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Press Release  
**For Immediate Release**

Andrew Gibson  
Chef de Cuisine  
Spa Café

SANTA BARBARA, CA –Andrew Gibson has mastered the art of convincing the mouth that it is tasting something rich when it's really something low in fat. The Boston-born chef has been working his culinary magic at Bacara Resort & Spa since it opened six years ago, working first at Miró, Bacara's Basque-Catalonian fine-dining restaurant, before becoming Chef de Cuisine at Spa Café. The Café's focus on California-style healthy cuisine very much appealed to Gibson.

Influenced by an uncle who was a pastry chef, Gibson wanted to be a chef since he was a boy. As a teenager, he attended Massachusetts' Assabet Valley Vocational High School, where he'd spend one week in the kitchen, one week in the classroom, and time in the restaurant on property. A few of his teachers were graduates of the prestigious Culinary Institute of America, and an inspired Gibson continued his studies at the CIA in Hyde Park, New York. His externship included opening Aura, a four-star restaurant at the Seaport Hotel in Boston. Upon graduation, he spent a year as a saucier at the World Trade Center Boston before moving to the West Coast.

Once settled in the Napa Valley, Gibson worked under Chef Todd Humphries at the Wine Spectator Greystone Restaurant, which is also affiliated with the CIA. While at Greystone, he taught cooking at his alma mater.

Now ensconced on the Central Coast, Gibson has mastered the art of delectable low-fat regional cuisine. Each delicious Spa Café dish derives less than 20 percent of its calories from fat.

Saturated fats and most starches are avoided. Gibson instead uses avocado, safflower and olive oils as well as a variety of soy products. The dressing in the Caesar salad, for example, is tofu-based.

Fish and poultry make up a large part of the health-conscious menu. Portion size is also important. When serving a protein, Gibson ensures that the vegetables complement the protein rather than the reverse. Citing one of the restaurant's signature dishes, the Ahi Tuna Tartar topped with an avocado brûlée and served with a ginger soy marinade, Gibson says, "There's some Asian influence on the menu, more at lunch than breakfast. The Tartar dish also focuses on avocados from the Ranch at Bacara."

All of Gibson's dishes are perfectly accented with herbs and vegetables grown at the Resort's 1,000-acre Ranch at Bacara. "What I do goes hand in hand with the Ranch," says Gibson, noting the importance of beginning with a quality organic ingredient. "If you start out with a nicely flavored product and you keep the integrity of it, you'll come out with an excellent final product."

As a result, many of the Spa Café's specials focus on items fresh from the Ranch. "Something can literally be on the tree that morning and be on your plate at lunch. The produce is still warm when it comes in," says Gibson. The Grilled Wild White Salmon is one signature seasonal dish served with accoutrements from the Ranch including artichokes, heirloom tomatoes and basil, all topped with a light champagne vinaigrette.

Asked the biggest challenge when it comes to cooking healthy, Gibson says wistfully, "Seasons. That's really the only one. It would be nice if it was summer year round."

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Reservations: May be placed by calling 805.968.0100. The Spa Café is open for breakfast and lunch.

Please note branding: There is no “the” (even lowercase) before Bacara: We’re simply Bacara Resort & Spa with an ampersand. Thank you.

