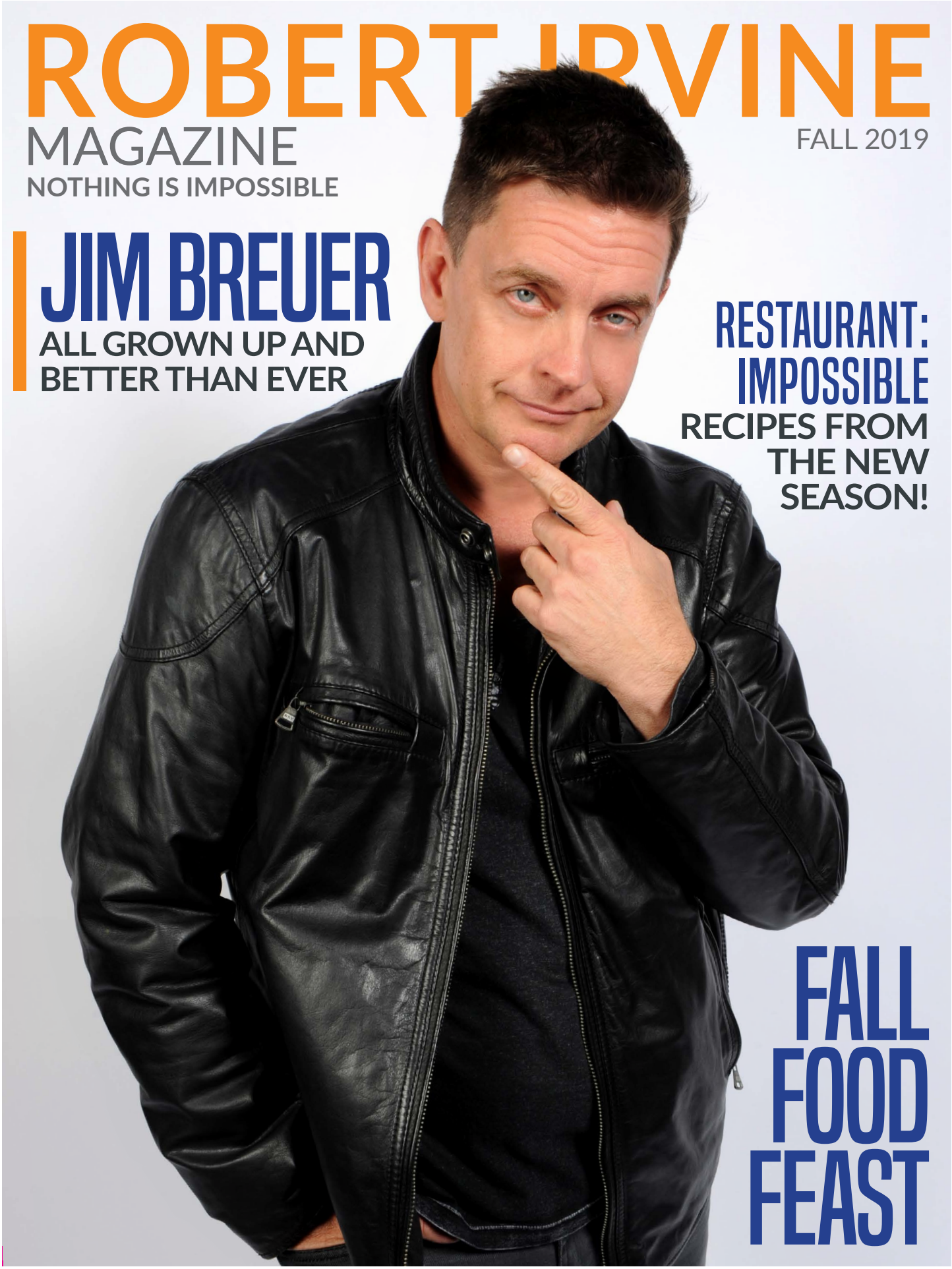
ROBERT IRVINE

MAGAZINE

NOTHING IS IMPOSSIBLE

FALL 2019



JIM BREUER

ALL GROWN UP AND BETTER THAN EVER

RESTAURANT: IMPOSSIBLE

RECIPES FROM THE NEW SEASON!

FALL FOOD FEAST

ROBERT IRVINE
MAGAZINE
NOTHING IS IMPOSSIBLE

FOUNDER AND EDITOR-IN-CHIEF
Robert Irvine

GENERAL MANAGER
Matt Tuthill

CREATIVE CONSULTANT
Sean Otto

SENIOR WRITERS
Gail Kim-Irvine, SJ McShane, Heather Quinlan, Michael Schutz, MD

CULINARY EDITORS
Shane Cash, Brian Goodman, Darryl Moiles

CONTRIBUTORS
Jay Cardiello, Ryan Coyne, Amber Day, Mike Geremia,
Leah Jantzen, David Jester, Andy McDermott, Mike Simone, Vanessa Tib

BUSINESS and MARKETING

CHIEF OPERATING OFFICER
Justin Leonard

VP, FINANCE & MARKETING
Joshua Lingenfelter

For advertising inquiries, contact Matt Tuthill, matt@chefirvine.com
For general comments, contact him on Twitter, @MCTuthill

Download Robert Irvine Magazine exclusively at RobertIrvineMagazine.com and stream it on issuu.com. Read it on mobile devices through Apple News, Flipboard, and the Google Play Newsstand.

Copyright 2019 by Irvine Products, LLC. No part of this magazine may be reproduced in any manner whatsoever without written permission from the publisher except in the case of brief quotations embodied in critical articles and reviews. Contact the publisher at media@chefirvine.com.

The information herein is not intended to replace the servies of trained health professionals. You are advised to consult with your healthcare professional with regard to matters relating to your health, and in particular regarding matters that may require diagnosis or medical attention.

Cover photo appears courtesy of Jim Breuer.

Robert's editor's portrait appears courtesy of Ian Spanier. Gear and product photos appear courtesy of their respective manufacturers. Subject photos appear courtesy of the respective subjects unless otherwise noted. All other photos herein appear courtesy of Shutterstock.com.

INSIDE THE ISSUE

ROBERT IRVINE MAGAZINE

FALL 2019 /// Vol. 4, No. 8

GETTING STARTED

4 ROBERT'S LETTER
Why Robert is so excited to introduce you to Skyball and proud to have Jim Breuer on the cover.

6 IN THE GYM
Why deadlifting needs to be a part of everyone's routine—regardless of age or gender.

11 IN THE KITCHEN
Robert's favorite pumpkin recipes.

FEATURES

18 REACHING FOR THE SKY
You've never seen anything like Skyball, the gargantuan charity event put on by American Airlines and the Airpower Foundation. We take you inside the phenomenon that raises millions for our veterans.

28 JIM BREUER
His comedic style is still a wild tour de force, but Jim Breuer has grown up in all the right ways. Hear the story behind his turn toward maturity.

36 "IMPOSSIBLE" RECIPES
Part II of our series featuring recipes straight from *Restaurant: Impossible.*

41 CHAD MICHAEL COLLINS
The lead actor in the newest Call of Duty game has enjoyed a career dictated by following his joy. He has advice on how you can do the same.

46 PARTING WORDS
Helping a reader who's cravy heavy seasonal food; a poetic sendoff from Ray Bradbury.

Jim Breuer's raging id pays us a visit starting on Pg. 28. Photo by Phil Provencio

SKY'S THE LIMIT

An up-close look at a cause that's near and dear to my heart.

If you've ever picked up this magazine in the past, you know that giving back is a running theme here at Team Irvine. Through USO tours and the work of the Robert Irvine Foundation, I'm able to take the opportunity I have and put it to use for people who really need it. We don't write articles about every single thing the Foundation does, every USO tour I go on, or every charity function I attend. More often than not, I'm sharing this message in broad strokes and reminding folks to give back to those who make our freedom possible.

But this month we do have a long feature article about a charity event I recently attended. That's because this isn't just an average charity event—it's Skyball, which not only gathers most of the living Medal of Honor recipients who are well enough to travel, but raises over $2 million for veterans in need—all in one weekend. My role at this event was to cook a three-course meal for 2,400 people at a black-tie dinner. You'll see how I pulled that off with the help

Follow Robert on Twitter, Instagram, and Facebook.

