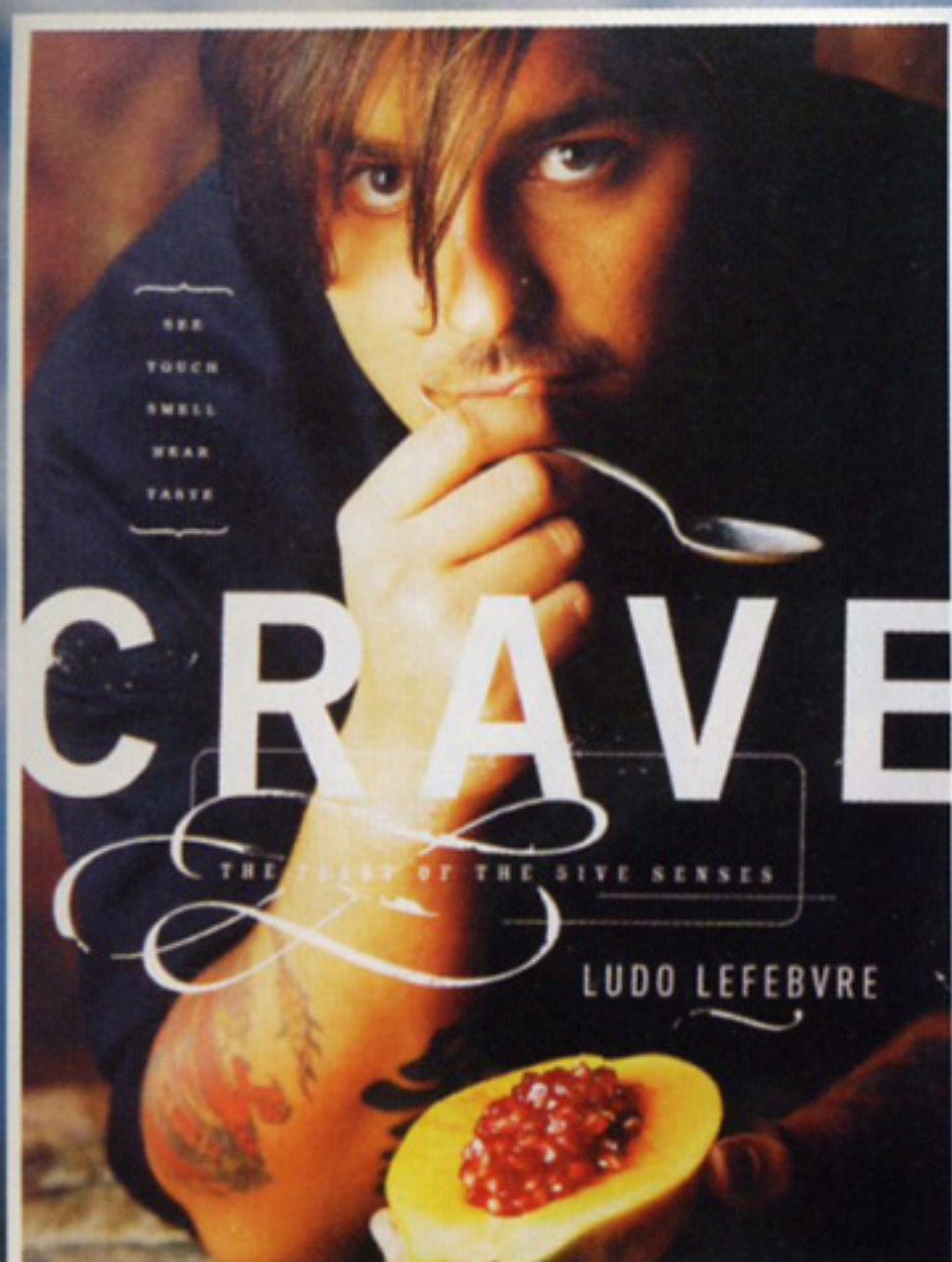


celebrityfood



Lefebvre's new cookbook, *Crave: The Feast of the Five Senses*, is a cutting-edge collection of French recipes. It costs: \$50 at bookstores and barnesandnoble.com.



It's Ludo

he was born in Burgundy, France, and now he's famous for the best pecs and foie gras in L.A.! Chef Ludo Lefebvre, 33, landed in Tinseltown in 1996 and now works 15-hour days — from 10 a.m. to 1 a.m. — serving 60 dinners a night to Bastide's demanding eaters.

He describes his cooking style as "French with an international flavor." Colorado lamb crusted in cardamom and pericarp pepper and beef tenderloin served with Tahitian vanilla butter potato puree are favorites in the pretty



Celebrity chef **Ludo Lefebvre** knows

Star Cravings

When Tom Hanks wants to impress wife Rita, he turns to another man — Ludo Lefebvre, the chef of L.A.'s superhot restaurant Bastide. Here's why Hanks and a slew of other stars can't wait to eat there

RESTAURANT BASTIDE



Want to book a table? Call (323) 651-5950. Bastide is located at 8475 Melrose Place in Los Angeles.

