



## Blue Heron Restaurant a Biodynamic Oasis In the Desert of Santa Fe

*SANTA FE, NEW MEXICO* — Sunrise Springs Resort Spa, tucked into a lush cottonwood oasis in the high desert just outside of Santa Fe, is a refuge for those seeking peace and balance for the mind, body, and spirit. With a warm, art-filled setting in a century-old adobe building, the Blue Heron Restaurant reflects this with the use of produce from the resort's own biodynamic gardens as well as close attention paid to the Slow Food movement and local Farm-to-Restaurant Project.



House made herb infused oils, vinegars, liquors, yogurt, breads and greenhouse-grown vegetables along with an extensive biodynamic wine list are just a few of the offerings at the Blue Heron. The focus on organic and biodynamic produce is a compliment to the resort's overarching mission for providing a luscious getaway that is also eco-friendly and green. Reclaimed wood and adobe building materials, water, glass and metal recycling, heirloom seeds and organic, wild-harvested locally made spa products make a visit to Sunrise Springs a destination spa and retreat for all, including the eco-conscious.

Executive Chef and General Manager, Tracy Pikhart Ritter, the former chef at the Golden Door in southern CA, presents the following recipes as examples of the Blue Heron's signature seasonally inspired offerings.

### **Spiced Salmon with Organic Greens and New Mexico Red Chile Vinaigrette**

4 – 6 Ounce Salmon Filets

#### **Spice blend**

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground fennel seed
- ½ teaspoon red chile
- ½ teaspoon sea salt

Combine ingrediets and sprinkle generously on salmon. 6 cups mixed organic salad greens  
1 avocado, peeled, seeded and cubed  
12 cherry tomatoes cut in half  
1 cup asparagus spear, blanched and chopped

#### **Vinaigrette**

- ½ cup olive oil
- 2 tablespoons fresh squeezed lime juice
- 2 shallots, minced
- ½ teaspoon finely chopped fresh basil
- Salt & pepper to taste



**Method**

Generously sprinkle salmon filets with spice mixture. Place on a preheated grill, skin side down. Grill for 5-10 minutes per side until desired doneness, remove and allow to cool slightly. Prepare salad dressing by combining all the ingredients. Whisk well and pour half over the salad greens. Divide greens onto 4 plates, top with grilled salmon, garnish with chopped tomatoes, asparagus and avocados. Drizzle remaining dressing on top of salmon.

**Grilled Tenderloin with Purple Potatoes, Braised Chippolini onions and Red Chile Oil**

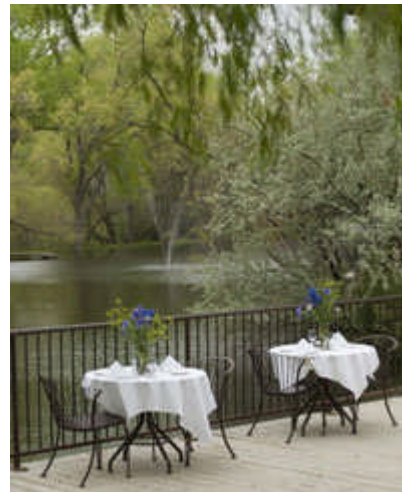
4 (6-ounce) filet mignons  
1-½ pounds purple potatoes  
Salt and pepper to taste  
1 tablespoon unsalted butter  
1 tablespoon chopped fresh dill



Bring potatoes to a boil in well-salted water. Cook until fork tender. Drain then carefully slice into circles. Place potatoes in a small bowl. Toss with butter and dill. Season with salt, pepper, and dill. Cover until service.

12 small Chipollini onions  
2 Tablespoons olive oil  
½ cup white wine  
½ teaspoon chopped parsley  
½ teaspoon chopped thyme  
2 tablespoons unsalted cold butter  
salt and pepper to taste

Add olive oil to a preheated skillet, over medium heat. Add Chipollini onions and brown on both sides. Reduce heat and add wine, parsley and thyme. Cover and slowly simmer over very low heat, about 20 minutes or until soft. Remove cover, increase heat and reduce liquid to 2 tablespoons. Stir in cold butter until creamy. Season with salt, and pepper.



Grill the steaks for about 7 minutes per side for medium rare. Baste with a mixture of olive oil, salt and pepper. For perfect steaks, turn them only once.

**Red Chile Oil**

2 ancho chiles, stemmed and chopped  
1 teaspoon chile de arbol powder  
1 teaspoon honey  
1 cup vegetable oil  
Salt

Place all ingredients in a blender and blend for 3 minutes. Strain into a small bowl or squirt bottle.

½ pound snap peas

Cook snap peas in boiling slightly salted water for 3 minutes or until tender. Divide sliced potatoes, onions and snap peas onto four plates. Top with any left over sauces.

Place grilled filet mignon on top. Serve with red chile oil.



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