

# GOTHAM

Food & Drink News

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## Rouge Tomate's Under 1,000-Calorie Fall Tasting Menu



The mantra at any fine dining restaurant in New York is often a cry for more butter, salt, meat, and... more butter. At the Michelin-starred Rouge Tomate, this has never been the case. In fact, the restaurant's six-course seasonal tasting menu (\$89 per person) clocks in below 1,000 calories. In a collaboration between executive chef Jeremy Bearman and Kristy Lambrou, Rouge Tomate's designated culinary nutritionist and dietitian, the menu is packed with seasonality and healthful ingredients. *Gotham* editor in chief Catherine Sabino talked with Lambrou about this one-of-a-kind menu and what's in store for fall.

### **Is Rouge Tomate the only restaurant with an under 1,000-calorie tasting menu?**

KRISTY LAMBROU: To my knowledge, we are the only restaurant that states we have an under 1,000-calorie tasting menu, but I can't 100 percent confirm that another does not exist, especially since other restaurants do not have an R.D. [registered dietitian] on staff to calculate calorie counts.

### **There's a very detailed nutritional and caloric breakdown for each item on the menu.**

KL: As the showcase of the SPE [Sourcing, Preparing, Enhancing]—our culinary and nutritional philosophy—every single dish at Rouge Tomate, including the tasting menu, meets SPE criteria, so we want to be transparent and share that with our guests if they are interested. The nutrition analysis we provide

demonstrates that healthy food is not just about limiting calories or fat but about including foods that are rich in nutrients. The meals at Rouge Tomato are designed to give you more of what you need and less of what you don't need while still achieving the satisfaction of a great meal out.

**What kind of ingredients do you use to achieve that?**

KL: We focus on integrating fruits and vegetables in every dish and prefer seafood and poultry over red meat due to their healthier fat content. We also try to incorporate legumes and whole grains as much as we can and limit full-fat dairy, salty ingredients, and added sugar. To limit copious amounts of saturated fat, we do not use any butter or cream in any courses on the tasting menu except for a small amount in the dessert course.

**What do you have planned for the fall tasting menu?**

KL: To be determined, but it is a guarantee it will feature different varieties of fall squash, a bounty of root vegetables—parsnip, kohlrabi, celery root, rutabaga, etc.—mushrooms, and maybe chestnuts. We also like using squab or venison in the fall since it complements a lot of the rich fall flavors. Our executive chef makes a delicious mushroom farrotto that sometimes makes an appearance on the tasting menu as well.

<http://gotham-magazine.com/the-latest/food-and-drink-news/postings/rouge-tomates-under-1-000-calorie-tasting-menu-for-fall#wus0EPKZr7EecjYp.99>