt

## **INSTRUCTIONS:**

1. Use cheese grater to grate butter into flour.
2. Slowly add water until dough pulls together.
3. Roll out, cut to size, and reserve

# Cocktails

CHEERS!





# Orange-Pomegranate Cinnamon Holiday Cocktail

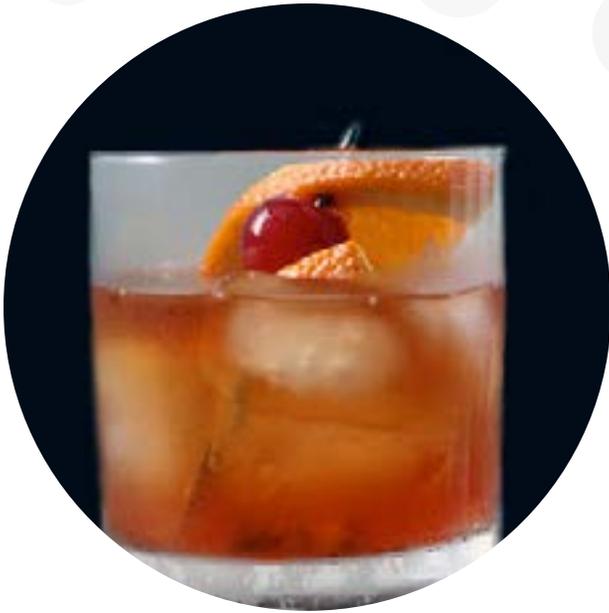
FROM SHANE DIET WEIGHT LOSS &  
FITNESS RESORTS

**SERVES 6**

- 1 cup 100% pomegranate juice
- ½ cup 100% orange juice
- 1 (750-ml) bottle dry sparkling wine or champagne, chilled (substitute with Sparkling Cider for a “mocktail!”)
- 6 orange slices
- Pomegranate seeds (about ¼ cup)
- 6 small cinnamon sticks

## **INSTRUCTIONS:**

1. Combine pomegranate juice and orange juice in a glass measure.
2. Divide the juice mixture evenly among 6 champagne or wineglasses.
3. Top each serving evenly with wine; drop one orange slice, a few pomegranate seeds, and 1 cinnamon stick into each glass for garnish.



# *Festive Old Fashioned*

FROM THE RITZ-CARLTON SPA, ORLANDO

**SERVES 1**

- 1.5 oz. bourbon whiskey (Buffalo Trace or Maker's 46)
- 3 dashes Bitter Truth's "Jerry Thomas Own Decanter Bitters"
- 1 slice orange cut into two half moons
- 1 Tbs "Drunken Cranberries" (recipe below)

## **DRUNKEN CRANBERRIES:**

- 2 cups frozen or fresh cranberries
- ½ cup of sugar
- ½ cup of water
- 1 cinnamon stick
- ½ orange peel
- 1 cup silver rum

## **INSTRUCTIONS:**

1. Muddle the half-slice of orange with the cranberries and bitters until well combined and aromatic.
  2. Add the bourbon, stir well.
  3. Add ice and stir again until the glass frosts, adding ice as it melts.
  4. Garnish with the other orange moon, a small spoon of cranberries and rosemary dusted with powdered sugar (if desired).
- 
1. Boil the cranberries with water, sugar, cinnamon, and orange for 5 minutes or until cranberries start to pop.
  2. Remove from heat and allow to cool to room temperature before adding in the rum. Refrigerate for up to one month.



# Harvest Rum Martini

FROM CALICHE RUM

**SERVES 1**

- 2 oz. Caliche Rum
- .75 Concord Syrup
- .75 Fresh Lime Juice
- .5 oz. Egg White
- Garnish: Concord Grapes with Edible Flower and Black Peppercorn

## **INSTRUCTIONS:**

1. Mix together in a cocktail shaker with ice
2. Strain into a martini glass
3. Garnish





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