LESS THAN 400 CALS!
The new niçoise and more stay-slim suppers

PIMP YOUR PARTY...
with cocktail jelly shots and rosé ice lollies

Start now!
‘Three simple steps that shifted my spare tyre’

20 best British beaches
Is your favourite on the list?

NAKED BAKING
It’s the trend you have to try

A TASTE OF THE MED
Warm tuna niçoise ratatouille stack page 82

TOO TIRED TO COOK?
10 new meals ready in minutes
- Pulled pork subs
- Meze pitta pockets
- Chilli bean burritos

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FREE APPLE TREE FOR EVERY READER!
IT’S MIAMI, BUT NOT AS YOU KNOW IT…
Built in 1926, this imposing grand dame of a hotel sits in the highly desirable tree-lined Coral Gables area, a 30-minute drive from Miami beach. No sand or ocean, but lashings of class and European-influenced style, and a guest list that has over the decades included Edward and Mrs Simpson, Judy Garland, Bing Crosby and Al Capone.

A POOL TO BEAT ALL POOLS
One of the largest hotel pools in the US, surrounded by elegant marble colonnades and statues, this is quite the location to churn out 10 lengths (or in my case, two). In the 1920s and 1930s, the Biltmore pool would host huge galas with high divers and synchronized swimmers, to an audience of 3,000, and where, long before he became famous as Tarzan, Johnny Weissmuller was a swimming instructor. For added luxury, reserve a private poolside cabana suite with sunloungers, a day bed and a TV.

THE LEGENDARY BRUNCH
The Biltmore Sunday brunch is A Very Good Thing. From 10am to 4pm, a buffet unlike any I’ve seen is laid out in the restaurant by the hotel’s courtyard and fountain. Roasts, sushi, caviar, colossal shrimp – those are just the savoury options. Bottomless mimosas and bellinis are quaffed by all to the accompaniment of a live band. Families mix with couples dressed for serious showing off. (The dress code includes everything from bikinis and sarongs to posh frocks and six-inch heels.)

THE SUPER-DUPER STAFF
From the spa, where the super-skilled Adam managed to give me a French Chardonnay massage that was simultaneously relaxing and reviving, to the larger-than-life Palme d’Or restaurant manager Gregory, whose charm should be bottled and sold at a very high price, the staff at the Biltmore are one of its finest assets. They are unfailingly friendly and helpful.

EAT YOUR WAY AROUND EUROPE
The Biltmore restaurants offer the best of continental Europe. Dinner in Fontana is authentically rustic Italian. For high-end French dining, there’s the six-course tasting menu in the Palme D’Or, from Michelin-starred chef Gregory Pugin. By the time the chariot de fromage arrived, this cheese lover was almost (but not quite) beaten.

WELCOME TO
The Biltmore
Michelle Dickson checks into Miami’s iconic hotel

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POLISH YOUR COOKERY SKILLS
The on-site cookery school runs everything from one-to-one tuition to full-on culinary boot camps. I joined a class where we learned to make a selection of small plates under the watchful eye of chef Michael, above – all were easy to make and delicious.

STAYING THERE
Doubles start at $289 (biltmorehotel.com). Virgin Atlantic flies from London to Miami from £411 return (virgin-atlantic.com).