



Dorothy Andreas Tuel

THE SEWICKLEY SPA

Dorothy Andreas Tuel is president and founder of The Sewickley Spa Inc., a luxurious day spa with three locations in Sewickley and Ligonier Pennsylvania and at The Wisp Resort in Deep Creek Maryland.

Serving 10,000 guests a year, the spa has recently been awarded its 46th 'Best Day Spa' award, according to several newspaper reader polls. The Sewickley Spa has been featured several times as an outstanding business model in various international Spa magazines, as well as being the cover story for *Spa Management Magazine*.

Dorothy is the founder of SpaEdge Inc., and Egift technology, which allow businesses to sell instant printable gift cards from their company website. In addition, she is the founder of the time-management seminar series "Yes, There IS Enough Time" and W.I.L.L., the Women in Leadership League, which promotes female entrepreneurs, lecturers, writers and designers in the Beauty Profession.

She has earned a variety of awards and honors, including the Westmoreland County Winners Circle Entrepreneurial Excellence Award, the Pittsburgh Business Times' Top 100 Fastest-Growing Businesses Award for 4 consecutive years, Fast Trackers award, and Governor Ed Rendell's 50 Best Women in Business Award.

Dorothy is serving her second term as Chairman of the Board for The Dove Center and Shelter in Garrett County Maryland. She is also the 2010 President of the Western Maryland Health Planning Council, and is a member of Garrett County Memorial Hospital Foundation, Mountain Laurel Garden Club, American Forest Foundation Development Board, Women Presidents Organization, St. Marks Church Council and a past board member of the American Red Cross.

"Cooking and eating bring joy to my family. It is a generational pleasure, as well as premier family bonding time. It is an event for us, made even better if the ingredients have come from our own garden. We give thanks at every meal for our blessings, which are many," says Dorothy.

Risotto

- 2 cups Arborio Rice
- 1 stick salted butter
- 1 large onion, chopped finely
- 1 tsp garlic salt
- 1 cup white wine
- 4 to 5 cups of chicken stock
- 1 large pinch of saffron
- finely ground black pepper to taste

Melt butter in a heavy saucepan and sauté the onion until clear. Add the rice, garlic salt, and pepper, coating everything. Add the wine and sauté until absorbed. Slowly add about ½ cup of heated chicken broth at a time, stirring frequently, until the broth is absorbed. When all broth is integrated into the rice, add saffron and stir. The consistency should be creamy to taste. Add more liquid immediately before serving if necessary. Active time, about 40 minutes.

Hummus

- 1 can of Garbanzo Beans or Chick Peas
- 3 cloves of garlic
- 1/2 teaspoon of cumin
- 1/2 teaspoon of Kosher or sea salt
- 1/4 cup of olive oil
- juice from ¼ lemon, or lime
- Parsley and paprika for presentation if using as a dip.

Drain most thin liquid from beans. In a food processor, combine all ingredients and whip until creamy. Hummus can be used as a dip for vegetables, pita bread, chips, or served as a bed under grilled whitefish. Active time, about 5 minutes.

The meal was also served with Cajun style shrimp, a spinach salad including dried cherries, pecans, blue cheese and olive oil, and blueberry pie for dessert. We drank a white table wine from Argentina, which had notes of pear and oak.