

A dining table set for a meal. The table is round and light-colored wood. On it are several white plates, a stack of white bowls, a loaf of bread, a bottle of beer, and two glasses of red wine. A small vase with yellow flowers is also on the table. A large, glowing pendant light hangs above the table. The background shows a window with white blinds.

HYATT house™ presents:

House Therapy

Tips and recipes to use in your suite
from Sara Kate Gillingham-Ryan

hi. I'm Sara Kate Gillingham-Ryan, and you might know me from my work as the founding editor of Apartment Therapy's culinary arts website, *TheKitchn.com*, or my contributions to *Food & Wine*, *O Magazine*, *Bon Appétit* and *House Beautiful* magazines.



Tips to stay like you live.

Whether you're **traveling for work or pleasure**, being away from home can be a challenge for anyone. The good news is—you've already set yourself up for success by staying here! *HYATT house* is designed with you in mind—a **place where you want to live**, not just stay. And, to help you feel even more comfortable while you're on the road, I've jotted down some of my **best tips for feeling even more like a true resident** at *HYATT house*. From making the most of small spaces to favorite items to pack that will help you feel right at home, these tips are designed to help make being miles from where you live **feel much closer** to how you actually live. Enjoy!



1. Sip and Enjoy

Pack your favorite tea bags or coffee grounds—whether you crave espresso or chai, one sip of your favorite coffee or tea will evoke memories of home and start your day off on the right foot. With an in-room coffee/tea maker at *HYATT house*, you can enjoy your morning drink while getting ready for your day.

2. Add Color and Life

Buy yourself flowers at a local deli, florist or roadside stand, especially if you're staying for more than a day or two. Herbs in a pot or your favorite violets on the counter or by the window will add color and life to your room, making it feel much more like home. If you don't want to pack or buy a vase, consider using the glass pitcher in your *HYATT house* suite, or use that empty milk jug or jar of jelly you were going to throw out!



3. Relax

Place a dab of essential oil, like lavender, on the pillows or towels when you arrive. This simple little trick will help relax your mind and body—plus, the soothing scent will help you settle into your new room in no time.

4. Work and Play and Sleep

If you're working from your hotel room, it's important to make separate spaces for work, play and sleep—just like you would at home. With separate bedrooms and spacious living areas, *HYATT house* makes it easy to find dedicated spaces for business or personal activities. So, even though it may be pretty tempting to send emails in your PJ's from bed, take advantage of the hotel's unique suite layout to keep your real-life routine rolling.

5. Treat Yourself

Travel can be stressful, even if it's for pleasure. Do one extra thing for yourself that you wouldn't normally do, like drinking your favorite beer while watching the game, meditating for a few minutes, or watching the sunrise. You might be surprised, but doing something out of the ordinary while on the road just might make you feel more like yourself!



6. Stay Organized

When staying at a hotel, many times you're living in a space much smaller than your own home, which means organization is key. Just like you have those drawers or spaces at home dedicated to your odds and ends (at my house we call it the junk drawer!), it's important to find a similar space at your hotel, especially if you're staying for an extended period of time. *HYATT house* makes this simple with loads of storage space and the "Don't-Forget-It" bag that can be found in your *HYATT house* suite. Take advantage of this great **housewarming** party favor, which is perfect for remembering easily left behind items like phone chargers, cords, lip balm or boarding passes.

Follow these tips, and being miles from where you live **will feel much closer** to how you actually live.

Enjoy!

My favorite recipes.



Whether you're just getting back from a long day of work or settling in after running errands with the kids, cooking a simple but delicious meal in your suite is an easy and affordable way to make sure your home routine isn't interrupted while you're on the road. At *HYATT house*, you have a full kitchen suite, equipped with everything you need to make a great dish for yourself, your family, friends or even your colleagues.

To get you started, I've picked some of my favorite recipes from my book, *Good Food to Share*, and made minor tweaks so you can pick up any of the ingredients at the local grocery store. Or, if you're staying at *HYATT house* for an extended stay, just drop your shopping list off at The Desk in the morning and they'll do the shopping for you! Bon appétit!



