



CHEF MATT ANDERSON

A summer job at a country club in Michigan: Doing a little bit of everything from cart boy to line cook at 16, was Matt's start in the culinary world. He attended Michigan State University and Kendall College

of Art and Design to study art, while working his way through school as a cook. This was when he realized that cooking was his passion, so he enrolled at Grand Rapids Culinary School.

The Culinary School was a rewarding experience, where he was able to work under master chefs and compete in food competitions. After completing school, he moved to Colorado and worked at the internationally acclaimed Flagstaff House, then at private restaurants before becoming an Executive Chef for Vail Resorts; ideal for Matt's love of skiing and winter.

Matt moved to Denver to take his career to the next level. There he learned of James Beard award-winning Chef Jennifer Jasinski and her work at Rioja. As fate would have it, a spot opened up at one of her other restaurants, Bistro Vendome. After Matt had a chance to meet and cook for her, Chef Jen liked what she saw and offered him the position of Chef de Cuisine. While at Bistro Vendome, Matt was invited to the James Beard House as a representative of Denver Chefs. He was also featured at the Aspen Food and Wine Classic's Grand Tasting.

Matt and his family spent a brief period in the Washington D.C. area, in his wife's hometown before moving to Traverse City. He jumped at the chance to continue his love for French bistro fare when a position opened at Bistro Foufou. Chef Guillaume and Matt share a love for charcuterie and French comfort foods. Together they look forward to sharing their passion with Traverse City.

ACADIAN RED FISH

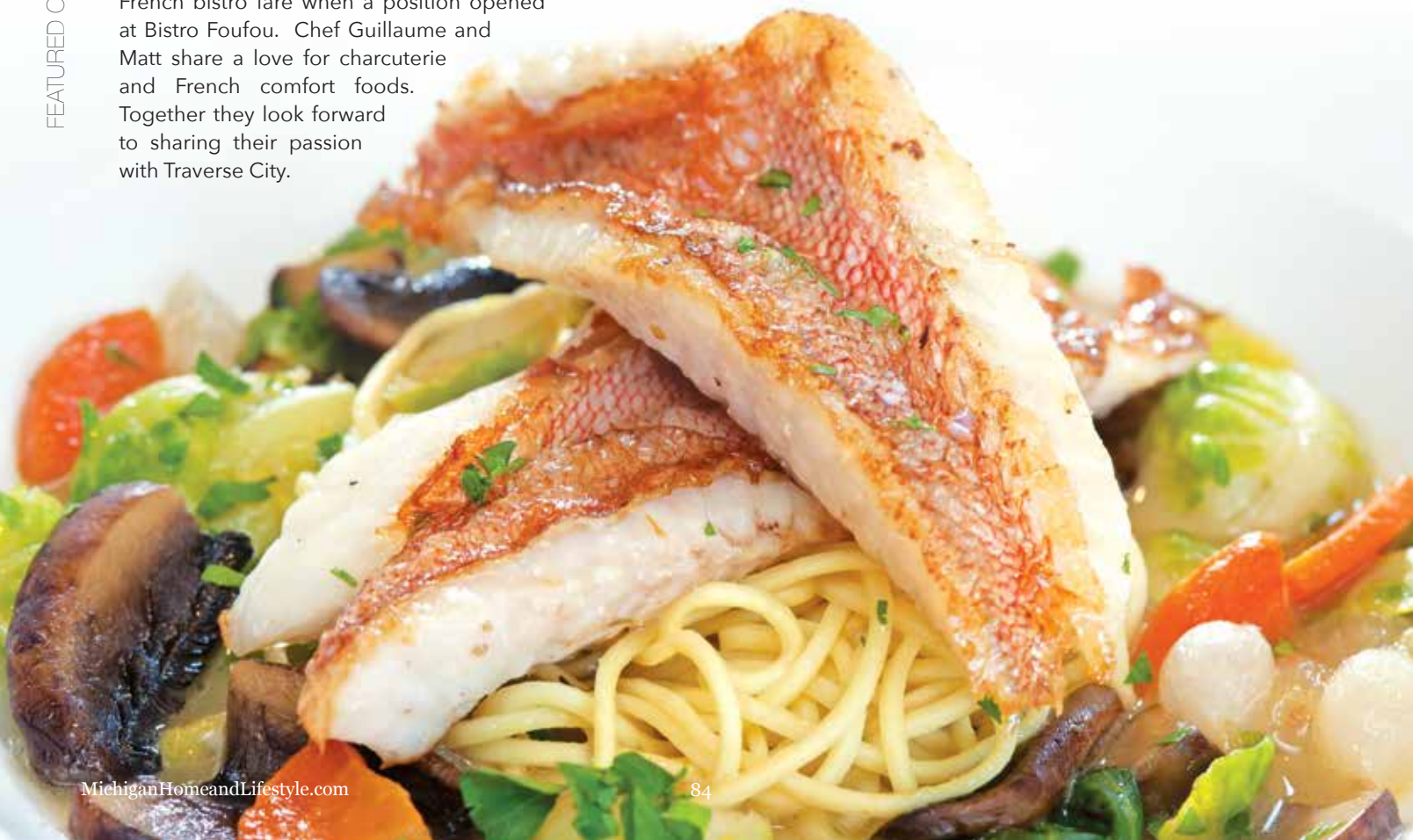
Prep time: 30 minutes | Yield: 2 servings

