

## Guest Chef Weekends at Wilbur Hot Springs

While guests traditionally enjoy cooking their own meals in Wilbur's professionally equipped, spacious kitchen year round, Wilbur also periodically offers several Guest Chef Weekends. Using local organic produce, dairy, and fish or poultry, our accomplished guest chefs prepare inspiring, delicious, and healthy meals for Friday dinner through Sunday brunch. Fee: \$125, plus lodging. See [www.wilburhotsprings.com](http://www.wilburhotsprings.com) for dates.

### **Chef Bios (Omnivorous):**

**Charlie Cascio**, internationally renowned chef, restaurateur, natural foods consultant and lecturer, has taught and worked throughout the United States and Europe for the past 34 years. His award-winning cuisine has garnered rave reviews in both the US and Europe. Charlie worked as the head chef and kitchen manager for Esalen Institute, in Big Sur, California from 1998 through 2004 and continues to work for Esalen as a consultant and instructor. Charlie has recently completed the long-awaited Esalen Cookbook.

**Marion Cascio** was born into a family of chefs and began her involvement with fine restaurants in early childhood. Her five-year study of the culinary arts at a prestigious cooking school in Germany led her to work in many highly regarded restaurants and spas where her superb talents have been well received. Marion is known especially for her sumptuous desserts that push the sated diner over a blissful edge. For the past five years, Marion has been a staff chef at the Esalen Institute. Charlie and Marion live self-sufficiently on land in Big Sur, where they keep goats, bees, chickens and an abundant organic garden. The love and joy they have for their art is immediately apparent in their fabulous fare. During their weekends at Wilbur, they marry healthy, organic cuisine with exceptional taste.

### **Chef Bio (Raw/Vegan):**

A traditional gourmet Chef, **Debra Chase** has over three decades of professional culinary experience. Inspired and encouraged by her mother who was an excellent cook and baker, and her vegetarian step-daughter, who introduced her to the raw vegan lifestyle, Debra has worked in fine restaurants from the San Juan Islands, Washington to Santa Monica, California, with many stops in between. Debra received her Raw Food Chef, Raw Lifestyle Coach, and Raw Food Nutrition Specialist certifications through the Ekaya Institute of Living Food Education. She shares her culinary heritage, traditions and devotion to the culinary arts and the vegan lifestyle through cooking classes and demonstrations, interactive dinner parties, and personal chef services. She specializes in private "transition to vegan" retreats at Pheasant Hollow Farm where she resides with her husband Dave and their many animal friends. Her teaching focuses on how to include more raw vegan food into an everyday diet.

**Guest Chef Weekend Sample Menu**

**FRIDAY DINNER**

Local Organic Mixed Greens Salad, Ginger Glazed Ahi Tuna or Ginger Glazed Tempeh, Green Bamboo Rice, Local Organic Broccoli, and Organic Apple Upside Down Cake w/Maple Yogurt Cream

**SATURDAY BREAKFAST**

Organic "Squeeze-your-own-oranges" Juice, Cage-free Scrambled Eggs w/ Fresh Herbs, Organic Oatmeal and Granola, Organic Yogurt, Fresh Fruit, Selection of Handcrafted Breads, and Organic Coffee and Tea Bar

**SATURDAY LUNCH**

Local Organic Greens Salad w/ Heirloom Tomatoes, Smoked Salmon Spanikopita, Roasted Organic Butternut Squash Curry Soup, Selection of Handcrafted Breads, and Fresh Organic Herbal Iced Tea

**SATURDAY DINNER**

Local Organic Greens Salad, Roasted Local Free-range Chicken in Porcini Mushroom & Zinfandel Wine Sauce, Torino-style Creamy Polenta, Local Organic Red Russian Kale, German Chocolate Mousse, and Fresh Organic Herbal Iced Tea

**SUNDAY BRUNCH**

Organic "Squeeze-your-own-oranges" Juice, Eggs á la Wilbur: Poached Eggs on a Francesi Roll w/ Avocado and Sun Dried Tomato Pesto Sauce, Local and Imported Fine Cheeses Platter, Local Organic Heirloom Tomatoes and Fresh Mozzarella Platter, Exotic Fresh Fruit Platter, Organic Oatmeal and Granola / Organic Yogurt / Fresh Fruit, Selection of Handcrafted Breads, and Organic Coffee and Tea Bar