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thecrush  
POUR IT ON

## SOAK IT IN

Spa treatments are getting a beneficial boozy boost.

Alcohol is the base of many skincare products, so it is only natural that spirits and wine are being incorporated into massages, body wraps and scrubs at spas around the world.

“Alcoholic substances have nourishing, moisturizing and skin health-boosting properties,” says dermatologist Dr. Rachael Burns.

Resveratrol in red wine has anti-aging properties, with antioxidants that replenish and revitalize the skin while inhibiting the development of excess pigmentation. Used on the skin, wine has toning, hydrating and regenerating qualities.

“Grape seeds...contain vitamin C and vitamin E oil, which deeply moisturize the skin and flush out lingering toxins,” says Dr. Burns.

In 1999, Les Sources de Caudalie, Caudalie’s first vinotherapy spa, opened on the grounds of Bordeaux icon Château Smith Haut Lafitte. Founded by Bertrand and Mathilde Thomas, the daughter of Smith Haut Lafitte’s owners, it was designed around a hot spring found more than 1,600 feet underground at the heart of the property.

Stateside in Reno, Nevada, guests can enjoy a Chardonnay grapeseed oil massage and Cabernet body wrap at Peppermill Reno’s Spa Toscana.

“Chardonnay grapeseed oil contains large amounts of linoleic acid, which is a strong antioxidant, and a key player in the treatment of dermatitis, acne and eczema,” says Dr. Burns.

Liquor can also be used in spa treatments. Agave, the plant used to produce Tequila, helps heal cuts, burns and rashes, with antioxidant, anti-aging and moisturizing properties. It can act as an astringent to remove excess oil, sebum and dirt from the skin.

“Agave is an antibacterial agent and reduces the presence of harmful bacteria,” says Dr. Burns. “It is full of iron and vitamins A, B, B2, C and E that limit irritation and tone the skin.”

The Punta Mita Tequila Stone Massage at Apuane Spa at the Four Seasons in Punta Mita, Mexico, infuses Tequila with locally sourced sage oil that is massaged into the body with hot stones to stimulate blood circulation and ease muscle tension.

Beer is used in spa treatments as well. At the Esperanza Resort Luxury Spa in Los Cabos, Mexico, the Brew and Renew Facial combines Mexican craft beer with Baja lime juice and egg whites to refine pores while tightening and lifting the skin for a healthy glow.

“Beer yeast increases skin elasticity for an anti-aging effect and reduces acne flare-ups by suppressing the skin’s production of sebum,” says Dr. Burns.

—Lola Méndez

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## Homemade dumplings

For the Filling:

- 1 pound ground pork, or beef
- 1/4 teaspoon freshly ground white pepper
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 tablespoon Chinese rice wine
- 3 tablespoons sesame oil
- 1/2 medium scallion, minced
- 1 tablespoon minced fresh ginger
- 1 1/2 cups finely shredded napa cabbage
- 1 clove garlic, minced

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The Washington Post  
**FOOD**  
WEDNESDAY, JULY 7, 2021 • SECTION E

EZ EE K



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## A rice salad can result in obsession

BY OLGA MASSOV

The first time I had Lao food, I fell hard for a dish I then obsessed over for years. I'd think about it on the subway, while cooking dinner, folding laundry, during a run. I'd recall its flavors and textures; how its fragrance hit my nostrils; the delightful contrast of crunchy and soft textures. It was a dish I had wanted to learn to make for years but was too intimidated to try. It felt overwhelming in its lack of familiarity, and it looked like it would take all day to make.

Boy, was I wrong.

The dish in question is naem khao: crispy coconut rice with som mu (a type of Lao sausage), herbs and aromatics, served with lettuce leaves for wrapping. I first tried it in 2013, when my friend, chef Soulayphet Schwader, opened his restaurant, Khe-Yo, in Lower Manhattan and invited my husband and me to be his guests. We had never had Lao food, so once we settled in our seats, we selected a few tasty-sounding but unfamiliar dishes.

Our naem khao arrived in a bowl: Fried balls of jasmine rice, fragrant with coconut nestled against aromatic sausage, lettuce leaves, tender sprigs of cilantro, glassine fried makrut lime leaves and bird's eye chile. Next to the salad was a small bowl of honey sambal. Our server recommended we smash the rice balls, sausage, herbs, lime leaves and chile into one another, mixing every-

SEE NAEM KHAO ON E3

RECIPE ON E3  
Naem Khao

## The where, when and why of braise, broil or fry

There are a lot of cooking techniques to master. But you can do all of them.

