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Eats!

Let's Be Frank offers healthy hot dogs

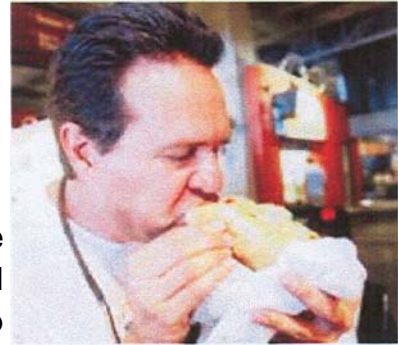
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Yes, there is a reason to go to a Giants' game - the Let's Be Frank cart.

Before every game, two culinary environmentalists, Chez Panisse meat forager Sue Moore and Next Course founder Larry Bain, set up their Let's Be Frank cart at the Third Street paddock of the Acme Chop House on the corner of SBC Park. They grill up what they call the Omega Dog (\$5), hot dogs made from grass-fed beef. They slap them on warm buns from Lafayette's Cakebox Bakery and slather them with grilled onions and a range of mostly organic condiments.

Those tanking up on beer at the outdoor Acme bar before the game probably don't realize that they are fortifying themselves with one of the healthiest hot dogs on the planet, but the stream of regulars who now stop by the cart do.

The genesis of the product began at a California Stockman Grass Farmer conference, where Moore ran into Mark Keller, a marketing consultant from the Hearst Ranch, an 80,000-acre spread around the Hearst Castle in San Simeon. There, a herd of pre-qualified angus and Hereford cattle with heritage genetics that reach back to pre-feedlot days graze on native rye grass. The cattle gain weight consistently - 1 % pounds a day - finishing on the particularly rich grass of spring and summer, when they are "harvested" after 1 % years on the pasture. These cattle make the Let's Be Frank dogs a delicacy that roughly corresponds with the baseball season.



The grass diet makes this beef healthy. Granted, fat is what we like about hot dogs, but regular hot dogs deliver too much saturated fat. The grass-fed hot dog gives us good fat in the form of omega 3 fatty acids that actually remove cholesterol from the blood. One of these Omega Dogs has the same benefits of a piece of wild salmon (or other cold-water fish such as mackerel or sardines), which we're supposed to consume two times a week. So, in the spirit of good health, I chow down on two of these juicy dogs.

Why not? Let's Be Frank dogs have no carbohydrates, fillers such as dried milk, hormones, antibiotics or nitrites, so they aren't red. This makes them look like sausages, but they absolutely taste like hot dogs. Speaking frankly, I would like them to be fattier and smoother in texture, but the dog works, especially wrapped in a good bun and condiments. A new batch, which should be available for the next Giants home game, purportedly will be spicier and more voluptuous.

Inside SBC Park, pair the Omega Dog with a *glass of say*, Coppola Rosso (\$7.25), a versatile Napa Valley blended red, and you've concocted an only-in-San Francisco ballpark experience.

The new fourth edition of Patricia Unterman's "San Francisco Food Lover's Guide" is now in bookstores everywhere.

New and noteworthy SBC Park food

Parfait of Lagier organic blackberry compote, Straus whole milk yogurt and Galaxy organic granola (\$5) and Strawberry Shortcake (\$5.50), both at the Farmers' Market stand, club level (Bon Appetit, the concessionaire for the club level, actually buys fruit at the Ferry Plaza Farmers' Market)

Toasted Cubano Sandwich (\$8) - Pork, smoky ham, pickles, melted cheese and aioli at the Pannini Grill and Wine Bar, club level

Corned beef sandwich (\$8.00) with caraway-scented house-cured cabbage slaw and a kosher pickle at Murph's Pub, club level