ROBERT'S LETTER

Robert poses beside Dean Kamen, inventor of the revolutionary iBOT wheelchair, which allows its user full mobility at standing height. Behind: some of the servicemen and their family members who have benefited from the device. Learn more in our feature story beginning on Pg. 18.

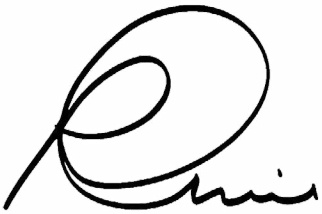
of my team—and a whole lot of hard-working volunteers—in the feature story beginning on Pg. 18. More importantly, you'll learn about some of the lives that Skyball touches, and how it also serves as a way to honor our brave men and women in uniform.

And that's just one story in this Fall edition that I'm very excited about. On our cover, we have the inimitable Jim Breuer. He came into the national spotlight with an incredible run on Saturday Night Live in the late 90s, and his career evolution is one I truly admire. These days, the beating heart of his stand-up routine is family and finding the bright side of hardship. He's not just serving up hilarious material, he's doing so in a way that has deep resonance for myself and millions of others. Jim is currently on tour (you can check for dates in the feature story beginning on Pg. 28) and I urge you to get out there and see him if you get a chance.

Elsewhere in the issue, I'm sharing my favorite pumpkin recipes of all time, a new batch of recipes from the second-half of the latest season of Restaurant: Impossible, and whole lot more information and inspiration you can use to get the most out of life starting today.

There are millions of other websites you could check, and billions of other articles you could read. With that in mind, thank you—from the bottom of my heart—for taking the time to be here. We promise to always make it worth your while by reminding you on in every issue of the truth by which I live every day of my life:

Nothing is Impossible,



DEAD SIMPLE

Why deadlifting should be at the center of everyone's fitness routine—regardless of your age or gender. /// BY PAUL ROBERTS

Every personal trainer is used to hearing the phrase "I don't want to get big" when they ask prospective clients what their goals are. And every time a trainer hears this, they're working overtime to suppress a laugh. Lifting weights doesn't work this way. You can't gain too much muscle mass through some fluke of programming; there's no combination of exercises and volume that could ever be so lethal as to spontaneously add muscle to your frame overnight. Trust me, if this were possible, bodybuilders and athletes everywhere would have exploited it a long time ago.

But myths and old wives' tales are powerful things, and persist despite widespread proliferation of better training information. New trainees have more and better information at their disposal at this point in history than at any other. Nevertheless, certain exercises, such as the bench press, military press, and deadlift carry with them a stigma that they are only for guys who are trying to get big. This is nonsense, pure and simple.

IN THE GYM: PRO TIPS

First, consider what the deadlift is. You're bending your knees and flexing your hips to grab a bar off the floor and stand up. You are literally—to paraphrase the old Planet Fitness ad—picking things up, and putting them down. Of all the exercises in existence, the deadlift has more direct carryover to real-life situations than any other. That's **Reason Number One** why it should be in everyone's training routine.

REASON NUMBER TWO

It builds muscular strength everywhere in the body. When done properly, the deadlift engages the muscles of the legs, back, core—even your arms by increasing grip strength. If you're someone who's always saying that you don't have enough time to work out, the huge bang-for-your-buck efficiency of the deadlift should be enough to get you on board.

REASON NUMBER THREE

The deadlift is an incredible conditioning tool. Never mind the strength the deadlift can build; if you're trying to get a great cardio workout and burn some fat, the deadlift needs to be front and center in your program. When you hold up the deadlift against isolation exercises like biceps curls and leg extensions, there's no comparison. The isolation exercises only require blood flow to the muscles being worked, which is a relatively small area when compared to the deadlift, which is using virtually every muscle. You want to burn more calories? Then you need to make the heart work. The deadlift does just that.

REASON NUMBER FOUR

Deadlifting is incredibly valuable as you age. I use deadlifting with every single personal training client of mine, and I train everyone from teenage boys to octogenarian women. In the case of the latter: one older woman came to me with a low bone density issue. After a steady stream of deadlifting and squatting, we didn't just halt her bone density loss, we sent it in the other direction. That's because heavy loads don't just force muscles to respond by increasing in strength, it forces the bones to fortify themselves so they can handle the load.

You don't need to put a ton of weight on the bar. You don't need to grunt and groan, drop your weight on the floor, or clap up a big chalk cloud before you get started. You just need to learn proper form and get started. Period. Check out the workout on the next page and rethink what you've been told about what is hands-down the best exercise in the world. If you do, a stronger, fitter, and healthier you is on the other side. I guarantee it.

Paul Roberts is a certified personal trainer and RI Mag *Contributing Editor.*

The Romanian deadlift is a version that emphasises hamstring development and tightens the area where the hamstrings meet the glutes.

PICK THINGS UP & PUT THEM DOWN

Incorporate deadlifts into circuit training for strength, bone density, and fat burning.

DIRECTIONS: After a warmup, do the following workout as a circuit, making 4-5 trips through the circuit. Don't rest between exercises and rest only for 1-2 minutes at the end of each circuit. When finished, cool down with 5-10 minutes of cardio. As your conditioning and strength improve, you can add more trips through the circuit.

THE WORKOUT

EXERCISE	REPS
Barbell Deadlift	10
Reverse Curl	15
Skull Crushers	15
Squat-to-Press	10
Inverted Row	10
Pushup	10
Plank	60 seconds

EXERCISE DESCRIPTIONS

BARBELL DEADLIFT: Stand with your feet shoulder-width apart in front of a loaded barbell. Squat low to grab the bar with an alternating grip—one hand overhand, one hand underhand. Keep your back flat and eyes forward as you drive your heels into the floor to stand up.

IN THE GYM: WORKOUT

REVERSE CURL: Grab an EZ-curl or straight barbell with a double overhand grip and let your arms hang down to your waist. Curl the bar up using only your biceps, then slowly return to the start.

SKULL CRUSHER: Load an EZ-curl bar and lie on a flat bench with the bar in your hands. Keeping your elbows extended, set your arms at a 45-degree angle behind your head—this is the starting position. Keeping your elbows fixed in the starting position, bend your elbows to lower the bar to the top of your head. Contract your triceps hard to extend your arms and return to the starting position.

SQUAT-TO-PRESS: Stand up straight holding a pair of dumbbells at your shoulders. Squat low to the ground (the top of your thighs should get at least parallel to the floor) and drive through your heels to stand up. As you reach the top position, press the dumbbells straight up overhead. As you lower the weights back to your shoulders under control, descend into the next rep, initiating the move by flexing your hips backward.

INVERTED ROW: Lie in the base of a power rack with the bar resting on safety pins that have been set about 2-3 feet above the ground. Grasp the bar with both hands and pull your chest up to the bar, keeping your back flat and your body in a straight line from your shoulders to your hips and ankles. Pause for a second at the top of the movement, then slowly return to the start.

PUSHUP ON BARBELL: Load a barbell with 25- to 45-pound plates and set it on the ground. Get into a pushup position with your hands shoulder-width apart on the barbell. Lower your body until your chest touches the bar, then push yourself back up. Note: You can do regular pushups on the floor, but doing them on the barbell adds a stability component, forcing the muscles of your legs and core to work harder to keep the bar steady. In other words, this exercise is more bang-for-your-buck in that it burns more calories.

PLANK: Get down on the floor in a pushup position with your elbows and forearms propping up your body. Keep your shoulders, hips, and ankles in a line and squeeze your abs, breathing behind the brace, as you hold for the allotted time.

At the top of the squat-to-press, brace your core (flex your abs) hard. This will keep your spine in a safe, neutral position.

THE SYSTEMATIC APPROACH TO SELF-CARE

ASYSTEM brings a rare combination of quality and convenience.

