

PEOPLE | TRAVEL | DESIGN | FASHION | STYLE | DÉCOR

EQ

EQUESTRIAN LIVING

EQUESTRIAN LIVING®

EQLiving.com

OCTOBER/NOVEMBER 2019

CLEMENTINE GOUTAL

BALANCING A PASSION FOR
EDUCATION, PHILANTHROPY,
AND HORSES

OCT/NOV 2019

DISPLAY UNTIL DEC 12, 2019

\$6.95



11>

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Talented jewelry designers are incorporating classic equestrian elements into sophisticated pieces with a modern twist.

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Walk Western style in boots that pair fashion and functionality.

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Pablo Dorignac, the club manager at Hobe Sound Polo in South Florida, welcomes players of all levels to enjoy world-class facilities.

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GIVING BACK

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See the winners of Brooke USA's inaugural summer photo competition designed to raise funds for working animals in the developing world.

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Chef Nathan Rich of Twin Farms in Vermont, shares his recipe for fall root vegetable salad.

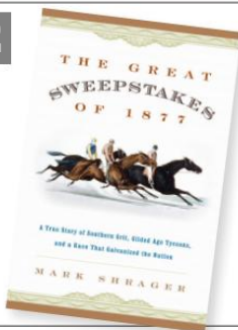
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ON THE COVER



Clementine Goutal, an accomplished equestrian and the founder of Upper Echelon Academy, was shot on location by Eric Striffler at her training barn in Water Mill, New York.

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Welcome to *Equestrian Living*.

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BARN DOGS 98

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A selection of holiday gift ideas for the discerning equestrian.

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Clementina Brown has helped to guide the historic National Horse Show into a new era.

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Fabulous farms and ranches.

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Jim Masterson addresses the issue of head-shy horses and notes things you can do to release tension and ease discomfort.

A FALL FAVORITE

Chef **NATHAN RICH** of **TWIN FARMS** shares a favorite recipe.



FALL ROOT VEGETABLE SALAD & CHAMPAGNE HONEY VINAIGRETTE

Ingredients

1 celery root (approximately 1½ pounds)
 1 golden beet, large
 1 carrot, medium
 1 cucumber
 2 radish
 2 ounce crème fraîche, whipped till soft peaks
 ½ ounce sesame seeds, toasted
 1 orange, cut into segments
 Fresh petit herbs, basil, mint, amaranth, chervil, chive as needed.

Vinaigrette

2 ounce Champagne vinegar
 6 ounce extra-virgin olive oil
 1 ounce honey

Preparation

1. Wash and peel all the vegetables.
2. Once clean, carefully slice on the mandolin as thin as possible.
3. Roll each of the vegetables into a consistent form.

Champagne Honey Vinaigrette:

1. In a bowl whisk together vinegar, honey, and olive oil. Season with salt and pepper.

Plating

1. Place the whipped crème fraîche in the bottom of a bowl.
2. Place the rolled vegetables in the crème fraîche.
3. Drizzle with the Champagne vinaigrette and then lightly garnish with the petit herbs.
4. Finish with the citrus segments and toasted sesame seeds.



Twin Farms is an intimate, all-inclusive country hideaway set amidst 300 acres of meadow and in woodlands in an unspoiled valley, 15 minutes north of Woodstock in Barnard, Vermont. The Relais & Châteaux property and only five-star resort in Vermont has a culinary program incomparable to anywhere else in the Northeast. Guests forgo menus, trusting Executive Chef Nathan Rich and his team to exceed their culinary expectations with specially curated meals for breakfast, lunch, and dinner. The cuisine reflects the changing seasons, inspired by Vermont's finest produce, and Twin Farms' estate-grown herbs, fruits, and vegetables.



Executive Chef Nathan Rich

A New Hampshire native, Chef Rich joined the Twin Farms team in 2013 from Lake Placid Lodge. Chef Rich's culinary expertise was recognized when he was one of only three chefs in the world to be awarded the Relais & Châteaux 2013 Rising Chef Trophy. Chef Rich sharpened his culinary skills for several years at premier establishments including Mandarin Oriental, Boston, The Vinoy Renaissance St. Petersburg Resort & Golf Club, Taj Boston, and The Balsams Grand Resort Hotel in New Hampshire. A seasoned chef with extensive luxury hotel experience, Rich believes in cooking quality foods that have been naturally grown or raised, which mirrors Twin Farms' culinary philosophy.

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WHERE TO FIND IT

Look for the **EQ** + symbol throughout the magazine to find out about featured products and services.

STYLE

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Sleek Enhancements

Caracol Silver

caracolsilver.com

Helgstrand Denmark

helgstranddenmark.com

John Hardy

johnhardy.com

Sally Lowe Design

sallylowe.com

Tory Burch

toryburch.com

Vincent Peach

vincentpeach.com

Zadeh New York

zadehny.com

FASHION

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Boot

All shown available at Boot

Barn

bootbarn.com

Ariat

ariat.com/western

Cody James

bootbarn.com/codyjames

Lucchese

lucchese.com

Shyanne

bootbarn.com/shyanne

Tony Lama

tonylama.com

FAVORITES

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Apps

Available on the Apple Store

and Google Play

Cross Country

crosscountryapp.com

Equilab

equilab.horse

FEI RuleApp

inside.fei.org/news/

fei-ruleapp-launched-apple-

store-and-google-play

FEI TV

tv.fei.org

PonyApp

theponyapp.com

Staller

stallerapp.com

TestPro FEI Dressage/

TestPro USDF Bundle

apps.apple.com/us/

app-bundle/testpro-usdf-and-

testpro-fei-dressage-bundle/

id1443296364

Turnout Guide

horseware.com/turnoutguide

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Washington

International Horse

Show

WIHS.org

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Hobe Sound

Hobe Sound Polo Club

2645 SE Bridge Rd

Hobe Sound, FL

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The Great Sweepstakes

of 1877

By Mark Shrager

Lyon Press 2019

rowman.com

GIVING BACK

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Brooke USA

brookeusa.org

FOOD+DRINK

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Twin Farms

twinfarms.com

PEOPLE

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Suzanne Perkins

Compass Real Estate

SuzannePerkins.com

TheRanchoSanCarlos.com

CABIN BOOK

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Gibbs Smith Publisher

gibbs-smith.com

MIA SUKI

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Miasuki

miasuki.com

A SEAL OF APPROVAL

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The EQUUS Foundation

equusfoundation.org/guardians

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Upper Echelon Academy

upperechelonacademy.com

HELGSTRAND

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Helgstrand Dressage

helgstranddressage.com

THE NEXT

GENERATION

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Adequan FEI North

American Youth

Championships

usef.org/events/

youth-championships

Old Salem Farm

oldsalemfarm.net

CHATEAU DE

COURTOMER

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Normandy, France

chateaucourtomer.com

Dominique Eudier

guidednormandytours.com

Haras de Brullemail.com

brullemail.com

Pierre Huet

calvados-huet.com

GALLERY

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Karen Bezuidenhout

karenbezuidenhout.com

MASTERING

PARTNERSHIP

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Masterson Method

mastersonmethod.com/the-

bladder-meridian-technique-

from-light-to-the-core-video

mastersonmethod.com/

using-light-movement-lateral-

cervical-flexion

