

SAVEUR

Eat the World ISSUE N° 205 Fall/Winter 2025



HONG KONG • Quince • CAPE TOWN

Stone Crab • NEW ORLEANS • Tourtière du Lac-Saint-Jean

PARIS • Marmalade • MICHOACÁN • Mead

DRESDEN • Squash Pakoras • UTAH • Shaobing



WELL, WELL To Your Health

These luxe retreats are redefining dining through on-site gardens, nutrition consultations, and menus created to nourish, delight, and restore.

HEALTH AND CULINARY travel used to be worlds apart. Aside from the occasional weight-loss retreat, few trips catered to both appetite and well-being. But as food and wellness become pillars of luxury travel, the lines between the two have begun to blur. Destination spas have long drawn on edible ingredients for their treatments—red wine in skin-softening baths, coffee grounds in exfoliating scrubs, or agave in repairing body wraps. Now, that same philosophy is finding its way back to the table.

Castle Hot Springs

ARIZONA

castlehotsprings.com
Fed by mineral-rich springs that have drawn travelers and Indigenous people for centuries, this desert oasis sources 80 percent of its produce from a regenerative garden on the grounds. The new Sonoran Epicurean Escape includes

farm tours, cooking classes, and mezcal pairings—plus plenty of downtime to soak in the healing geothermal baths. —*Kat Craddock*

Lanserhof Tegernsee

GERMANY

lanserhof.com
Less than an hour from Munich, this Bavarian retreat revolves

around its proprietary Lanserhof Energy Cuisine—think warm millet porridge, herbal infusions, and specifically timed meals for better digestion. The doctor-led approach focuses on deep gut healing (reducing inflammation and aiding digestion) through limiting raw foods and mealtime liquids, and even re-teaches the “art” of chewing. —*Samantha Leal*

Ananda in the Himalayas

INDIA

anandaspa.com

Set in a former maharaja's estate in the Himalayan foothills, Ananda tailors dining regimens to guests' ayurvedic body type, or dosha. Lunch might start with kitchari, a mung dal and rice stew to rebalance digestion, while dessert could be a rose petal preserve called gulkand, purported to ease heat in the body. Seasonal, local produce and therapeutic herbs from the garden grace every recipe, which guests can learn to cook at the Culinary Studio. —*S.L.*

Aro Hā Wellness Retreat

NEW ZEALAND

aro-ha.com

Tucked away in the Southern Alps, 45 minutes from Queenstown, Aro Hā takes a holistic, plant-based approach to rebooting body and mind. Menus designed to temper immune responses and support gut rhythm feature raw, sprouted, and fermented ingredients from the property's permaculture gardens. Vegan, gluten-free meals are artfully plated and reflect the retreat's emphasis on intentional living and deep restoration. —*S.L.*

Tia Wellness Resort

VIETNAM

tiawellnessresort.com

At this palm-shaded resort overlooking My Khe Beach, the food isn't just good for you—it makes you feel good. Case in

point: the lotus root salad, which comes with a double dose of the tuber in the form of freshly pickled slices and crisp-fried “cracklings.” Lotus root is beloved in Vietnam for its benefits to digestion and circulation. Add to the mix a fully organic, biodynamic wine list, and let's just say wellness has never tasted this great. —*Kate Berry*

Rancho La Puerta

MEXICO

rancholapuerta.com

Opened 85 years ago in Tecate, Baja California, this iconic ranch has never rested on its laurels. Start your day with a sunrise hike to the farm and culinary school, where produce and edible flowers are grown for vibrant pescatarian meals. Then explore the grounds' 4,000 acres between activities

like sound healing, breathwork, and water workouts. At the spa, a cacao scrub, mask, and massage will leave you in a blissful daze. —*Alyse Whitney*

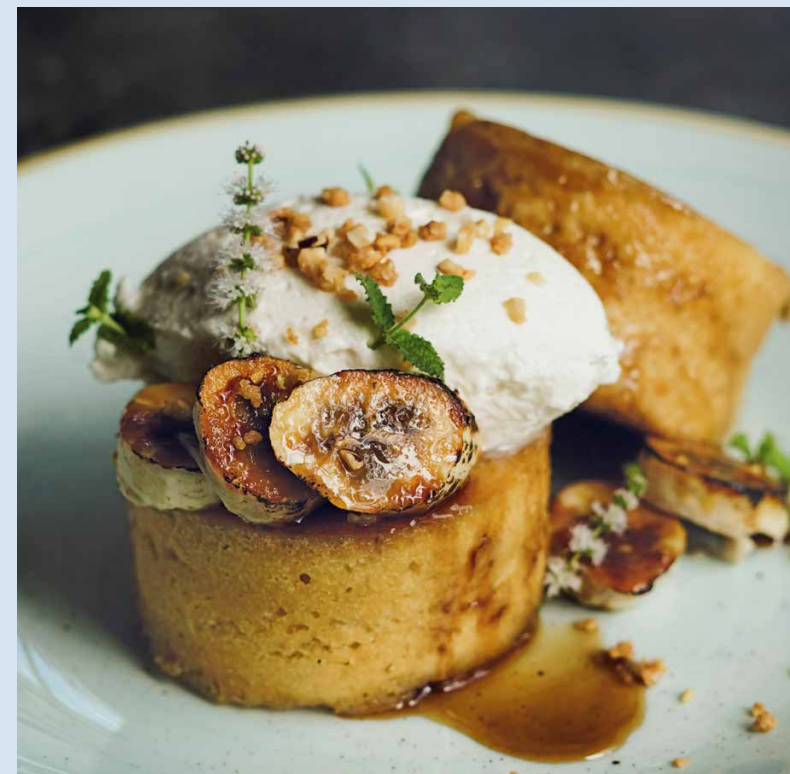
Miraval Berkshires Resort and Spa

MASSACHUSETTS

miravalresorts.com/berkshires

This 380-acre, all-inclusive retreat in the Berkshires is device free, inviting guests to be fully present at mealtimes and savor dishes made with ingredients from on-site gardens, beehives, and chicken coops—from honey yogurt parfaits with housemade granola to gnocchi à la Parisienne with heirloom carrots. Hands-on workshops round out the experience, teaching skills such as fermenting vegetables and sourdough baking. —*Frances Kim*

Below: Organic herbs grown on site top banana soufflé pancakes at Castle Hot Springs. **Facing:** Castle Hot Springs' geothermal baths.



COURTESY CASTLE HOT SPRINGS (2)

DEFINITION

H Hoku-hoku

/ho-ku-ho-ku/

(adverb, noun; ほくほく, Japanese)



An onomatopoeic

term for foods that are soft, warm, and slightly dry or fluffy. Many Japanese words evoke sounds, textures, and temperatures, so the language lends itself well to the dictates of a recipe or the description of culinary sensations. Rather than literally referring to a physical cue, “hoku-hoku” evokes the feeling of biting into something hot and yielding, the kind of heartwarming food one might crave after a day out in the cold. When a recipe directs the reader to bake a potato or pan-fry slices of daikon radish (see recipe, p. 153) until hoku-hoku, the ingredient should be cooked until the gentle press of a fork releases a ribbon of steam.

—*Chihiro Tomioka*