Two minutes a day, and just over three bucks. According to the makers of ASYSTEM, that's all it costs a man to look, feel, and perform better. After trying out ASYSTEM for a few weeks, it's hard to argue. Built around the (correct) supposition that men do not take good enough care of themselves, ASYSTEM streamlines self-care and delivers a unique combination of supplements and skincare products that will optimize you from the inside out. The daily vitamin/mineral/supplement pack is five capsules that include two multivitamins that deliver 41,677% of your daily dose of B12 (oh yeah, you're gonna feel that) plus selenium and zinc for sexual health; two "White Lightning" capsules for energy that include green coffee extract, green tea, and turmeric; plus a fish oil capsule. The Performance Skincare pack includes a face cleanser, daily moisturizer, and an overnight rebuilding cream that includes eucalyptus oil—all high-quality stuff without any offending namby-pamby fragrances. The supplements and skincare products are sold separately, but you save big by combining them and going for the whole system. It's a terrific concept, and considering how many products this replaces, it can save you money in the long-run.

Shop online at: asystem.com

PUMPKIN EVERYTHING

Sweet and savory fall delights featuring the incredile, versatile pumpkin.

PUMPKIN AGNOLOTTI

SERVES 4

YOU'LL NEED
4 tbsp butter
1 medium Spanish onion minced
1 cup pumpkin puree
1/4 cup whole milk ricotta
3 tbsp fresh goat cheese
1 bunch Italian parsley, finely chopped
1/4 tsp lemon zest
Salt and pepper
1 lb basic pasta, (recipe follows)
3 oz unsalted butter
1/4 cup grated parmesan
4 oz chopped bacon
2 tbsp green onion sliced very thin
4 tbsp toasted panko bread crumbs
1/4 cup grated Parmigiano-Reggiano

FOR THE PASTA
3 1/2 cups "00" or All Purpose flour plus 1/2 cup
4 extra large eggs
1/2 tsp olive oil

MAKE IT
1) Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and oil. Using a fork, beat together the eggs, oil and flavorings and begin to incorporate the flour starting with the inner rim of the well.
2) As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when half of the flour is incorporated.

Knead the dough with both hands, using the palms of your hands for 5-10 minutes, wrap in plastic and let sit overnight in the refrigerator to relax dough.
3) Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14 inch saute pan, heat butter until foam subsides, add onion and cook until soft and golden brown, about 7 to 8 minutes. Remove pan from heat and allow to cool. Add pumpkin puree, ricotta, goat cheese, parsley, lemon and nutmeg and season with salt and pepper.
4) To form agnolotti, roll the pasta to thin sheets, cut into 3x3 squares. Place 1 tablespoon of filling in each, brush the top of the pasta sheet with water and roll each of them until sealed. Pinch each side and trim edges for presentations. place in the refrigerator for 2 hours to firm up.
5) In a skillet heat the butter and add the small diced bacon, render the fat until the bacon is crispy, turn heat off.
6) Drop agnolotti into boiling water, cook at high simmer until tender and they will float, 2-3 minutes. Drain agnolotti and place in the pan with bacon. Sprinkle with Parmesan and toss over medium heat to coat, place the pasta evenly in bowls, coat with toasted panko and green onions. Serve immediately

THE MACROS
CALORIES: 533
PROTEIN: 21 g
FAT: 25 g
CARBS: 56 g

PUMPKIN LASAGNA

SERVES 8

YOU'LL NEED

1 medium onion, chopped
4 to 6 garlic cloves, chopped
1 tbsp olive oil
1 lb spicy Italian sausage, casing removed
1 large zucchini, cubed
1 (28 ounce) can tomato sauce
1 cup red wine
Kosher salt, freshly ground black pepper and spices, to taste
1 lb ricotta cheese
1 cup shredded mozzarella cheese
1 cup shredded Romano cheese
2 eggs
1 ½ cups pumpkin puree
1 lb cooked lasagna noodles

MAKE IT

1) In a large heavy skillet, over medium heat, saute onion and garlic in the olive oil until translucent. Add sausage and cook until brown, breaking it up with a wooden spoon as it cooks. Add zucchini and cook for 5 more minutes. Set aside.
2) In a medium pot combine tomato sauce and red wine and bring to a boil over medium-low heat. Adjust seasoning with kosher salt, freshly ground black pepper, to taste. If desired, add more spices to your liking. (I usually add dry oregano, basil, and parsley). Reduce heat to low, cover and let it simmer for 15 minutes, stirring occasionally.
3) In a large bowl mixing together the ricotta, mozzarella and Romano cheeses. Add eggs, pumpkin puree and salt and pepper, to taste. Mix very well. You can add a pinch of cinnamon to help emphasize the pumpkin flavor.
4) Preheat oven to 350 degrees F.
5) Build your lasagna in a large (9 by 12-inch) baking dish starting with a layer of sauce, a layer of pasta, a layer of half the sausage and a layer of half the filling. Add another layer of pasta, sauce, the remaining sausage and the filling. Finish with a layer of pasta and a layer of sauce. Sprinkle some mozzarella cheese on top and bake for 25 minutes. Let cool for 15 minutes before serving.

THE MACROS

CALORIES: 381
PROTEIN: 28 g
FAT: 14 g
CARBS: 35 g

PUMPKIN-SPICED BREAD PUDDING

Serves 12

YOU'LL NEED
4 cloves
1 cinnamon stick
Zest of ¼ orange
1 tsp ginger powder
1 tsp grated nutmeg
2 ½ cups heavy cream
2 ½ cups half and half
4 large eggs
4 egg yolks
½ cup granulated sugar
½ cup dark brown sugar
1 whole pullman loaf brioche 12 inch loaf (cut into 1 inch cubes)
½ cup dried cherries
½ cup currants
2 oz bourbon

MAKE IT
1) In a small sauce pot add heavy cream, half and half, 4 cloves, cinnamon sticks, orange zest, and ginger powder. Bring to a simmer. Allow ingredients to steep for approximately 1 hour, then strain
2) In a mixing bowl, add egg yolks, eggs, granulated sugar, dark brown sugar, using a whisk mix together
3) Add the infused cream mixture and egg and sugar mixture together
4) Add cubed pullman loaf to cream and egg mixture. Allow the bread to soak up the batter.
4) In a 10 inch greased cast iron style pan, bake in a 350 degree oven for about 45 minutes.

THE MACROS
CALORIES: 465
PROTEIN: 9 g
FAT: 28 g
CARBS: 45 g

BOURBON PUMPKIN CIDER

SERVES 2

YOU'LL NEED
6 oz bourbon
1 cup apple cider
1 oz lemon juice
½ oz maple syrup
1 tsp grated nutmeg
1 luxardo cherries

MAKE IT
1) Fill cocktail shaker and a rocks glass with ice, bourbon, apple cider, lemon juice, and maple syrup.
2) Cap the shaker with the glass and shake vigorously.
3) Strain into the glass and garnish with grated nutmeg and 1 cherry.

THE MACROS
CALORIES: 299
PROTEIN: 0 g
FAT: 0 g
CARBS: 23 g

PUNKIN' PUNCH

Bold fall flavors collide in this authentic—and decidedly mature—classic punch.

BY JAMES CLELAND, Mixologist for Boardroom Spirits

Punch was not always a pathetic mix of fruit punch and way too much cheap booze. At one point in time, before a lot of cocktails we know and love today were even invented, punch bowls were carefully composed recipes. Different social clubs, crews of naval ships, and groups of friends had specific punch bowls they'd make for their gatherings.

The recipes consisted of five components like fingers in a fist, hence the name "punch". These components are spirit, wine of some sort, spices (sometimes in the form of tea), fruit, and finally, sugar. Sometimes these components could be combined into tea or spice syrups, or oleo saccharum (citrus oil-infused simple syrup). The wine could be vermouth, sherry, sparkling or any other variety.

The point of these ingredients was to create something that is the antithesis of what modern Americans think punch is. Instead of sweet bowls of booze, these classic punch recipes were full of flavors with nuance and complexity.

