

Nomad Editions

Good Dog

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Building Better Dog Behavior

Art Smith has cooked for big names as diverse as the Dalai Lama and Lady Gaga, but no one sends more compliments to the chef than his dogs. When Smith, a two-time James Beard Award winner and Oprah Winfrey's former personal cook, is not running his restaurants Art and Soul in Washington and Table Fifty-Two in Chicago, he and his husband, artist Jesus Salgueiro, enjoy the company of their three dogs and five cats in Chicago's Kenwood-Hyde Park. Good Dog caught up with the culinary artist to talk about his trio of pups.

Tell me about your boys.

Link and Tron are American Staffordshire terriers. When we picked up Tron in 2005, there was one puppy left. It was around the same time Oprah got her three golden labrador puppies, and I called Jesus later and said, "If Oprah can handle three, why can't we get another



Art Smith and his husband, Jesus Salgueiro, with their dogs, Cochon, Tron, and Link.

handle three, why can't we get another puppy?" So we got Link.

A year or so later, I was drinking margaritas at the Abbey in West Hollywood. This lady walks in with this black French bulldog. I called Jesus and said, "There's this adorable little French bulldog. You have to see it." He came over and saw it and asked, "Does she have a brother?" Sure enough, she did. So he gets in this strange car with this strange woman, and they pick up our third child. We named him Cochon because he smelled and snorted like a pig. And he's French.

Where do the dogs spend their days when you're working or on the road?

Jesus is a painter, so now they're in his studio. I don't believe in kenneling my animals, nor would I ever put them in cargo, so they have some aunties and uncles who take care of them [when

we're away].

What's your house rule on people food?

I might make chicken and rice with a grain. Or I'll boil eggs and give them the yolk, which I don't eat because I'm on this healthy journey. When we're butchering at the restaurant, we save scraps. They love a bone, but you have to make sure they all have their own, or it's fight city. There isn't much these puppies won't eat. But I've been eating air-popped popcorn, and they won't touch it. They like popcorn, but not the healthy kind.

You've got this amazing Pooch Patio Menu at Art and Soul with things like a 3 oz. grilled steak. Every dog should be so lucky.

The hotel [adjacent to the restaurant] has a great policy about pets. Many

business people travel with dogs – prime example, Oprah Winfrey. People want their loved ones close to them, whether they're furry or not, so we put the menu together. As a personal chef, I've found that if you take good care of people's children, they will love you forever. Same with dogs.

How do the pups inspire your work?

I think animals – whether you're a chef or a lawyer – teach you to have compassion. Animals react differently to things than we do, but in many ways it's a smarter reaction. They're sensitive. Jesus has had his challenges with cancer – I think it started right when we got the puppies – and they were aware of it. I'm always very sad for people who don't have pets, because they make us more human.

What's new with your restaurants?

I'm opening a Southern-themed restaurant in Atlanta and, with a former McDonald's executive, a healthy [chain] concept called Lyfe Kitchen in Palo Alto. I've got a dream of going to work for the troops, so I'm trying to organize that with the Pentagon.

Any more kids in the future?

I have a friend with a large acreage of land. He's invited me to create my own pied-à-terre. I've been excited about one day going out there and having more dogs and chickens. I grew up like that. But at the moment, in the city, we have to stick with what we have. If I had the room I'd have a dozen.

Art Smith's delicious doggy biscuit recipe directly follows. ■

MAKE IT

Art and Soul's Tasty Treats

Two-time James Beard Award winner Art Smith shares his homemade (and healthy) dog biscuit recipe.

Ingredients

Yields approximately 30 to 40 biscuits, depending on the size and shape.

- 2 ¼ cups whole-wheat flour
- ½ cup non-fat dry milk
- 1 egg
- ½ cup mashed ripe banana
- ¼ cup vegetable oil
- 1 cup peanut butter
- 1 tbsp brown sugar

- 1 dissolved beef or chicken bouillon cube in ½ cup of hot water*

**Note: Make sure to use bouillon that doesn't include onion or garlic power. Both are toxic to dogs.*

Steps

1. Combine all ingredients and mix well. Knead on a floured surface and then use a rolling pin to flatten dough to ¼-inch thickness.
2. Use a cookie cutter (preferably dog bone or circle shaped) to punch out your treats.
3. Place pieces on a non-stick cookie sheet or parchment paper and bake at 300 degrees for 25 to 35 minutes until done.
4. Remove and let cool before treating your good dog for being a fabulous sous-chef.

Bon appetit! ■



SONIA ZJAWINSKI