

Ste. Anne's Launches Cookbook

**PRESS
RELEASE**

Delightful Collection Features Unique Recipes by Chef Christopher Ennew

FOR IMMEDIATE RELEASE

Grafton, Ont., - December 5, 2008 – After years of hard work and anticipation, the Ste. Anne's Cookbook has finally appeared. Designed by Executive Chef Christopher Ennew and a dynamic team of professionals who are passionate about food and cooking, the cookbook features outstanding recipes for breakfast, lunch, afternoon tea, and dinner that have been converted to a smaller, family-sized scale.

“The inspiration for the cookbook definitely came from guests at the spa,” says Chef Ennew, a Certified Chef de Cuisine (CCC). “These are the recipes for which I've received the most requests over the years.” He adds that “people can make them at home with relatively little effort, and there are no hard-to-find ingredients.” Chef Ennew notes that it was “time-consuming but very exciting” to put the book together, and that it was “a real team effort.” David Salazar and Mariela Silva, who work at Ste. Anne's, were instrumental in getting the project off the ground and in testing and converting the recipes.

The cookbook reflects an evolution in Chef Ennew's cooking over the years—as he says, “I'm always changing and getting better, taking courses and listening to the guests. Creating food is never static.” All of the recipes reflect his commitment to “creating healthier comfort food: the classics, but without all the fat. These dishes are traditional, but lighter and fresher.” He uses local, seasonal ingredients whenever possible. The recipe of which he is the proudest, he says, is probably the Bacon-Wrapped Pork Tenderloin with Shrimp, which won first prize in the 2007 Homegrown Ontario Recipe Contest. All of the recipes in the Ste. Anne's Cookbook are Chef Ennew's own creations, “except the one for Nan's Scones.” He included this recipe by owner Jim Corcoran's mother to evoke “a feeling of continuity and tradition” and to pay homage to the origins of Ste. Anne's.

Jim Corcoran is proud to share these superb recipes with guests at the spa, who have been highly enthusiastic over the years about Chef Ennew's creations. “The cookbook will allow people to savour a little bit of Ste. Anne's when they can't actually be here in person,” he says. He is also pleased that the cookbook urges us to be mindful when we choose our food, by emphasizing local and seasonal ingredients. “Not only are they more flavourful and delicious, but using them also allows us to curb global warming and air pollution, and of course, to support our local farmers and communities.”

Filled with healthy, exciting recipes that could be described as exotic comfort food, the Ste. Anne's Cookbook reflects the spa's usual commitment to excellence. It is perfect for casual entertaining and for extra-special family dinners. An ideal Christmas gift, it is bound to become a favourite in many North American kitchens.

Ste. Anne's has been voted Canada's Favourite Spa by Manhattan based SpaFinder Magazine Readers' Choice Awards, 3 years running. It has been offering a range of day spa and overnight experiences to spa goers for more than 17 years. Ste. Anne's Spa is located 75 minutes east of Toronto, near Grafton, Ontario. To inquire about rates and availability, please call 1-888-346-6772.

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