Halloween Punkin Punch

.5 All Spice Dram (acts kind of like the bitters)

.75 Sweet Vermouth

1 Spiced Pumpkin Syrup (see sub-recipe)

1.5 Unsweetened Iced Tea

Orange oil

Spice Pumpkin Syrup

32 oz. Simple Syrup (1 part sugar 1 part water)

8-10 Cinnamon Sticks

4-6 Anise Stars

15 oz. Canned Pure Pumpkin

1/2 teaspoon Ground Nutmeg

1/4 teaspoon Ground Cinnamon

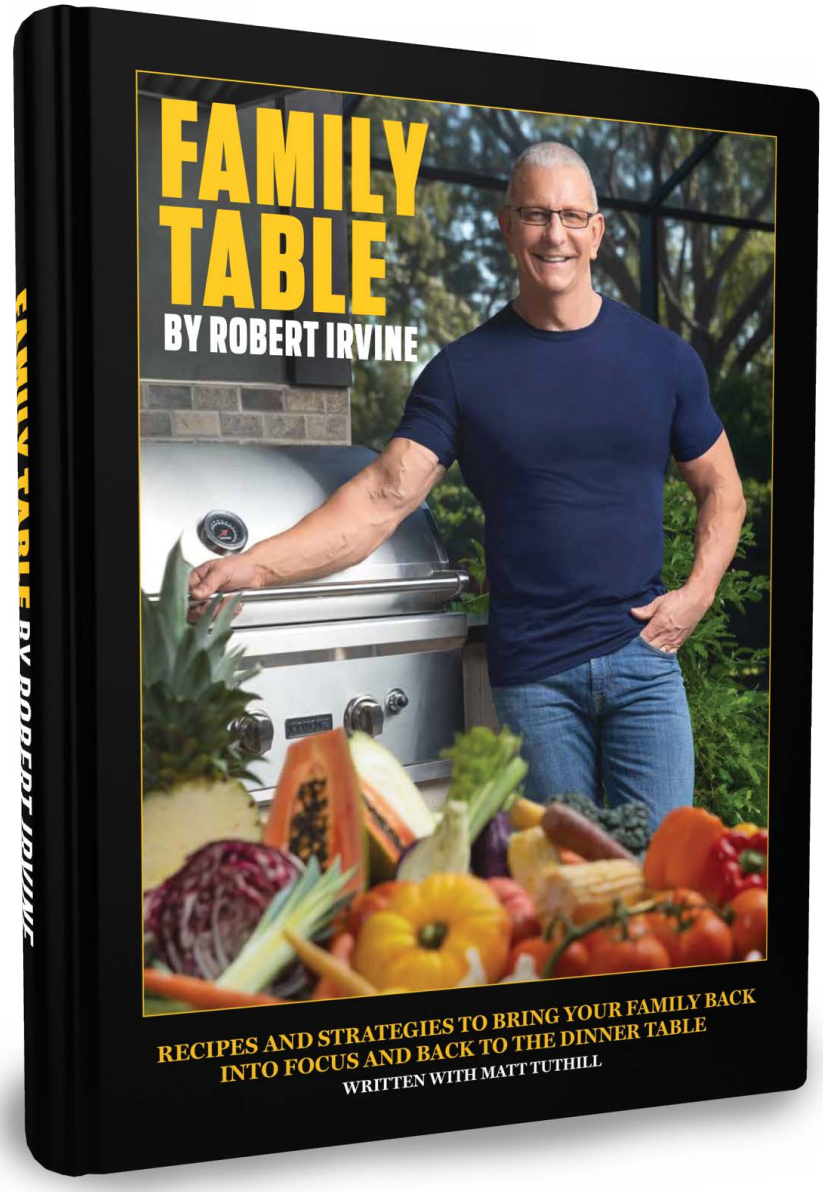
MAKE IT

Place cinnamon sticks and anise stars into simple syrup while syrup is still warm. Allow at least an hour for the flavors to infuse into the simple syrup. For larger batches you can use fewer cinnamon sticks and anise stars. After the infusion, strain out the cinnamon and anise. Add the pumpkin, nutmeg and ground cinnamon and blend thoroughly.

Place the raw pumpkin simple syrup over light heat for about fifteen minutes stirring occasionally. Remove from heat and allow the syrup to cool before using. (Optional: strain puree out for thinner texture and less pumpkin, more spice flavor.)

FAMILY TABLE

THE NEW COOKBOOK BY ROBERT IRVINE



72 EASY-TO-MAKE FAMILY-STYLE RECIPES
20 ESSAYS OUTLINING ROBERT'S STRATEGIES FOR A HEALTHY FAMILY
HARDCOVER WITH BEAUTIFUL FULL COLOR PHOTOS THROUGHOUT

GET YOUR COPY AT FAMILYTABLEBOOK.COM

ALSO AVAILABLE AT AMAZON.COM

REACHING FOR THE SKY

Robert Irvine cooked the dinner. Martina McBride sang her hits. And sponsors and guests combined to donate $2.4 million to military veterans at Skyball XVII, a colossus of a charity event that needs to be seen to be believed.

BY MATT TUTHILL

Above, Robert gives a speech during the middle of Skyball XVII, in which he thanked members of our Armed Forces and the many culinary volunteers who helped him serve up a three-course meal for 2,400 people. Left, Martina McBride gave attendees an impressive show to close out the event, belting out hits like "Independence Day".

SKYBALL

Robert greets veteran John Peck as he enters the event. Peck lost both arms and legs while serving in the Middle East, then successfully underwent a double arm transplant.

American Airlines' Hangar 5 at Dallas-Fort Worth International Airport has a footprint of 337,650 square feet—or nearly eight acres—which is bigger than most sports arenas and entertainment venues. Suffice it to say that "massive" isn't a strong enough adjective to describe the place—or the military charity event it hosts every fall.

Now imagine this building cleared of all its planes and equipment, then set with hundreds of tables for a black-tie dinner for 2,400, cooked by none other than Chef Robert Irvine. Add in 17 Medal of Honor recipients, a silent auction, a classic plane-and-car expo, and a show-stopping performance by Martina McBride and you've at least got the nutshell version of Skyball, a one-of-a-kind charity event put on by American Airlines and the Airpower Foundation, with all proceeds going to the latter organization to help wounded veterans and their families.

When measuring any aspect of Skyball, which this year celebrated its 17th incarnation on Friday October 4 and Saturday, October 5, you wind up with some astronomical figures. It turns out that it takes quite a lot to organize and feed 2,400 guests (not to mention some 6,000 for the casual Friday night barbecue). That includes but isn't limited to 2,200 pounds of New York sirloin steak, 400 lbs of baby zucchini, and 1,200 lbs of Granny Smith apples. All of this was prepped and transformed into a five-star meal by Irvine and his culinary team of Darryl Moiles, Shane Cash, and Brian Goodman, with the help of over 30 military chef volunteers and another 50 culinary student volunteers to help plate; together, they totaled over 1,800 man hours of labor getting ready for Saturday night.

But of all the big numbers that Skyball produces, none mean more than this: 2.4 million charity dollars, which the Airpower Foundation will put directly into the hands of programs that benefit America's veterans.

"It's a weekend where everyone honors the maxim of service above self," said Irvine, whose own Robert Irvine Foundation was among one of the night's many sponsors. "There are so many great heroes at Skyball – and over the course of the event you get to hear their stories and get a sense of the incredible sacrifices they've made for our freedom. Our sacrifice is very small by comparison; it's time, talent, and for the corporate sponsors it's food, transportation, lodging, and so forth. But we get to see firsthand the truth of the adage that many hands make light work. And when we're all working together, we can do something pretty special for these brave men and women."

To be sure, veterans are the real celebrity honorees at Skyball, despite the involvement of personalities like Irvine and McBride. Medal of Honor recipient Melvin Morris was attending his fourth Skyball and all weekend was surrounded by people who wanted to shake his hand and take a selfie. He appeared practically giddy to be there.

"I do enjoy being here," said Morris, who earned the Medal of Honor while serving in Vietnam by leading an advance behind enemy lines to retrieve the body of a fallen sergeant. His citation, which he received during a pin-on ceremony with President Barrack Obama in 2014, credits

Veteran Gary Linfoot, right, who was paralyzed in a helicopter accident in Iraq, chats with iBOT creator Dean Kamen, who has spent the last 20 years developing the revolutionary device. The specialized wheelchair allows the user to elevate to standing height. "It instantly changes their lives," Kamen says. Linfoot received his iBOT at Skyball VI.