Sit Pretty

Decorated by Parisian designer Andrée Putman, Bastide mixes multi-pastels.



Mediterranean-style dining room. So why do celebs crave his food? "I treat my food like art, and I think actors appreciate someone who is so passionate about their craft. I cook for a lot of celebrities, but the one I really want to cook for is **Jack Nicholson**. He is a true artist, and I want to see if I can get a guy like that to like my food."

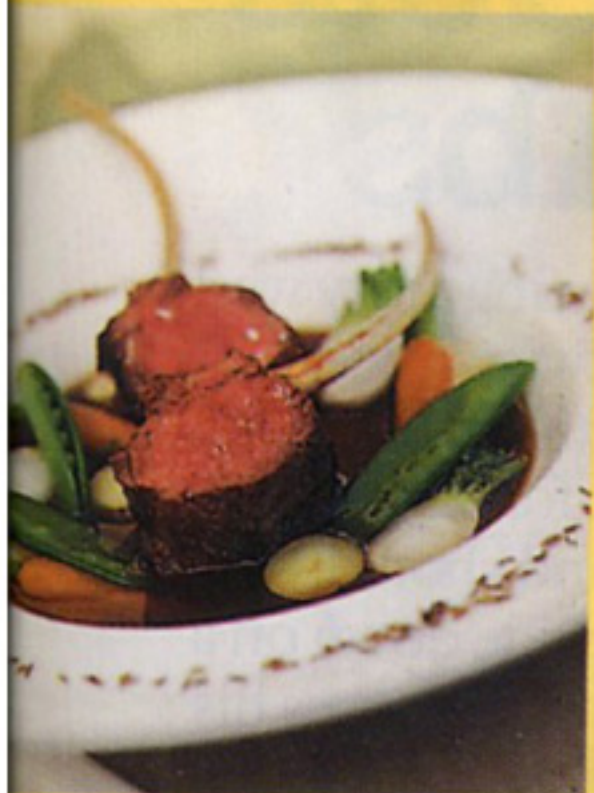
He may still have to work on winning over Nicholson, but he did woo his wife of five years, Krissy, 35, after spying her dining in the exclusive L.A. restaurant, L'Orangerie, where he was cooking at the time. "I knew the moment I saw her six years ago that she was the right one," he says. For more on Ludo and Bastide, read on.



**Kitchen Confidential:
What's inside Bastide's
state-of-the-art
kitchen?**

- More than 125 all-copper pots and pans (de Buyer from France).
- Six Montague French ovens.
- Ceramic knives from Kyocera in Japan.
- 250 spices that line an entire wall!

His Signature Dish



Ludo's Rack of Lamb

With broth, baby vegetables, and caraway seeds. Recipe in Crave.

The Garden

Ludo says, "Celebs [like customers Dustin Hoffman and Sidney Poitier] love the privacy here."

