

Secrets of Success

an online exclusive from Foodservice East

An ongoing series of interviews with chefs, restaurateurs and foodservice operators, Secrets of Success looks at the paths taken to professional recognition and acclaim.



Nearly a decade ago, Chef Evan Deluty won acclaim for his Bistro 5 in West Medford, MA and later for Torch on Boston's Beacon Hill where he and his wife, Candice, specialized in French cuisine that reflected the influences of his early Culinary Institute of America training, a stint in Paris at Le Grenadin, and positions at Lutece and the Waldorf's Peacock Alley in Manhattan.

More recently, Deluty has led the way as a pioneer in Boston's emerging SoWa neighborhood, opening Stella with his take on Italian regional cuisine in a chic and contemporary setting. The restaurant just made Open Table's list of the 10 top restaurants in Boston that diners are booking. This summer Deluty unveiled Stella Express adjacent to the restaurant. A casual "multi-service" operation, the café offers breakfast and lunch, serving breakfast sandwiches, pastries, salads and pressed sandwiches as well as a variety of freshly prepared pastas, sauces and other to-go items including cookies, brownies and cupcakes.

At lunch, customers mix and match a variety of ingredients such as fresh veggies and roasted garlic with assorted meats and cheeses to create their own customized salads. Pastas and sauces as well as the restaurant's signature dinner items are available to go. An urbane concept, Stella Café complements the restaurant and extends service to its core market from 6 a.m. to 1:30 a.m.

FSE: How did you decide to become a chef?

DELUTY: My Uncle Dave and grandfather -- they were both great cooks. My uncle always made awesome chili and great Chinese food! I would cook with him -- my first unofficial Sous Chef job! And with my grandfather, Nathaniel, you would go fishing, catch fish then clean and cook 'em -- and he made the BEST sandwiches ever!

FSE: What's been the biggest influence on your culinary style?

DELUTY: My travels. Working in Paris and Italy!

FSE: What do you see as the biggest challenge for restaurants this year and how are you coping with it?

DELUTY: To ensure that every guest leaves Stella with a smile on their face and having had a great experience! I plan on coping with it through communication with my management team.

FSE: How did the new café come about? Is it a response to the current economic climate and consumers' desires for affordable options?

DELUTY: It was in response to the gourmet take away boom -- the neighborhood had been asking me for a long time for prepared meals and such from Stella to take home. And it's another way to challenge myself!

FSE: How did you come to open an Italian trattoria after doing French food at Torch?

DELUTY: The simplicity of Italian food is what attracted me...and the challenge of executing it consistently.

FSE: Do you have plans for more restaurants? If so, what, when, and where?

DELUTY: Yes. I have a concept that I have generated and is currently only in my head. When? When the right space becomes available. Where? Definitely Metro Boston.

FSE: What is the "secret" of your success?

DELUTY: Surrounding myself with great people and consistency throughout the corporation.

FSE: If you weren't a chef, what would you be doing?

DELUTY: Teaching others how to cook.

FSE: What's in your refrigerator at home?

DELUTY: Always a six pack of Stella Artois of course! Other than that -- you will always find, Dijon mustard, cold cuts, lots of juices for the kids, soy sauce, Chinese mustard, fresh herbs, milk for the kids, raw chocolate chip cookie dough! Also, wine -- Sancerre, and Laurent Perrier Rose Champagne!

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