At left, Robert poses with his mother, Pat, and wife Gail. Below, former Navy SEAL and actor David Meadows addresses the crowd before auctioning off a speaking role in his next film. Bottom: Robert leads the crowd in acknowledging the sizable staff of culinary volunteers who made the event possible.

him with single-handedly destroying an enemy force with a bag of grenades, but not before being shot three times. "You get to meet people you would never meet, especially some of our other great heroes. And you meet people like Robert Irvine. I think it's a great thing they're doing to draw attention to veterans."

Morris said the large sum of money raised is especially important now with the considerable strain being placed on our armed forces.

"When I came in the service, there was nothing. No support," Morris said. "And you know the government is not going to step up when it comes to stuff like this because they look at it as not necessary. So, with civilians stepping up and donating and keeping us going, it's important. We've got to keep that rolling. There are a lot of veterans that need to be recognized, and I really like what they're doing here."

Morris and the rest of the Medal of Honor recipients were honored onstage to rapturous applause during the middle of the event. But hundreds of other veterans, some of them legendary, also enjoyed the celebrity treatment at Skyball.

Ninety-nine-year-old World War II veteran Fiske Hanley held court during the VIP recep-

Ninety-nine-year-old World War II veteran Fiske Hanley enjoys a drink while chatting wtih attendees during the VIP reception. Hanley was captured and imprisoned by Japanese forces and later authored a book, *Accused American War Criminal*.

tion on Friday night at a table near the bar. Wearing his old-fashioned full dress uniform and sipping on a bourbon on the rocks, he spent much of the evening posing for pictures with other attendees. At one point when he was asked about his experiences, he gave a wry smile and said, "Look me up on that thing you've got there," pointing to a guest's smartphone. "You'll read all kinds of stuff about me."

There's plenty to read.

Hanley's B-29 bomber was shot down over Japan in January of 1945. He parachuted to safety, but was captured, imprisoned, and accused of war crimes for flying his bombing run. The full story is told in his book, *Accused American War Criminal*, which released in 2016 and will enter a reprint early next year. (In the meantime, you can shop the secondhand markets for it HERE.)

While proceeds benefitted the Airpower Foundation, it, like the Robert Irvine Foundation, does not run programs; instead, it issues all the funds raised as grants to charities that are engaged in the day-to-day business of providing job search help, service dog training, home renovations for the disabled, and much more. To that end, some of the people who run charity programs and research veterans' issues—such as Dean Kamen, inventor of the iBOT wheelchair—were on hand to celebrate.

Several paralyzed veterans entered the event in an iBOT, which

allows them to sit, but raises them up to standing height. The iBOT can transform up and down from traditional wheelchair height to standing at the press of a button. In a radical feat of engineering, Kamen's invention provides perfect stability at full height on just two wheels, allowing easy access in and out of places that can be too tight for a typical wheelchair.

Kamen, a physicist and mathematician, has been working on the iBOT for over 20 years. He says it was born of a simple concept: A human being deserves better than a wheelchair.

"These people have literally given their arms and legs for this country," Kamen said. "The idea that we give them a 200-year-old piece of crap that leaves them down at table-top level and that's all we can do… Why don't we give them muskets when they go out there and defend us?"

Kamen has spent his career designing medical equipment like stents and insulin pumps and selling them to the biggest medical supply companies. Despite the incredible technology in the iBOT, it was rejected by those same companies for its prohibitive cost; he estimates that each one would sell for $100,000 because they're made in such small quantities. Kamen also said the veterans using iBOTs at Skyball received them as donations.

"I said, 'There may be no business, but there's a need, so I'm doing it on my own,'" Kamen said. "Our veterans are great at some things; they're great at giving – they give their arms, they give their legs, some give their lives. They're not very good at taking. They don't even ask for anything. And when they need to get picked up and hauled up a flight of stairs, they're humiliated. This changes their lives instantly. It's a smile from ear to ear."

"Our veterans are great at some things; they're great at giving - they give their arms, they give their legs, some give their lives. They're not very good at taking."

As guests arrived at their tables, a snack was waiting—Irvine's homemade spice-rubbed potato chips with sour cream and onion dip. A three-course meal followed; starting with tomato gazpacho with lump crab meat, a main course of porcini mushroom-rubbed sirloin steak, mashed potatoes, baby zucchini, and heirloom tomatoes, and a dessert of individually-made apple croustades topped with vanilla ice cream.

It's a trick of modern-day menu design to list every herb and uncommon ingredient to entice customers and mask what might be an otherwise normal meal, but in the case of Robert's menu, verbal description falls short in conveying the full breadth of what turned out to be a hearty and sumptuous sensory experience.

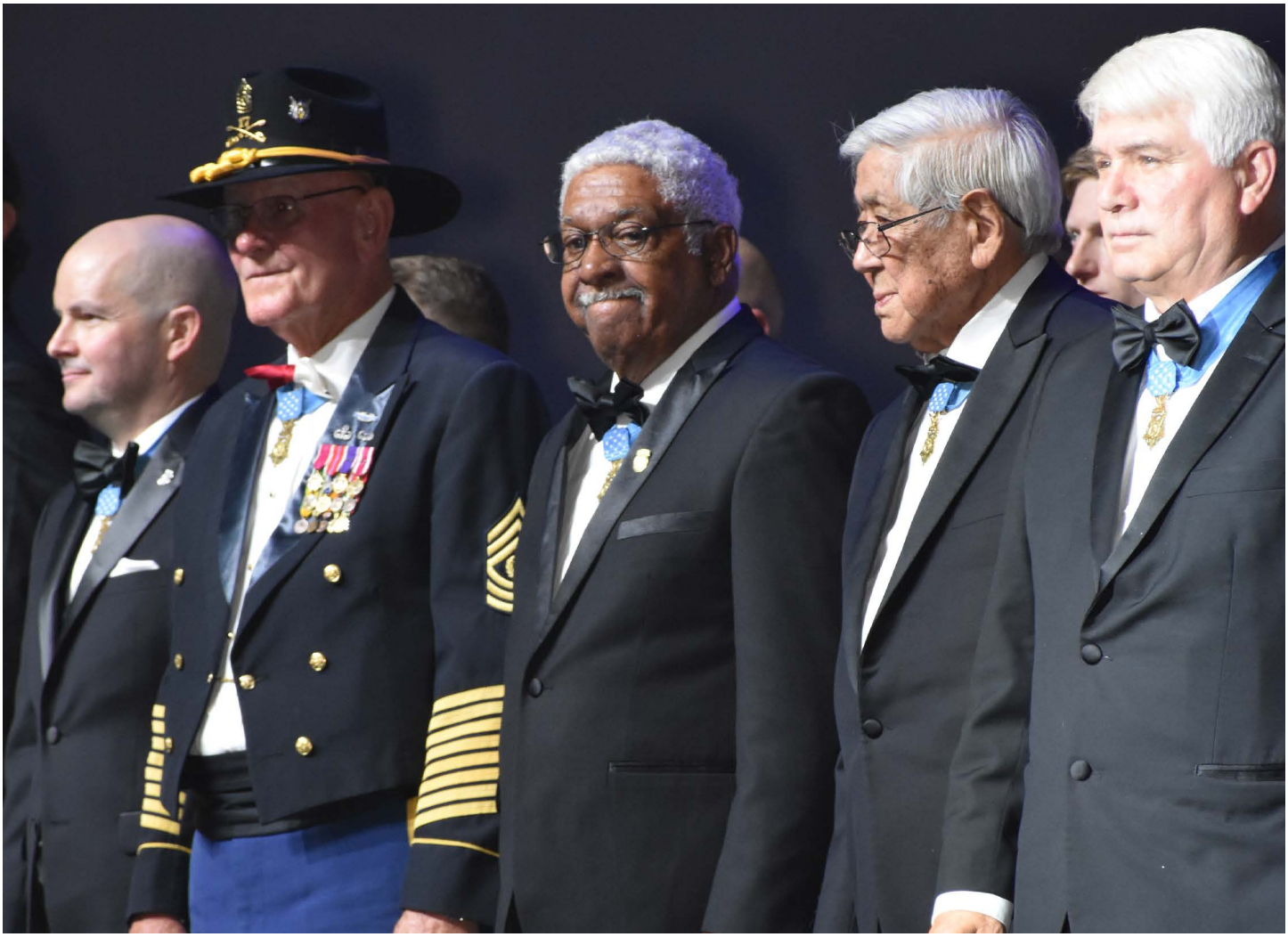
Defying explanation is a conundrum the organizers of Skyball understand all too well.