BY BECKY KRISTAL

It's easy to talk about cooking as a monolithic concept, but there's so much more nuance to it. You may use one method in a recipe, or multiple. You could have one completely mastered and be terrified of another (hello, me not that long ago, afraid of frying).

I like this simple definition of cooking, beyond the broader notion of just any kind of food prep, from "The Science of Good Food," by David Joachim and Andrew Schloss with A. Philip Handel: "Cooking is a process of heat transfer from a heat source to food to transform the food into something different."

It's also a matter of balance. "No matter what you're cooking, or what heat source you're using, the aim is always the same: apply heat at the right level, and at the right rate, so that the surface of the food and its interior are done cooking at the same time," says Samin Nosrat in "Salt Fat Acid Heat: Mastering the Elements of Good Cooking."

So let's take a little deeper dive into your options, starting with two common stove-top methods and continuing with strategies that take advantage of water and the oven. Recipes listed at the end of each section are available in our Recipe Finder at [washingtonpost.com/recipes](https://www.washingtonpost.com/recipes).

SEE TECHNIQUES ON E4

ILLUSTRATION BY ENYA TODD FOR THE WASHINGTON POST

## Oil can be better than butter in baking

BY JESSIE SHEEHAN  
Special to The Washington Post

I am the queen of the baking shortcut, for despite my deep and powerful love of all things sweet, I'm impatient and awfully fond of instant gratification. I gravitate toward recipes with short ingredient lists and instructions that don't require any heavy equipment (stand mixer, I'm looking at you) and can be assembled using only one or two bowls.

So, although I enjoy the texture achieved by creaming together butter and sugar in a mixer for a fluffy yellow cake or a chewy sugar cookie, what I really dig is a baked good that calls for oil rather than butter.

Baking with oil not only requires less work, and results in fewer dirty dishes, than butter, but it also produces tender, moist baked goods that get better with age and boast an impressively long shelf-life. As such, I not only search out baking recipes calling for oil, but when developing such recipes myself, which I do for a living, I try to create those that are oil-based.

