



## Food & Wine

### Bistro Boudin adds new flavor to Fisherman's Wharf

**ROBUST RIBS:** San Francisco Bistro Boudin executive chef James Chan adds sauce to Red Wine Braised Beef Short Ribs with Glazed Root Vegetables.

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I HAVE MORE than enough cookbooks. And hundreds of recipes clipped from newspapers, magazines and the Internet. I really don't need more. Yet whenever I'm at a restaurant, I can't resist requesting a recipe from the chef.

It happened again recently when I was invited for lunch at Bistro Boudin in San Francisco with some other members of the media. I love Boudin sourdough bread, but didn't really expect much of a great dining experience at Fisherman's Wharf. Was I ever wrong.

James Chan, the restaurant's new executive chef, has created a menu that melds traditional Wharf classics with an imaginative global imprint. He says the goal is "to create an American brasserie, a restaurant with sensible, honest food without any pre-



tense or artifice."

Chan's culinary career includes a Paris apprenticeship and executive sous chef positions in Thailand and at Santa Barbara's exclusive Baccarat Resort and Spa.

The affable chef, who now lives in Woodside, moved to the Bay Area in 2000. He worked in catering and as corporate executive chef with Straits Restaurant Group before landing at the Wharf.

"My wife and I wanted a place that reminded us of a Parisian brasserie," he says. "The closest place was Bal-

thazar in New York, where we never tired of eating. The wine was reasonably priced, the food was tasty, warm, unfussy and fulfilled all the senses."

At lunch, we dug into a gorgeous Seafood Tower, loaded with Dungeness Crab prepared in several different ways, oyster shooters, clams and mussels, to name just a few. As we looked out at the beautiful view of the Bay, we feasted on Duck Rilletes and Pan Roasted Grouper. But it was the Red Wine Braised Beef Short Ribs that called out to me.

Now that I've gotten it, I'm happy to share the recipe, which was easy to prepare at home and quite tasty — enough to hold me over until I can return to Bistro Boudin. I'm not even going to wait until out-of-town guests come to visit.

Please see **RIBS**, Living 2

### Bistro Boudin chef adds new flavor to Fisherman's Wharf fare

► **RIBS**, from Living 1

#### New requests

► Nancy Wilson of Portola Valley is looking for a lamb curry recipe from the "I Hate to Cook Book" by Peg Bracken. Published in the '60s and again in the '70s, she writes that the curry was "simple and delicious and my sons often chose it for their birthday dinner." Nancy recalls slow cooking it in an electric frying pan for hours, and that it had onions and apples in it. If anyone has this recipe, please send me a copy.

► Are you in search of a delectable recipe from your favorite Bay Area restaurant? Maybe you lost a favorite

recipe during a move? Please send me your requests and I'll do my best to help.

#### Red Wine Braised Beef Short Ribs

*Recipe courtesy of Executive Chef James Chan, Bistro Boudin. Chef Chan recommends serving this dish the day after it's prepared. He serves the short ribs with Brown Sugar Glazed Root Vegetables and Truffled Mashed Turnips.*

**3 pounds beef short ribs, cut in individual portions**

- 3 tablespoons flour
- Salad oil
- ¼ cup chopped carrot
- ¼ cup chopped onion
- ¼ cup chopped celery and tops
- ½ clove garlic, minced
- 2 bay leaves
- ½ cup stewed tomatoes
- 3 anchovies
- 2 ounces pancetta
- Salt and pepper to taste
- 1 bottle good red wine
- 1½ cups veal stock
- 1 tablespoon butter
- Fresh thyme

► Dredge meat in the flour. In a large pan, brown the meat on all sides in the oil. Add a little more oil to a large pot,

place the ribs in the pot, and add the carrots, onion, celery, garlic, bay leaves, tomatoes, anchovies, pancetta, salt and pepper. Cook over medium heat until the vegetables have softened.

Pour in the wine and cook for about 20 minutes until reduced by half. Add stock, cover and simmer for 1 hour and 30 minutes or until fork tender. (If serving the next day, the meat shouldn't be quite as fork tender.)

When the ribs are cool, refrigerate overnight. Before reheating, scrape off the layer of fat. Reheat the ribs and sauce over medium heat. Strain the sauce and reduce it until it can coat the meat. When the sauce reaches this consistency, whisk in a tablespoon of butter, some fresh thyme and add salt and pepper if desired.

Serves 4-6.

**Per serving:** 668 Calories; 35g Fat; 57g Protein; 8g Carbohydrate; 1g Dietary Fiber; 145mg Cholesterol; 919mg Sodium.