"It's almost impossible to explain to people," said Chris Singley, Managing Director of Community Relations and Team Member Management for American Airlines. "It's novel. There's not an event like this. I can use all the adjectives and even show pictures, but to be here in the space is just a completely different feeling and it's only then that you can appreciate what this is."

Singley is responsible for working directly with the Air Power Foun-

SKYBALL

Above: Robert's VP of Culinary Affairs Darryl Moiles reviews plating instructions with a group of volunteers just moments before serving dinner to 2,400 guests. The meal, counterclockwise from top left: tomato gazpacho with lump crab meat; porcini-rubbed NY sirloin with mashed potatoes, heirloom tomatoes, and baby zucchini; an apple croustede with vanilla ice cream.



Melvin Morris, center, is flanked by fellow Medal of Honor recipients during a moment of recognition onstage. Morris, who single-handedly wiped out an enemy position in Vietnam to retrieve the body of an American, was one of 17 Medal of Honor recipients recognized at Skyball.

dation to help organize every facet of the event from logistics to what kinds of stories will be told through speeches and honorees during the weekend. She heaped praise on the volunteers, without whom the event wouldn't be possible.

"It truly takes a very large village to pull this off," Singley said. "There are 1,000 volunteers. There are some fun jobs, and there are some grinding jobs. No one likes setting out 4,000 chairs, but that has to be done. And they're almost all American Airlines employees. They've really adopted this event as their own."

A few years ago, Singley brought her father, Tim Kelly, a four-year Army veteran to the event. After the Medal of Honor recipients were honored, the emcee asked all veterans to stand and be recognized. Kelly refused to stand. When Singley asked her father why, he said, "I have no business standing in a room like this."

"He was deeply touched," Singley said. "Until you're in the room and read the stories about what these people have done, it's hard to understand."

But every year the message spreads a little further, and the amount of money raised grows a little higher. It's a source of endless pride for all involved—and a real difference-maker in the lives of all veterans who benefit.

To learn more about Skyball or plan your trip to attend next year, visit Skyballinfo.com.

You can read the official American Airlines press release HERE.

LET'S HELP OUR HEROES

Text GIVE to 813-536-5006

The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit **RobertIrvineFoundation.org**

ROBERT IRVINE FOUNDATION

RI MAG INTERVIEW:
JIM BREUER

Breuer performing at the Paramount in Huntington, NY. Photo by Debby Wong for Shutterstock

In the late 90s, he injected *Saturday Night Live* with a hilarious megadose of raging id in the form of "Goat Boy" and an unhinged Joe Pesci impression. His comedy may have grown up since then, but today it's packing an even bigger punch as he deftly filters life-and-death matters through his unique lens. In this exclusive interview, Jim Breuer talks about the passion that drives him, cooking with his daughters, and the key difference between Yankees and Mets fans.

INTERVIEW BY MATT TUTHILL

INTERVIEW: JIM BREUER

Breuer is taking his standup routine on the road in the "Live and Let Laugh Tour" For dates and tickets, click HERE.

RI MAGAZINE: The most surprising thing to me about seeing your new standup is that it has a strong emotional throughline. One bit stuck out; you talk about how when you come home, no one acknowledges you when you get through the door. You're out on the road getting big crowds, lots of applause. There's groupies everywhere. You could be indulging in so many different things, but you don't because you're a good guy. But when you come home, no one even cares.

JIM BREUER: Yeah, you can be the almighty at work; everyone's at your feet, and everyone's your yes person, but when you get home, it's always an even playing field, no matter what. It doesn't matter if you're the biggest rock star, the highest CEO, when you come home—you don't know what's been going on since you've been gone, and so I'm always ready for that.

RI: But the takeaway for me was that you place a huge value on that. You like that when you come home, you're just dad and you appreciate that.

JB: Absolutely. Well, the way I've always viewed it is if you're not grounded at home or if you don't have a moral base to go by, no matter how successful you will become or anything like that, it's never going to mean anything because you need that in your life. It doesn't matter. It's been proven time and time again. You can make millions of dollars. It doesn't matter. It doesn't mean you're going to be successful. It just means you've got more money in the madness that you're already living.

INTERVIEW: JIM BREUER

I grew up very blue collar with family morals and I still hold to that standard. And I love when I show up to venues and they look at me like I'm nuts because I show up in my Honda Insight. And they go, "Where's your people? Is it just you?" I'm like, "Yeah. Should there be more people?" That's always been me, and our family's always been the top priority.

RI: Well it's fine to have grown up that way, but most people, when they reach a certain level of success they change significantly. For a lot of people, being on SNL for a long time like you were, would have done it for them. I feel like you must've had a moment early in your career where you saw how weird someone can get when they're surrounded by people who just tell them how amazing they are, and it probably gave you the chills.

JB: Exactly. I see that all the time. Sometimes when my kids are with me and someone comes up and they go, "Oh my gosh, I loved you in this and that." And then they walk away and the kids go, "Dad did you know them?" I go, "No." And then they go, "That's weird."

I guess it is weird from their angle because they don't see that at all. But I think you strive for that. And I think it's the way you interact with people, too. If I let them know, "Hey, I'm with family and I thank you very much, and it was nice talking to you. Move along." We're not going to get to know each other now because you liked me doing Goat Boy 40 years ago, or whatever the scenario is.

RI: You humor has grown up quite a bit. I know you still love doing silly voices and over-the-top impressions, but you're using those things to serve up some material that's pretty deep. You talk about your wife having cancer. On Howard Stern you told that heart-wrenching yet really funny story about caring for your dad at the end of his life. When you first started venturing into this kind of territory, were you nervous that it might be too heavy and the crowd would say, "What did I just show up for?"

JB: Oh, one thousand percent. But I noticed the more I talked about how I honestly feel and trying to find the funny and the vulnerability in it, so many people can relate. So when I talked about my father and holding him until the end, and then he passes on and I'm asking for some type of sign, and then his bird shows up. And the bird showed up every day, so I made a bit around it. But I can't tell you how many people go, "Oh my God, I needed to hear that." It's just a healing, funny moment. You think you're nuts until you put it out there and so

Over 20 years later, Breuer's impression of Joe Pesci still kills. Click HERE for one of many skits of *The Joe Pesci Show*, and click HERE for Goat Boy's origin story.

many others can relate. They say, "I had that too, but it was a dragonfly. I'm not religious, but…" I go, "Well, yeah, I'm not either, but there's something. We feel something's connecting us."

And when I put my wife's stuff out there with the cancer, the overwhelming response was a very inspiring one. It made me realize there are so many people under these circumstances. And so many people looking for some type of light, some type of smile, some way to heal it, some way to laugh and get through it. And that has been my passion for quite a while now.

I love what I'm doing. I love the e-mails I get, that say "I'm going through the worst time of my life, and my sister passed away of this type of cancer and seeing your show is the first time we were able to laugh." That means a lot to me. That makes me realize not to forget what you have. It's not just a business, it's something deeper.

RI: Since family is such a huge part of your routine now and Robert recently released a cookbook called *Family Table*, let me ask you, "Do you cook for your kids or are you a typical dad where you just kind of man the grill in the summer?"

JB: No, if we can push my wife out of the house two, three days a week and just let her show up when we're ready, we do that. The favorite thing we have is Sunday Sauce Day. And that is we make meatballs and sauce and we talk in characters all day. It's a whole event. We play Dean Martin and Louis Prima and all the great songs. And we hang out all day and we laugh and we invite friends and family. It's kind of an open-door policy, whoever shows up. And that is such an awesome family hangout time. We love it. I wish I could do it every day, to be honest with you.

"What it taught me was this: Hollywood's always there, no matter what. Your family's not. Kids only grow up once."

RI: And what else are you cooking on Sauce Day?

