

THE PENINSULA

BEVERLY HILLS

Recipe for Charred Caesar Salad

This classic salad is a favourite among health-conscious A-listers at The Belvedere, The Peninsula Beverly Hills' iconic alfresco-terrace restaurant. The recipe here makes a perfect light lunch for 2 to 4 people.

Ingredients:

Salad

- 3 Romaine lettuce hearts, chopped
- 1 bunch kale, stems removed, washed and thoroughly dried
- ½ kg Brussels sprouts
- 113 g Parmesan, shredded
- 113 g Parmesan, shaved
- ½ cup croutons (The Belvedere makes these fresh, but packaged croutons work just as well)

Peppercorn-White Anchovy Dressing

- 2 tbsp red wine vinegar
- Juice and zest of 1 lemon
- 2 tbsp half and half
- 1 tsp Dijon mustard
- 2 oil-packed anchovy filets
- 1 clove garlic
- 1 egg yolk
- ¼ cup parmesan cheese
- 1 cup olive oil
- 1 tsp Worcestershire sauce
- 3 dashes Tabasco
- cracked pepper to taste

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Preparation:

- Preheat oven 244°C.
- Cut the Brussels sprouts into quarters. Toss liberally in olive oil and salt. Roast until crispy and soft, about 30 minutes (they are ready when they turn dark brown).
- Lightly toss the kale in olive oil, and bake slowly in a single layer on a sheet tray in a 300°F oven until crispy, about 30 minutes.
- Set Brussels sprouts and kale aside to cool.
- Make the dressing. First, blend garlic, anchovy, and water together in blender until smooth; then add vinegar, Dijon mustard, lemon juice and lemon zest.
- Add the egg yolk; then, with the blender on low speed, slowly add the olive oil. Finish by adding Tabasco, Worcestershire, parmesan and cracked pepper.
- In a large bowl, place Romaine, roasted Brussels sprouts, crispy kale, shredded parmesan and croutons and toss with dressing.
- Garnish with shaved parmesan and a drizzle of olive oil, and serve.



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Recipe for Coconut Panna Cotta

This light, refreshing treat is typically enjoyed at The Belvedere, The Peninsula Beverly Hills' restaurant with a stunning and spacious terrace.

Ingredients:

- 800 g (2 cans) coconut milk
- 500 g manufacturing cream (heavy whipping cream will also work in a pinch)
- 150 g granulated sugar
- 100 g shredded coconut, toasted
- 14 g (2 envelopes) granulated gelatine (or 2 tbsp powdered gelatine, or 6 individual gelatine sheets), bloomed in cold water

Preparation:

- Bring the coconut milk, cream, sugar, and toasted coconut to a boil in a saucepan.
- Lower the heat, and let the mixture steep for 20 minutes.
- Bring the mixture to a boil again, then steep for another 20 minutes.
- Strain the mixture, add the bloomed gelatine, and mix well. Pour in small bowls or ramekins and refrigerate overnight, or at least 6 hours.
- Garnish with fresh diced pineapple, kiwi, guava, or mango and serve.



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At-Home Face and Body Treatments from The Peninsula Spa

For the Face: An Organic, Therapeutic Mask

To keep facial skin refreshed and nourished, try making and applying this restorative mask once or twice a week. Its ingredients contain antioxidant properties which enhance skin elasticity, balance sensitivity, and reduce signs of aging and fatigue.

- First, set the mood by lighting your favourite candle, selecting some mellow music, and choosing a spot where you can lounge and relax while the mask is working.
- Next, make the mask by mashing one peeled, organic avocado and one peeled organic apricot. Blend the two together until the consistency is smooth and creamy; then apply the mixture to your face, avoiding the eye area.
- Finally, settle into your lounging space, close your eyes, and relax for 30 minutes. Then rinse the mask off with cool water to find softer, fresher skin.



For the Body: Daily Exercises for Flexibility

To help your body stay relaxed and limber, try incorporating these simple stretches into your daily routine. They can be especially helpful for warding off stiffness if you've spent hours sitting in front of a computer. Do each of these stretches three times, holding for 30 seconds each time.

- Stretch your pectoral muscles by standing in a doorway, on the outside (the side without the door hinges). Place your hands and forearms on either side of the door frame, and lean forward, allowing your head and shoulders to extend through the doorway while your hips and feet stay planted on the other side.
- Lengthen your spine and legs with a forward bend. Start by standing with your feet hip-width apart and your legs straight. Then slowly bend forward at the waist, letting gravity pull your fingers toward your toes. Rest your fingertips wherever they can reach – your knees, your ankles, or the floor – while staying relaxed.
- Loosen up your neck by tilting your head forward and slowly rolling it from shoulder to shoulder. Use your natural range of motion, without straining or forcing.