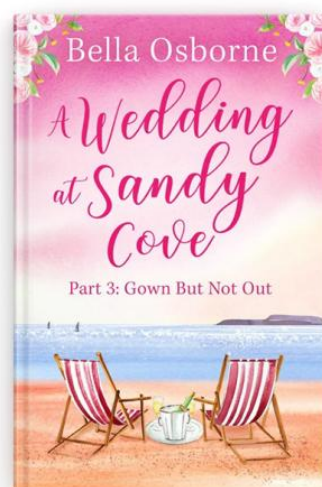
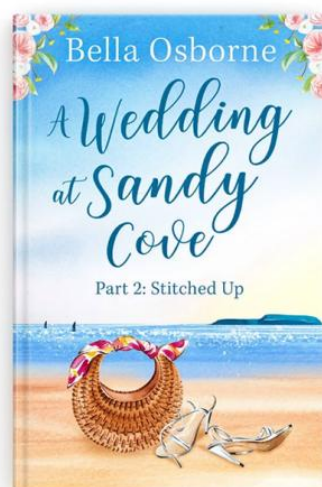
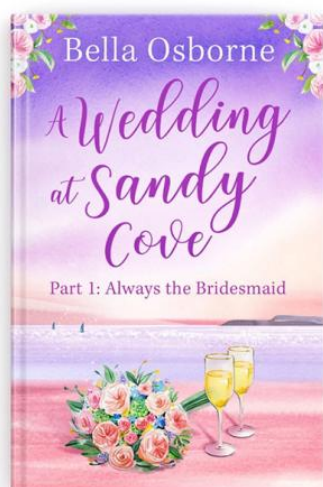
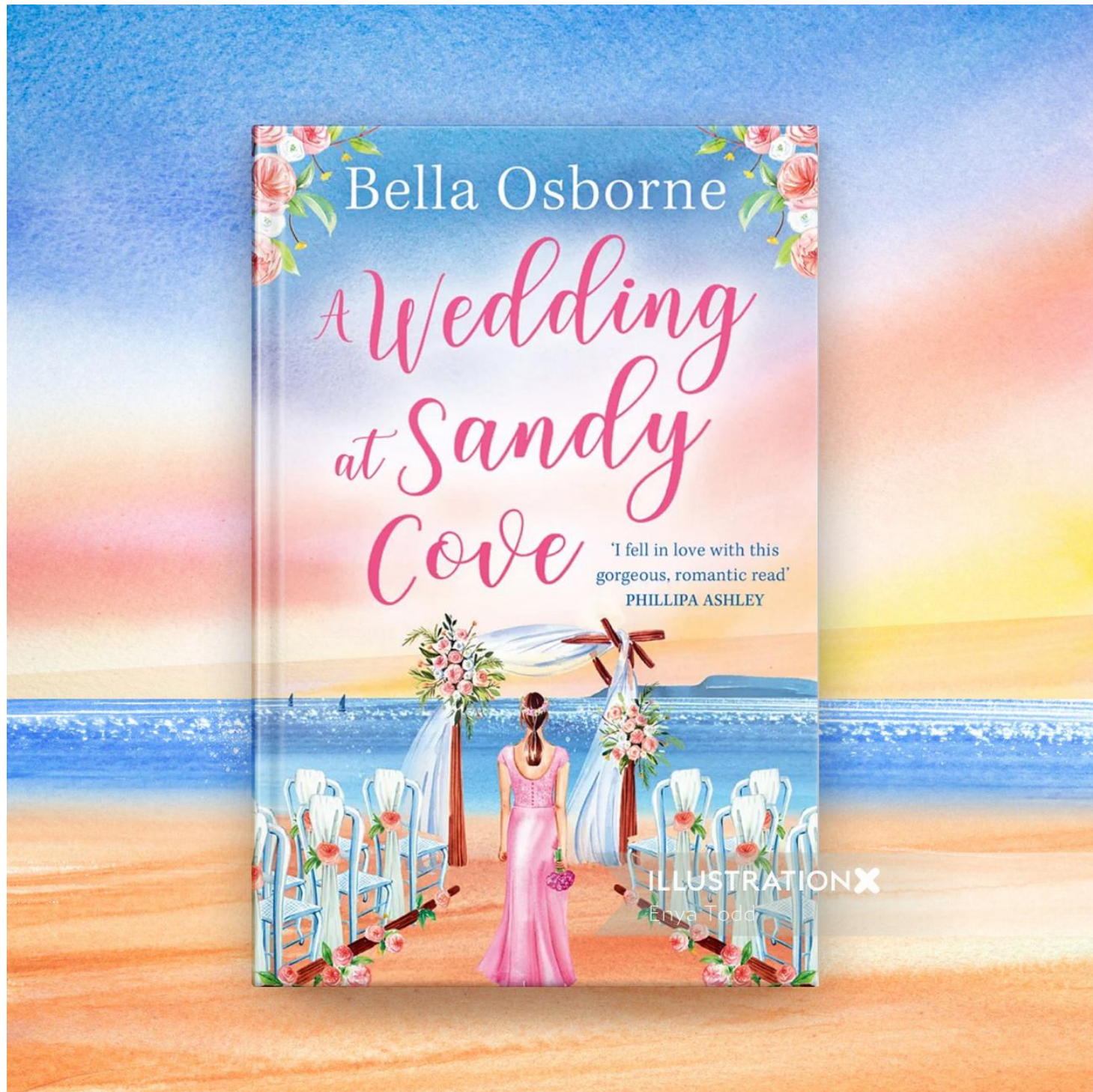
Here is a breakdown of some of the impressive attributes of an oil-based baked good, as well as tips for substituting oil for butter in your favorite baking recipes.

SEE NO BUTTER ON E6

RECIPES ON E6  
Hazelnut Chiffon Cake With  
Nutella Ganache • Cacio e  
Pepe Olive Oil Popovers