JB: Well it's always rigatoni, meatballs. We do sausage and some pork. We sometimes do appetizers, stuff the little red peppers, do cheese and the crackers and olives, some dipping oil. Bread, a baguette with some mozzarella, we always have mozzarella. And always garlic bread.

RI: You have a huge number of tour dates this fall, but I don't see anything in production on IMDB. Is that because TV and film would take you away from your kids and your wife more?

JB: Well that's what I did years ago in '99. I kind of I walked away from it all when my oldest daughter was born. And I did all stand-up and then I could have done some TV and I did pilots, and I just realized… I know this sounds silly, but I remember the movie Pulp Fiction, and I looked at John Travolta. And John Travolta was someone that his career was pretty much done, over. You never heard from him. And that movie re-launched him. What it taught me was, Hollywood's always there, no matter what. Your family's not. Kids only grow up once.

I didn't want to move to LA. I didn't want anything to do with LA. I don't enjoy how I feel when I'm out there. I don't connect well with the rat race that goes on out there. So I left it all. I wanted something to keep me home, went into radio and that was very successful on satellite. And then in 2008, I started going back out. And then not until recently, just these past couple months, I got inspired by some really heavy emotional stuff.

I became best friends with a guy that lost his wife and we would connect at this coffee shop in my town. And there was a bunch of people there. One guy has an autistic child that comes. Another guy's from the fire department in Newark. And the next thing you know, we were just all talking about our lives. And I went,

INTERVIEW: JIM BREUER

Follow Jim on Twitter, Instagram, and Facebook. Check out *The Jim Breuer Podcast* on Apple Podcasts.

"Oh my God, I'm going to start writing this because it has so much." It's so funny. But it's so passionate and so deep on every single level.

And so that's the first project I started writing and I've just been about my fourth episode and we're meeting soon to see if we're ready to start putting this around town. And it's the first time I've done that in 15, 20 years. But I love it. And again, it falls back on the passion. I want to do it because I know people will be affected by it.

RI: There's a lot of room in comedy now where, at least on cable, they aren't just joke-fests, but 30-minute dramas with these comedic spikes.

JB: I've always been a fan of dramedy. I like silly comedy, but I felt like I was always pushed in that arena. I started off drama acting and then I was also doing standup comedy. So once I hit Saturday Night Live, and I had development deals and all that jazz, it was just always pushed in the area of, "Yeah, be goofy." I don't want to do that goofy guy. I don't mind being funny, but I like some type of deeper substance to it. I didn't want to do TV just to make money. I really want to affect lives now. And I know I keep saying it and this sounds corny, but I'm just being serious. So I want it to be a dramedy. I want you to be able to cry, I want you to be able to think. And I want you to be able to laugh hard. And to me that's the perfect storm of a great show.

RI: Let's talk about the Mets.

JB: Yeah!

RI: I'm a Mets fan, and your Mets reaction videos have been something that all of us as fans, we looked forward to them, either joining you in celebration or leaning on them in times of crisis. If we took the camera away from you, are you just as fired up about the Mets on a night by night basis?

JB: This is how the whole thing started. I was watching the very first game of 2015 on TV and Max Scherzer was just signed by the Nationals and he's the big star. On the mound for the Mets was Bartolo Colon. Max Scherzer had a no hitter going into the 7th inning. Bartolo Colon had a two-hitter,

both had a shutout.

The Mets finally break the no-hitter… So, long story short, I'm watching this like I always do, like it's the seventh game of the World Series. My wife was going through chemo and is laying on the couch. She's watching this and—with no energy—she starts cracking up. I go, "What is so funny?" She went, "This is what you should be doing videos of. Just don't try to be the guy, the comic, just put this on video as a fan." I went, "Oh my God, that's brilliant."

So I did that and then she goes, "Do every game."

I said, "Are you a lunatic? Do you realize baseball has 162 games?"

She was like "You've got to do it. The fans will love it."

I'm like, "You're nuts. I'm not ... Do you realize I got shows? How am I going to watch every game?"

She's like "You'll figure it out."

I did every freaking game that year.

And we bonded as a family and got through what she was going through at the time. And I did not see that perfect storm coming. Who would've thought they went to the World Series that year? So to answer your question, yes, I'm like that all the time.

RI: For people outside of New York, could you please explain for them the difference between Yankee fans and Met fans? Because I always took it as Yankee fans have some kind of chasm in their soul where they need to be associated with the best. It's like wearing Armani all the time. Mets fans, I feel like we do appreciate the game itself more. But by virtue of being Mets fans, we've signed on not for consistency, but for seeing something unbelievable and beautiful maybe only once in a blue moon. But it's right there in the slogan: Ya gotta believe.

JB: I compare the Mets to real life. Real life brings you heartache, disappointment, time and time again, has spurts and majestic moments. It has faith, it has hope. You're always questioning. That is what the Mets are. Yankees, they're already in the playoffs in May and they're like, "What're we going to do about this guy?" They complain about a hitter that batting .300 and he's only got 30 homers.

So I think the Yankee fans are used to eating in the finest restaurants where they're used to walking in and it's like, "Oh, we'll get you a table right away, sir." Mets fans go, "I can't believe we're eating here tonight! We're going to spend a lot of money, but it's okay! Hey, it's a lifetime moment, let's take it in!" That's what Mets fans are like.

INTERVIEW: JIM BREUER

RI: You were opening for Metallica on their last tour. You're a huge fan of them and you were combining your comedy and your fandom. Was that a tough gig because you've got a crowd filtering in, and most of them expecting to see another heavy band and instead there's this comedian?

JB: It's just what you said. That room made it ten times tougher. But I could not believe they gave me all freedom to do what I want. They went, "You know what, we have bands constantly coming and opening for us, but unfortunately nobody comes to see them anymore. So, it's a bummer for the band. It's a bummer for us. What we want you to do is give them a fan experience. You don't even have to be funny. Bring a DJ, do whatever you want."

I have to say the greatest compliment for me was Lars told me, "Don't be disappointed. It's probably maybe going to be 500 to 1000, tops 2000 people when you're up there." But every night, I'm going to say it was 8,000-12,000 people out there every time I went out. And I can honestly say I think they had a great time.

RI: I ask this of everyone we interview, because we have so many readers write in and say they feel stuck—in bad relationships, in dead-end jobs, etc. And you have found a very high level of success in an incredibly difficult and competitive field where the odds of making it are very low. What would you say to the person who just feels perpetually stuck?

JB: My whole life, from my first job, I always said, look, "We're stuck here, so if we're going to be stuck, how do we make this the best time we can while we're here?" And that attitude seemed to always affect everyone around me and always made us drive to have a better day and do better for ourselves. And at the end of the day, you're never stuck. You've got to take chances and it's most likely fear that will always hold you back from taking a step.

And people say, "Well, I can't, well I can't." That's the biggest curse word in our house. I don't care what my kids say. "I didn't do good. I failed." That's fine.

When they say, "I can't"? I said don't bring that word into our house. There's no "can'ts." Don't talk yourself out of any possibility. Enjoy life while we're here. Even when you're stuck you may affect someone's life around you while you're there. You may inspire them. And maybe that's why you're there. Who knows?

RI: When you were trying to make it in comedy, did you ever hit s wall and think about giving up?

JB: Never. I'll never give up. Even to my last day, I already have plans to be around forever and ever. It may not be doing standup. I hope it is. Even to my last day, but no matter what, I'll never give up. And I never ever thought of that for one second. Every time I got knocked down, to be dead honest with you, I came up swinging harder than before.

RI: When the kids are in bed, you and the wife sit down to watch what?

JB: I only, only watch the Mets.

RI: Wow.

JB: I don't have any TV show. I have nothing. Zero. I'm a loser. My wife's always watching something. She's attached to some programs, but I don't-

***Jim's youngest daughter [cutting in]: That's not true. You watch* Below Deck.**

JB: I used to.

RI: No. You don't watch *Below Deck*.

JB: I did.

RI: Oh my God.

JB: I got hooked on *Below Deck*.

RI: That's the worst. I always walk in on my wife watching it. I'm like, "Oh, you're watching boat whores again." What is it about a show like that, that would actually hook you?

