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# NOURISHING



# WELLNESS

AT THE LATEST INCARNATION OF THE RANCH, GUESTS CAN RESET—AND EAT HEALTHFULLY, TOO.

• BY LAMBETH HOCHWALD • PAGE 50 • NATURALLY, DANNY SEO •



At The Ranch, the intention is to set an updated scene for serenity while paying homage to one of the great Gilded Age homes of the early 1900s.



When you check into The Ranch Hudson Valley, the brand-new sister property to the famed Malibu get-healthy resort, the one thing you won't receive is a room key. "This is highly unusual in the hospitality space, but when you stay with us, we want you to feel like you're at home or at camp," says CEO and co-founder Alex Glasscock (Rest assured: You can lock your door from the inside if you prefer).

This fancy sleepaway camp vibe is just one way The Ranch is unique. The other is that only 25 guests can stay here at a time and the length of your time on property (you can opt for a minimum three-day retreat or stay longer) depends on your get-healthy goals.

It's hard to think of a better place to reset than this historic lakefront estate in Sloatsburg, New York (one hour north of New York City), built by JP Morgan for his daughter in the early 1900s, where the stylish interiors feel just like a Nancy Meyers film set.

"There's a grandness as you approach the mansion and it can seem intimidating," Glasscock says. "But, once you meet our happy smiling staff and step inside, you'll want to put your feet up on an ottoman or grab a blanket, tuck in and read a book."

Not that you're going to be doing a lot of sitting around while you're at The Ranch. Night owls take note: Each day begins at 5:30AM with the tolling of Tibetan chimes. Next, you'll do some stretching and meditation, eat a healthy breakfast and then decide if you want to opt for a two- or four-hour hike amidst the 200 forested acres

nearby. After a post-lunch nap, you'll do some low-impact exercise in the 2,000-square foot ballroom-turned-gym (guests usually do up to six hours of exercise a day) before having a late-afternoon massage.

If that sounds grueling, it isn't as relaxation is just as important while you're on property and there are lots of ways to unwind in the 5,000-square-foot solarium, whether you want to detox in the infrared sauna, take a swim in the indoor pool, or just sit in the jacuzzi before or after a hot and cold contrast plunge.

Meals here are a hallmark of all things Ranch. While everyone is on a roughly 1,400 calorie-per-day diet, every meal is eaten communally and the menu features vegan, gluten- and soy-free options, with ingredients sourced from local organic farms.

"A lot of our guests are foodies, but many aren't necessarily plant-based," Glasscock says. "We make sure our foods are visually pleasing, nutritiously dense and not just airy salads."

There's also coffee available for guests (this is a new offering and was only available at the 14-year-old Malibu property starting this year). For those who crave caffeine, a custom-created antioxidant-rich light roast blend, created with SACACLI, a revered fairtrade-, regenerative organic- and organic-certified farming cooperative in Nicaragua, is available for sipping.

Not surprisingly, once dinner is done, the atmosphere at The Ranch is one of quiet reflection—and fatigue.

"Our guests tend to be in bed by 8:30PM," Glasscock says.



Stylish—and super comfy—bedrooms and meals taken communally in a stunning lakefront dining room transform a stay at The Ranch into a luxurious sleepover in the country.



Rates start at \$3,275 per person for a 3-night, 4-day stay. To book a stay, visit [theranchlife.com](http://theranchlife.com).



## BASIL CRUSTED ZUCCHINI RAVIOLI AND POMODORO SAUCE

SERVES 4

### GATHER

#### FOR RAVIOLI

- 2 green zucchini
- 4 tablespoons cashew “cheese”
- 4 tablespoons arugula (coarsely chopped)
- 4 tablespoons dry basil
- ½ cup pomodoro sauce (marinara sauce)

### MAKE IT

- Using a peeler, peel the zucchini into ribbons.
- Depending on the size of the ravioli you want or how large the ravioli you want, lay 4 or 5 ribbons on a surface in a slightly overlapping pattern. Use fewer ribbons for small ravioli and more for a larger ravioli.
- Place cashew “cheese” and arugula towards the bottom of the ribbons and fold up.
- Repeat the 4-5 ribbon pattern with the cashew “cheese” and arugula and fold over the open ends. Let rest for at least 30 minutes (you will have extra).

zucchini “pocket” ravioli.

- Dust the ravioli in dry basil and sear in a cast iron pan over medium heat with the seam side down first to aid in sealing. Repeat other side.
- Place pomodoro sauce on base of plate and place zucchini ravioli on top.

### GATHER

#### FOR CASHEW CHEESE

- ½ cup raw cashews (soak in room temperature water for at least 2 hours)
- 1 tablespoon nutritional yeast seasoning
- 1 tablespoon fresh lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt
- 1/8 teaspoon black pepper
- 2-3 tablespoons water (add more if needed)

### MAKE IT

- Put the drained cashews, nutritional yeast, lemon juice, garlic powder, salt and pepper in a food processor and blend until the cashews break down into a coarse wet meal, then scrape down the sides.
- Turn on the processor again and drizzle water in for 15-20 seconds. Scrape down the sides again and process 2 minutes more or until the cashew “cheese” is smooth and thick (add more water if necessary). Consistency should be like hummus.

### GATHER

#### FOR POMODORO SAUCE

- 4 tablespoons minced garlic
- ¼ cup olive oil
- 1 can (28 ounces) San Marzano plum tomatoes
- Fresh basil and salt to taste

### MAKE IT

- Sauté the garlic in olive oil. Lay 4 or 5 tomatoes in a pot with 1 can water.
- Cook on high heat until tomatoes come to a boil and lower to a soft rolling boil for 2 hours—do not stir.
- When sauce is reduced by half, mash down tomatoes with a potato masher.
- Season with salt and fresh basil. Let rest for at least 30 minutes (you will have extra).



## BEEF BURGER SLIDERS

SERVES 6

### GATHER

- 1 cup diced beets
- ½ cup walnuts
- ½ cup oats
- ½ cup flaxseeds
- ½ tablespoon garlic powder
- ½ teaspoon rosemary powder
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 cup water
- ½ tablespoon coconut aminos
- 1 cup cooked black beans
- Your favorite toppings (lettuce, tomatoes, pickles, grilled onions)
- Storebought rolls

### MAKE IT

- Finely chop the beets in a food processor.
- Add all of the other ingredients, except for the black beans, into the food processor with the beets.
- Blend until the mixture is wet but holds together, resembling ground beef.
- Mash the black beans with a potato masher and mix the beet mixture with the mashed black beans until well combined.
- Using a scoop or your hands, form the mixture into burger sliders and place them on a baking sheet. Press down lightly to flatten.
- Brown the patties on a pan or flat grill for approximately 5-10 minutes on each side on medium heat.

## PUMPKIN SEED “SCRAMBLE”

SERVES 3-4

### GATHER

- 1 cup soaked pumpkin seeds
- 1 cup water
- 1/8 cup nutritional yeast
- ½ tablespoon onion powder
- ½ tablespoon turmeric powder
- ½ teaspoon garlic powder
- ½ teaspoon black salt
- Veggies of your choice (sauteed onions, tomatoes, spinach)
- Your favorite hot sauce (optional)

### MAKE IT

- Drain and rinse the soaked pumpkin seeds.
- Place all ingredients in a blender and blend until smooth.
- Pour the mixture into a greased pan and cook until scrambled.
- Add your preferred veggies and top with hot sauce.



PHOTOGRAPHS BY RIKKI SNYDER; FOOD STYLING BY LESLIE ORLANDINI