Fruit with Prosciutto

Serves 4–6

Nectarines, figs, cantaloupe,
honeydew, and/or other
ripe summer fruits

8 paper-thin slices of prosciutto
½ lemon
Sea salt

Pit or seed the fruit, if necessary, and cut into halves or wedges. If using melon, cut the rind from the fruit. Arrange the fruit and prosciutto on a platter. Squeeze the lemon over the fruit, then sprinkle with a pinch of salt.

Serve right away, instructing diners to wrap the fruit in the prosciutto.





White Lasagna with Mushrooms and Prosciutto

Serves 6–8

Earthy mushrooms and bits of salty ham stud this silky baked pasta dish with a burst of flavor. This hearty lasagna has all of the comforts of home.

½ cup unsalted butter, plus more for greasing	¾ cup sliced leeks, white and tender green parts only, thinly sliced
½ cup unbleached all-purpose flour	¾ lb white mushrooms, brushed clean and sliced
½ tsp freshly grated nutmeg	½ lb thinly sliced prosciutto, chopped
4 cups whole milk	2 tbsp chopped fresh basil
1 cup chicken stock or low-sodium broth	12 sheets lasagna no-boil pasta, about 7x3½ inches each
2 large eggs, lightly beaten	½ cup freshly grated Parmesan cheese
1¾ cups shredded fontina cheese	
Salt and freshly ground white pepper	
4 tbsp olive oil, or more as needed	

Preheat the oven to 350°F. Butter an 8x11-inch baking dish.

In a large saucepan, melt the butter over medium-low heat. Stir in the flour and cook, whisking constantly, for about 3 minutes. Whisk in the nutmeg. Raise the heat to medium-high and gradually whisk in the milk and stock. Bring the mixture to a boil and continue whisking until thickened and smooth, 10-15 minutes. Remove from the heat and let cool, stirring occasionally, until warm. Stir in the eggs, and 1 cup of the fontina until the cheese melts and the sauce is smooth. Season to taste with salt and white pepper. Set aside.

In a large frying pan, heat 2 tablespoons of the oil over medium-high. Add the leeks and sauté just until wilted, about 3 minutes. Transfer to a bowl. Add the remaining 2 tablespoons oil to the pan. When the oil is hot, add the mushrooms and sauté, stirring, until golden, about 5 minutes, stirring frequently and adding additional oil, if needed. Add the prosciutto and basil and cook, stirring, 1 minute longer.



Spread about 1½ cups of the cheese sauce evenly over the bottom of the prepared baking dish. Spoon about one-third of the prosciutto mixture evenly over the sauce then arrange 4 of the lasagna sheets over the top. Repeat these layers twice. Spread the remaining sauce over the top layer, then sprinkle the remaining ¾ cup fontina and the Parmesan evenly over the top. Bake until the top is golden and the juices are bubbling, about 45 minutes. Let the lasagna cool for 15 to 30 minutes, cut into squares, and serve right away.





Herbed Lemon Butter Popcorn

Serves 4–6

There are a million ways to dress up popcorn. It's hard for me to choose: I like it a little herby, a little tangy, a little sweet and a little salty. When you're on the road it's easy to reach for the pre-seasoned microwave popcorn, but if you have a kitchen, why not do something more special. Here, thyme leaves, maple syrup, lemon, and salt take care of all of my usual cravings. Use a nice flakey salt if possible, and if thyme isn't on hand, try other herbs like rosemary or parsley. If you'd rather not pop on the stove-top, use unflavored microwave popcorn and make the sauce as directed.

4 tbsp unsalted butter	1 tsp grated lemon zest
1½ tsp finely chopped fresh thyme	2 tbsp olive oil
1½ tsp fresh lemon juice	½ cup popcorn kernels
1 tsp maple syrup	Flakey sea salt, to taste

In a small saucepan, melt the butter over medium heat. Add the thyme, lemon juice, maple syrup, and lemon zest and stir to mix well. Remove from the heat and cover to keep warm.