The Stars That Crave Him



Keanu Reeves



Tom Hanks



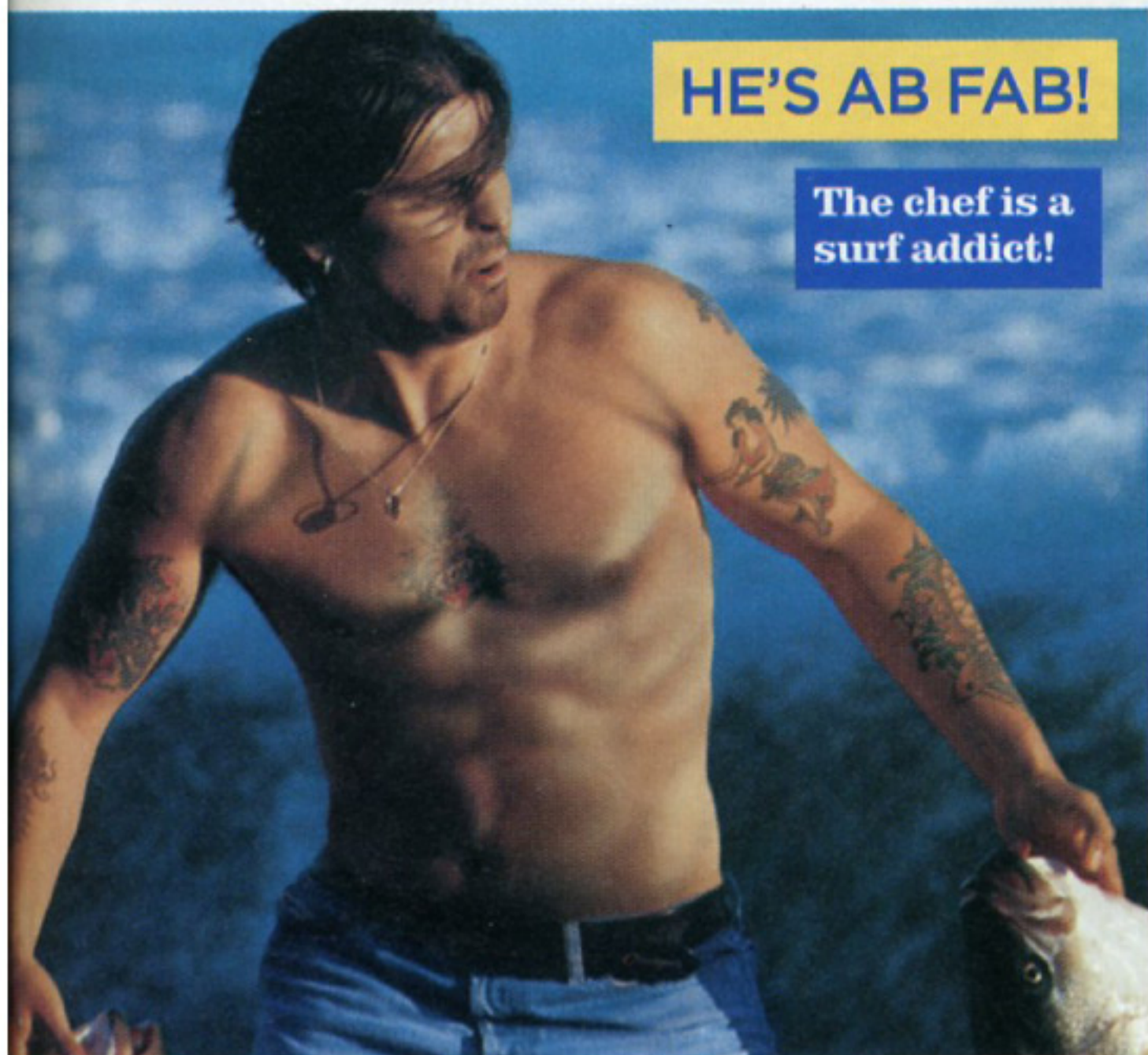
Jessica Alba

Story continues

Stats about Ludo

HE'S AB FAB!

The chef is a surf addict!



How He Gets Those Abs

"I love to be outside. I try to go surfing every week. I also work out with my trainer twice a week."

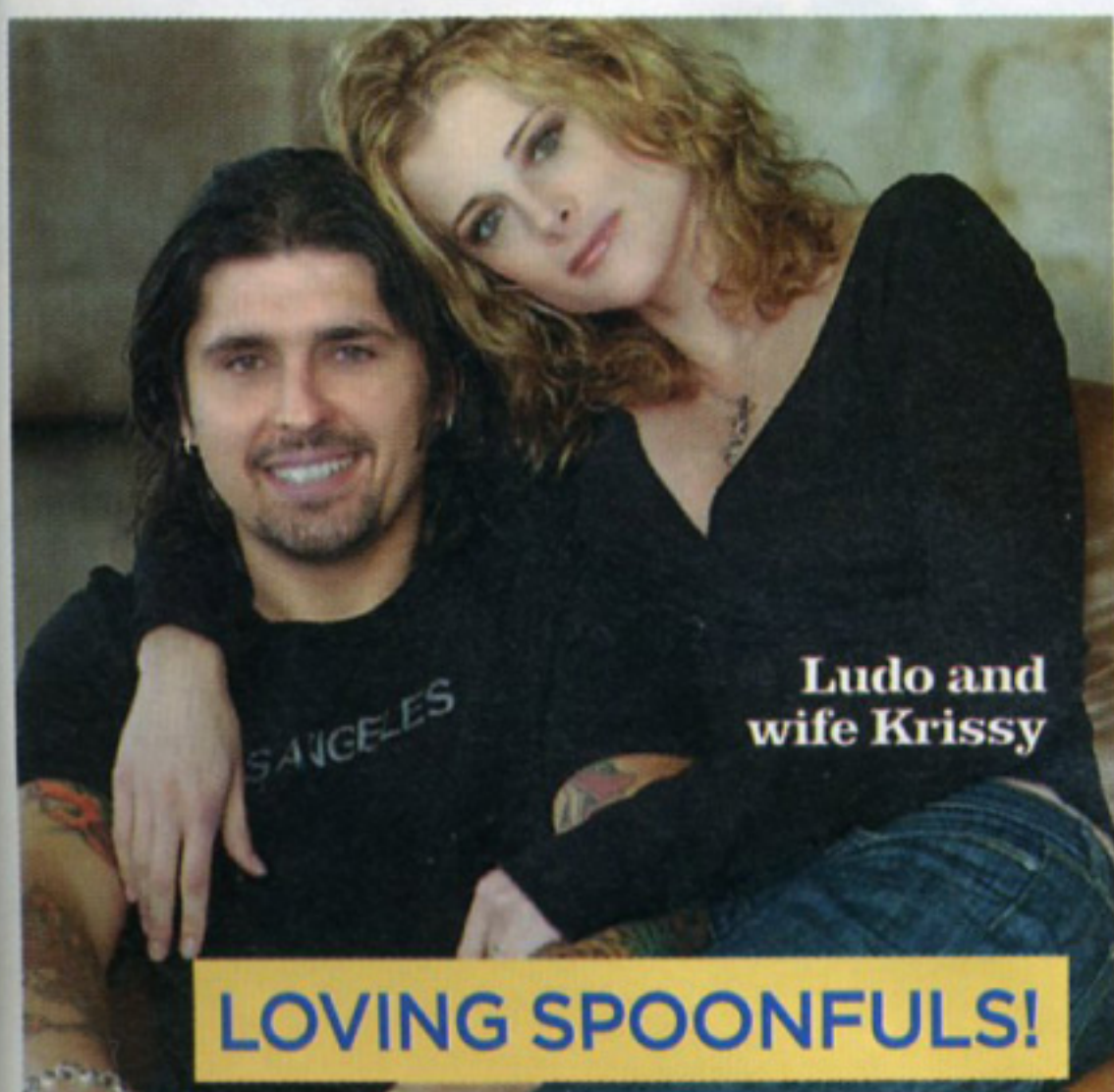
His workout with trainer Peter Nault:

- Runs on the beach twice a week for 2.5 miles.
- Free weights for his chest, legs and shoulders.
- For the abs, Ludo also hangs upside-down on a metal bar wearing heavy boots and then uses his abs to curl up his torso. He also places a large ball between his feet while lying down, lifting the ball up and down. He also does incline abs and oodles of sit-ups.
- Goes hiking in L.A.'s Runyon Canyon with his wife Krissy and his dog Sullivan on the weekends.

His Tattoos Tell Tales

"Each tattoo has a special meaning to me," Ludo confides. "For example, I got a tattoo of a turtle on my leg after my first scuba-diving experience in Hawaii when I was able to swim with and touch sea turtles. I have my wife Krissy's name on my chest and my sister Chloe's name on my wrist. My wife and I got matching tattoos with our initials after we had been dating for only three weeks, and we also got tattoos for our wedding date."

DO HIS TATTOOS TALK?



Ludo and wife Krissy

LOVING SPOONFULS!

Who He Loves To Cook For Most

"My wife Krissy is an entertainment lawyer and her theory is that she shouldn't have to cook for me since I don't read contracts for her. We eat simple foods at home: pasta with olive oil, salt, pepper and Parmesan shavings. And dessert is often just two spoons in a pint of Ben & Jerry's ice cream. Even our snacks are simple! My favorite is Cheerios and milk while she nibbles on nuts. But the first time I cooked for her, I made steak au poivre. For our fifth anniversary, we just had caviar, smoked salmon and Dom Perignon Rosé. It was perfect."

**Bastide
fans
Jessica
Alba &
boyfriend
Cash
Warren**

Jessica's Menu for Love at Bastide

Nitro-Rose Flower
Pineapple Mousse, Mint
Gelée

Tartar of Scallop
Black Truffle Ice Cream

Foie Gras Declinaison

John Dory, Orange
Risotto with Grand Marnier
Saffron Syrup, Cocoa
Gelée
Fresh Orange Soda

Roasted Rack of Lamb
with Honey
Marinated Fruits and
Vegetables
Basil Ice Cube

Les Fromages de Norbert

Valentine's Chocolate
Red Beet Sorbet

Mignardises

\$130

Jessica's need for Bastide

Jessica, 23, dined at Bastide two times in three weeks! Both times she was with boyfriend Cash Warren, 25, who worked as an assistant to the director on her upcoming film, *Fantastic Four*. On one of those occasions Jessica's family joined the cute couple! Ludo says, "They are a very sweet couple and seem to be really in love."

Ludo's Tips on How to Put a Meal Together

- 1 Use the best quality ingredients that you can afford.
- 2 Remove all stress from your cooking space — put the dog outside, put the kids in front of a video.
- 3 Give yourself enough time.
- 4 Don't try to do too much — think simple (focus on the seasoning, you don't need to make a nine-course meal to have a great dinner).
- 5 Prepare all utensils, pots and pans, and serving dishes in advance. Make sure everything is within reach.
- 6 Keep your workspace tidy by cleaning as you go.
- 7 Invite some friends over and enjoy yourself!

Jessica Alba's Sweetheart Dinner

JESSICA & CASH



THE LOVEBIRDS