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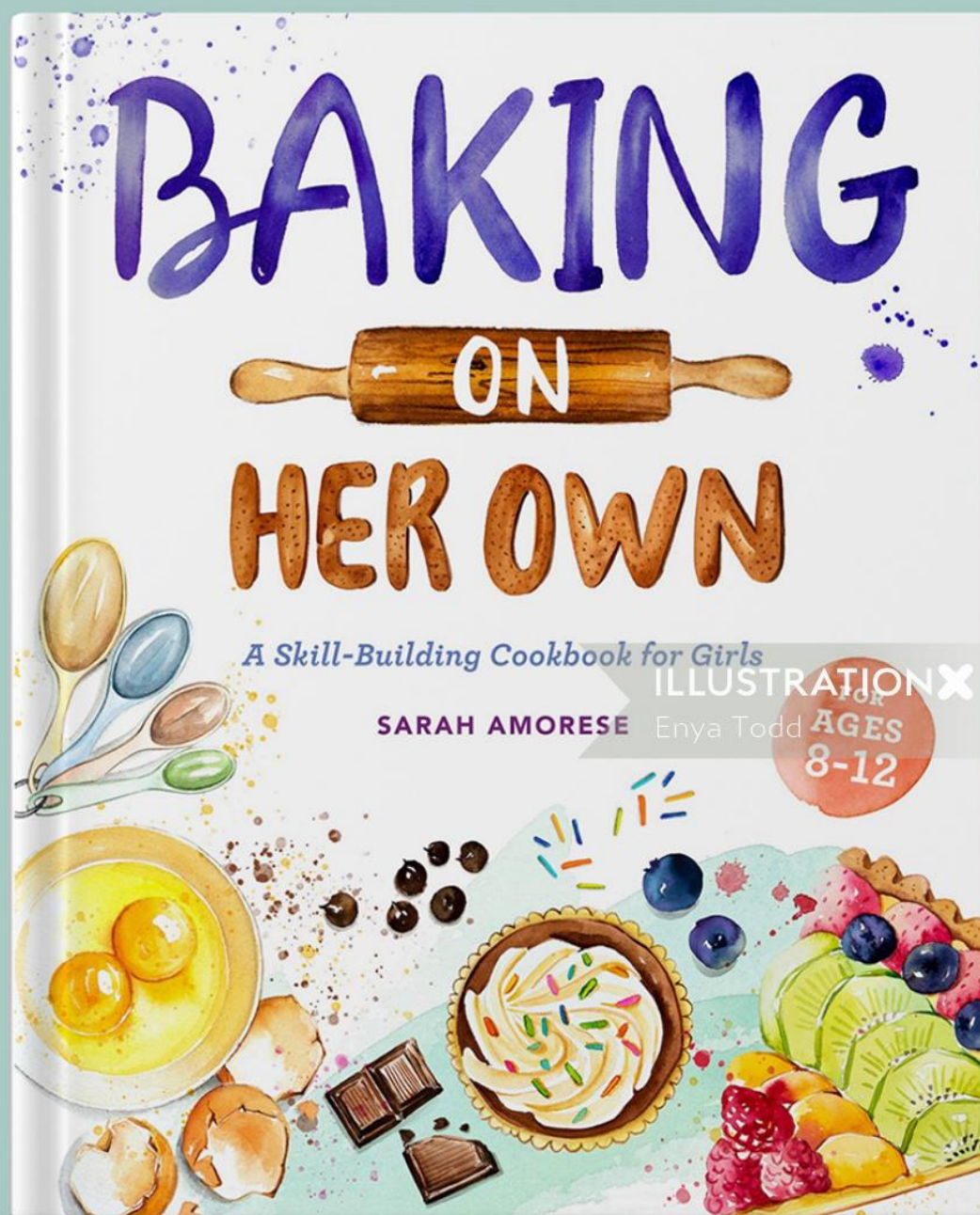


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## Paese che vai, delizie che trovi

Da Nord a Sud, dall'antipasto al dolce: il menu festivo coi fiocchi è servito

PAROLE DONATELLA BERNABÒ SILORATA  
ILLUSTRAZIONI ENYA TODD

**S**e c'è qualcosa che accomuna tutta Italia in questo periodo dell'anno è il trionfo di sapori che la sua meravigliosa geografia porta in tavola. Preparate allora coltello e forchetta e lasciatevi condurre in un viaggio culinario lungo lo stivaletto, con la nostra selezione di alcune delle ricette più tradizionali e gustose.

Si parte da Milano, con la sua insalata di nervetti, per poi passare a Napoli con la minestra maritata dalle origini spagnole, una capatina a Palermo con il falsomagro per poi arrivare in Sardegna, a Cagliari, con l'antica ricetta del pan'e saba. Che sia la Vigilia o il giorno di Natale, innumerevoli sono le ricette tramandate di generazione in generazione, e con loro, anche le più disparate credenze popolari. Le festività diventano il momento migliore per celebrarle e rispettarle, perché la scaramanzia, in Italia, siede anche a tavola.

Per chi non può rinunciare ai panettoni farciti e ai bis di cotechino, abbiamo selezionato anche qualche consiglio detox per rimettersi in forma. Rimandando a gennaio i buoni propositi, auguriamo a tutti buon appetito!

## A mobile feast

Italian food is spectacular year round but it goes into overdrive in the festive season. We serve up a favourite course from each region in one fabulous Christmas meal

IF THERE IS one thing that unites the whole of Italy at this time of year, it's the attention given to the table. Italy has a wonderful geography of flavours in every season, but the ultimate blow-out comes at Christmas. Prepare yourself for a culinary journey that runs from north to south, from antipasto to dessert, with some of the best and oldest Italian recipes. Starting with starters from Milan and its *nervetti* salad, passing through Naples for soup and continuing to Palermo for a *farumagru* main before arriving in Sardinia for pudding, this is a meal to remember. No matter if you're eating on Christmas Eve or Christmas Day, each region offers the most delicious recipes. And if you're feeling you might have overdone it a bit on the panettone, we've also selected some detox tips to get you back in shape in January. *Buon appetito!*