In a large, heavy-bottomed pot with a tight-fitting lid, heat the olive oil over medium-high heat. When the oil is simmering, add the popcorn and immediately cover the pot. After the first kernels pop, cook, shaking occasionally, until all the kernels have popped, about 4 minutes. Pour the popcorn into a large bowl.

Pour the warm flavored butter over the popcorn and toss to coat well. Season with salt and serve at once.



Whipped Hot Chocolate

Serves 1

When on the road, this dessert is much more simple than something baked, but yet still has that feeling of homemade goodness.

½ cup low-fat or whole milk	Pinch of salt
1 tsp unsweetened cocoa powder	Pinch of ground cinnamon
1 tsp sugar	Brandy for serving (optional)
2 oz bittersweet chocolate, finely chopped or grated	Vanilla ice cream for serving (optional)

In a small pan over medium heat, combine the milk, cocoa powder and sugar. Whisk until the sugar dissolves and the mixture is warmed through. Add the chocolate, salt and cinnamon and continue whisking vigorously until the mixture is frothy, smooth and very warm.

Pour into a mug. Add the brandy or ice cream (or both!), if using, and serve.

Watermelon Mojito

Serves 4

⅓ cup diced seedless watermelon	2 lime wedges
5 fresh mint leaves, plus 1 small sprig for garnish	Crushed ice
2 tsp sugar	4-6 tablespoons dark rum
	Sparkling water

In a tall glass, combine the watermelon, mint leaves, sugar and lime wedges. Using a cocktail muddler or the end of a wooden spoon, pulverize the ingredients in the bottom of the glass until the watermelon is a coarse puree, pressing on the solids to extract as much of the flavorful oils from the mint leaves and juice from the lime wedges as possible.

Add a handful of crushed ice and the rum. Top off with the sparkling water and stir gently. Garnish with the mint sprig and serve.

Enjoy these *HYATT house* locations:

- ▀ **Arizona**
Scottsdale/Old Town
- ▀ **California**
Belmont/Redwood Shores
Cypress/Anaheim
Emeryville/San Francisco Bay Area
Los Angeles LAX/El Segundo
Pleasant Hill
Pleasanton
Sacramento/Rancho Cordova
San Diego/Carlsbad
San Diego/Sorrento Mesa
San Jose/Silicon Valley
San Ramon
Santa Clara
- ▀ **Colorado**
Boulder/Broomfield
Colorado Springs
Denver Airport
Denver Tech Center
- ▀ **Connecticut**
Hartford North/Windsor
Shelton
- ▀ **Florida**
Fort Lauderdale Airport-South
Miami Airport
- ▀ **Illinois**
Chicago/Naperville/Warrenville
Chicago/Schaumburg
- ▀ **Maryland**
Gaithersburg
- ▀ **Massachusetts**
Boston/Burlington
Boston/Waltham
- ▀ **New Jersey**
Branchburg
Bridgewater
Morristown
Mt. Laurel
Parsippany-East
Parsippany/Whippany
- ▀ **New York**
Fishkill/Poughkeepsie
White Plains
- ▀ **North Carolina**
Charlotte Airport
Charlotte/Center City
Raleigh Durham Airport
- ▀ **Pennsylvania**
Philadelphia/King of Prussia
Philadelphia/Plymouth Meeting
- ▀ **Texas**
Austin/Arboretum
Dallas/Addison
Dallas/Las Colinas
Dallas/Lincoln Park
Dallas/Richardson
Dallas/Uptown
Houston/Galleria
Houston-West/Energy Corridor
- ▀ **Utah**
Salt Lake City/Sandy
- ▀ **Virginia**
Falls Church/Merrifield (Opening Fall 2012)
Herndon
Richmond-West
Sterling/Dulles Airport-North
- ▀ **Washington**
Seattle/Bellevue
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