INGREDIENTS:

- 4- 3 Oz. Red fish filets (If red fish cannot be found, perch or some other small filet fish can be substituted).
- 1 Pkg Angel Hair Pasta or other finely cut pasta
- 8 Oz. Brussel Sprouts
- 4 Oz. Carrots, peeled, halved and sliced a thin 1/8"
- 8 Oz. Portabella Mushrooms, stem removed and sliced 1" - 1 1/8" thick
- 4 Oz. Pearl Onions
- 1 Tsp. Garlic, chopped
- 1 Oz. Pernod or Pastis
- 4 Oz. Fish Stock
- 2 Tbsp. Butter, diced
- Salt and Pepper to taste

COOKING DIRECTIONS:

1. Preheat oven to 350
2. Heat non-stick sauté pan with oil until very hot, season fish and sear skin side down
3. Remove fish and place on bake sheet skin side up
4. Add the brussel sprouts, carrots and pearl onions to sauté pan and cook until everything begins to soften
5. Add mushrooms and garlic and cook
6. Add Pernod and deglaze (Flammable)
7. Add fish stock and butter and reduce by 1/3
8. Place fish in 350 degree oven for about 5 minutes or until fish begins to flake
9. Cook pasta al dente, strain and place in middle of bowl
10. Arrange vegetables around pasta and pour the liquid over the pasta
11. Remove fish from oven and place over top of pasta



BISTRO FOUFOU

Traverse City

BEET SALAD

Prep time: 30 minutes | Yield: 4 servings

Tarragon Vinaigrette

INGREDIENTS:

- 1 Oz. Apple Cider Vinegar
- 1/2 Oz. Orange Juice
- 1 1/2 Tsp. Dijon Mustard
- 2 Garlic Cloves, roasted
- 2 Oz. Olive Oil
- 1/2 Tsp. fresh Tarragon, finely chopped

COOKING DIRECTIONS:

Combine vinegar, orange juice, mustard and garlic in blender and puree. With the blender running slowly add oil until fully incorporated and it begins to thicken; add tarragon and pulse

Garnish

INGREDIENTS:

- 1 lb. Gold Beets
- 1 lb. Red Beets
- 1 Orange segmented
- 2 Oz. Hazelnuts, toasted and chopped
- 1 Oz. Truffle Pecorino or some other whole hard cheese such as parmesan



COOKING DIRECTIONS:

1. Place beets in separate ovenproof containers, cover with hot water and then cover top tightly with aluminum foil
2. Place in a 350 degree oven and roast for approximately 1 hour or until a pairing knife can easily penetrate the beets
3. Remove from oven pour off hot water and replace with ice water,
4. Peel the beets and cut into bite size-pieced

PLATING:

1. To plate, toss beets in Tarragon vinaigrette and arrange on plate however you like
2. Place oranges throughout beets
3. Sprinkle toasted hazelnuts over beets
4. With a peeler, shave cheese over entire plate



**WINEBAR
FOUFOU**

FRIENDLY
MISCHIEF



**BISTRO
FOUFOU**

INTELLIGENT
WHIMSY

Sunday Brunch • Oysters • Happy Hour

BISTROFOUFOU.COM 231-421-6583