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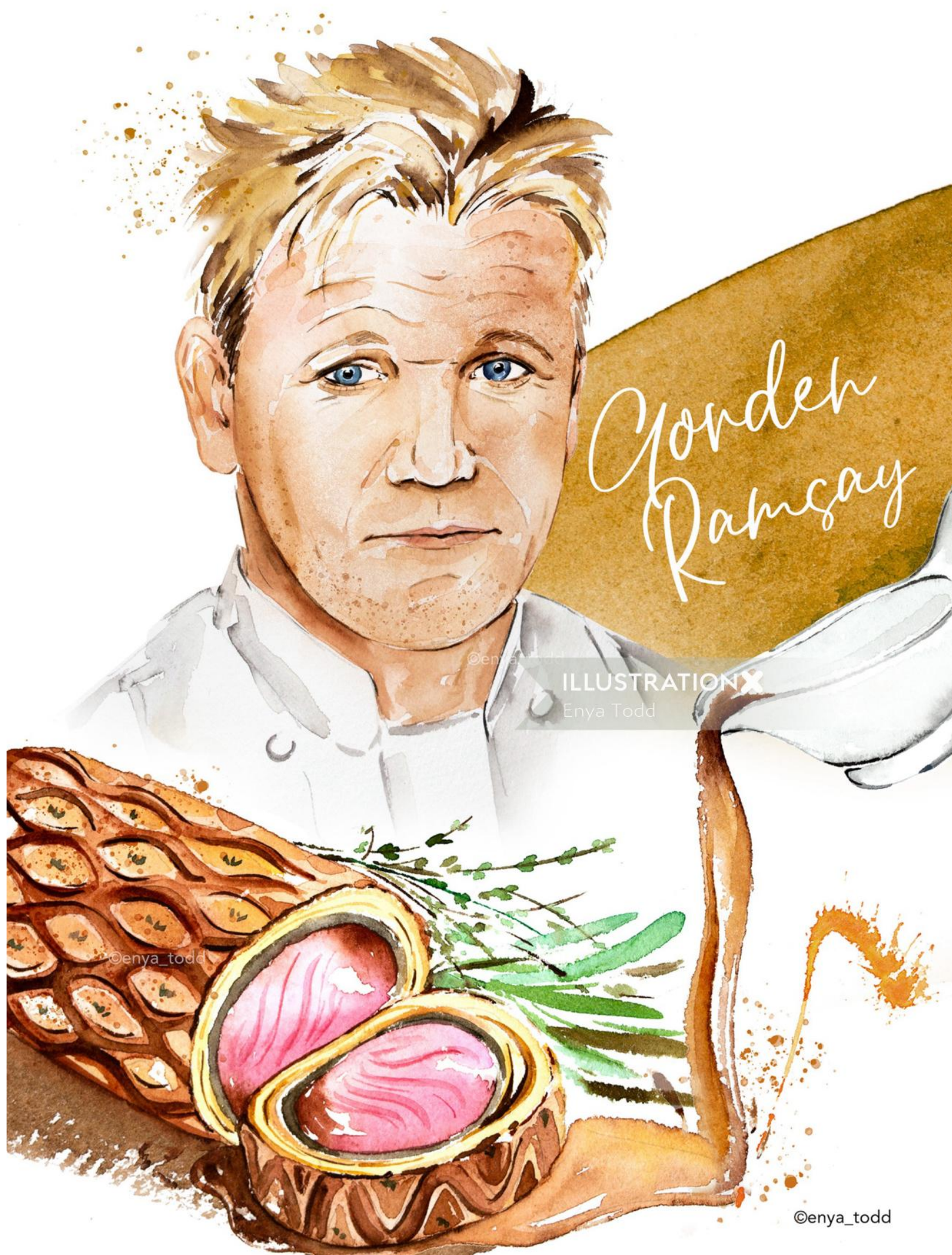
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## Sunshine Ice Lollies

### Step 1

Wash and then finely grate the carrots. Place the middle of a clean tea towel.



### Step 3

Add the orange juice to the jug and top up with cold water to make 360ml of liquid. Stir in the orange zest and satsumas.



### Step 5

Wait for a sunny day and enjoy your vegan, gluten-free lollies in your garden or on a local walk.



### Step 2

Gather up the towel and squeeze the carrot juice into a jug. Set the pulp aside to use in a soup or pie.



### Step 4

Pour the juice into your lolly moulds with (lolly sticks in place) and place in the freezer. Leave overnight.



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# Need advice?

We're ready to help



[sea@illustrationx.com](mailto:sea@illustrationx.com)

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