

**Foodie News Flash**

by Elaine Glusac

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Green-tea-infused salmon at Westin Hotels & Resorts

**What to do, eat, seek, and watch next in the food world.**

**Avoid the diet sabotage brought on by travel**

Healthy restaurant menus are on the rise in hotels, sparing travelers common diet pitfalls. Fairmont hotels & resorts recently introduced gluten-free, heart-healthy, macrobiotic, and raw food menus at each of its 60 hotels. Nutrition expert Joy Bauer designed in-room-dining dishes limited to 500 calories each for the 53 Kimpton Hotels & restaurants. The "SuperFoodsRx" menus at Westin Hotels & Resorts boost antioxidants and phytonutrients via dishes such as green-tea-infused salmon (pictured above). And Destination Hotels & Resorts redesigned its Kids Café selections, swapping fatty standards for non-fried fish sticks and melon fries with strawberry ketchup.

**Progressively feast**

Street market meets open-air food court in the new Singapore Food Trail, with 17 seller stalls affixed amid retro '60s decor. 30 Raffles Ave. [singaporeflvr.com/food-trail](http://singaporeflvr.com/food-trail)



Singapore food trail

**Drop and give me 20 whisks**

Boot camp steps out of the fitness arena and into the kitchen at the Biltmore Culinary Academy's culinary boot camps. Three-day programs range from fundamentals to dinner parties. (305) 913-3131, [biltmorehotel.com](http://biltmorehotel.com)

**Eat your way through India with an expert**

Geography, economics, and culture forged the regional patchwork that is Indian cuisine. Sample the range, from tropical seafood in southern Goa to Kashmiri multicourse feasts, with Connecticut chef Prasad Chirnomul, owner of five Indian restaurants. Between meals the 16-day Gourmet India tour from Geringer Global Travel will visit the Taj Mahal, the Elephanta Caves, and the Kochi spice market. Departing October 24; \$12,910 per person. (877) 255-7438, [geringerglobaltravel.com](http://geringerglobaltravel.com)

**Learn to grill Brazil**

In the open barbecue kitchen of the new Parilla restaurant at Brazil's 20-room Insólito Boutique Hotel in Buzios, two hours from Rio de Janeiro, the parrilleiro, or barbecue master, offers tips and demonstrations while cooking. (800) 337-4685, [designhotels.com/insolito](http://designhotels.com/insolito)



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**Watch a real documentary**

Forget reality TV. Follow restaurant owner Danny Meyer of the acclaimed Eleven Madison Park in New York over 12 years of chef hirings and firings in *The Restaurateur*, newly released on DVD. [firstrunfeatures.com](http://firstrunfeatures.com)

**Hit a new foodie hot spot**

Panama City's new Trump Ocean Club international hotel & tower panama hosts a wine bar and four stylish restaurants from chef Daniel Bausa, last seen at Rosewood Mayakoba. (855) 225-9640, [trumppanamahotel.com](http://trumppanamahotel.com)



Gourmet India tour from  
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