JB: Well it's the boat. I always wanted to do that. A little out of my price range. So, I live it through watching that. And I also always wanted to know what goes on behind the scenes. I know people are hired to stir things up and all that but I got hooked. I was like, "Oh wow, this one's got attitude!" And, "Oh jeez, why are they picking on that one?"

RI: Well, it's good to shut the brain off sometimes.

JB: That's what I'm talking about. Just a mindless sit down. And the guests, I always want to see what kind of guests are on it. I always wonder, "Okay, are these people hired just to cause problems? Do these people want to be actors?" I'm always fascinated with that.

JIM BREUER

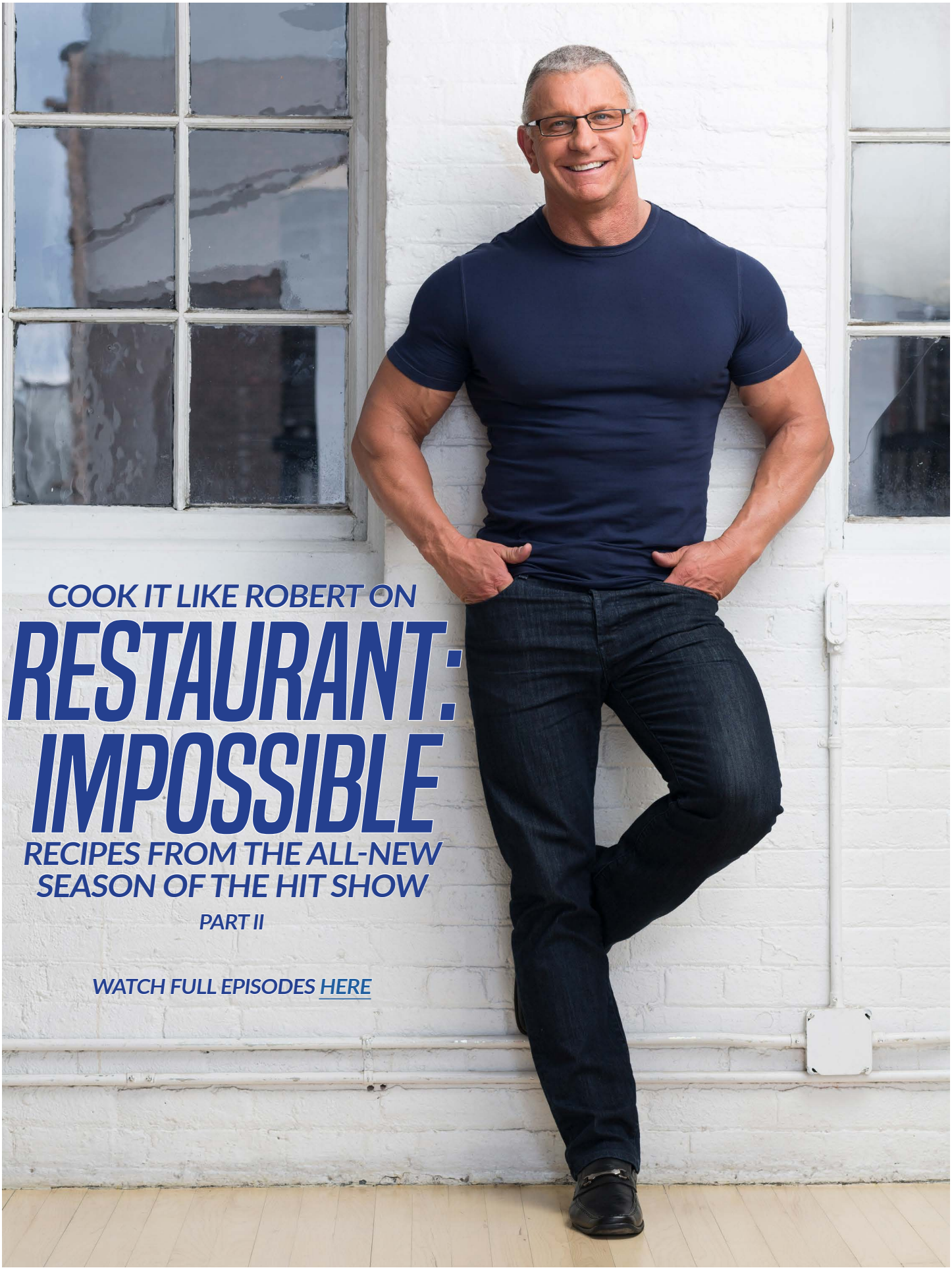
SEP 13 · HUNTINGTON, NY
SEP 20 · FLAGSTAFF, AZ
SEP 22 · BRANSON, MO
SEP 28 · BILOXI, MS
OCT 4 · WILLIAMSPORT, PA
OCT 5 · CARLISLE, PA
OCT 6 · IRWIN, PA
OCT 8 · TROY, NY
OCT 9 · DERRY, NH
OCT 11 · BOSTON, MA
OCT 12 · TORRINGTON, CT
OCT 13 · NEW LONDON, CT
OCT 17 · JIM THORPE, PA
OCT 18 · PLATTSBURGH, NY
OCT 19 · ENGLEWOOD, NJ
OCT 29 · DALLAS, TX
NOV 1 · DES MOINES, IA
NOV 2 · MADISON, WI
NOV 3 · CHICAGO, IL
NOV 5 · GRAND RAPIDS, MI
NOV 6 · DETROIT, MI

LIVE AND LET LAUGH

NOV 9 · LAKE TAHOE, NV
NOV 16 · TARRYTOWN, NY
NOV 23 · ENGLEWOOD, NJ
NOV 26 · ANAHEIM, CA
NOV 27 · SAN DIEGO, CA
NOV 29 · PETALUMA, CA
NOV 30 · SAN LUIS OBISPO, CA
DEC 1 · SANTA CRUZ, CA
DEC 3 · PORTLAND, OR
DEC 4 · SEATTLE, WA
DEC 5 · OLYMPIA, WA
DEC 27 · ATLANTIC CITY, NJ
DEC 28 · ATLANTIC CITY, NJ

OFFICIALJIMBREUER.COM

Portrait by Phil Provencio



COOK IT LIKE ROBERT ON

RESTAURANT: IMPOSSIBLE

RECIPES FROM THE ALL-NEW SEASON OF THE HIT SHOW

PART II

WATCH FULL EPISODES HERE

PASTRAMI-STUFFED MEATLOAF

From the episode "Lakefront Disaster" (Besse's on Clear Lake)

Serves 6

YOU'LL NEED

FOR THE MEATLOAF
1 lb 80/20 ground beef
3 oz heavy cream
3 whole eggs
4 oz grated parmesan cheese
10 oz panko bread crumbs
2 tbs harissa paste
4 oz pastrami, shredded
1 lb green beans, blanched
1 tsp minced garlic
1 tbsp parsley
1 tbsp fresh lemon juice

FOR THE PARSNIP PUREE
1 large Spanish onion, diced
5 parsnips, peeled and chopped
1 cup chicken stock
1 stick butter

MAKE IT
MEATLOAF
1) In a large mixing bowl, add eggs, Parmesan cheese, heavy cream, and harissa paste. Mix.
2) Add ground beef and season with salt and pepper.
3) Place meatloaf mixture on a piece of parchment or plastic wrap. Spread out the mixture to ½ inch in thickness. Place the shredded pastrami in the center of ground beef.
4) Roll the loaf around the pastrami and place in a greased loaf pan.
5) Place in a 325° oven and cook for 1 hour.
6) Slice meatloaf into six pieces. Sear in a sauté pan over high heat, allowing to brown. Flip over and place in a 350° oven.
7) In a separate sauté pan, add butter and green beans. Heat. Finish with salt, pepper, and lemon juice.

PARSNIP PUREE
1) In a large rondo style pot place sliced onions. Add butter. Allow to sweat for 5 minutes or until onions are translucent.
2) Add parsnips and cook for another 5 minutes.
3) Add chicken stock and cream and bring to a boil.
4) Season with salt and pepper.
5) Puree until smooth.
Plate by adding a large dollop of parsnip puree to the center of the plate. Top with meatloaf and green beans.

PORK SCHNITZEL SANDWICH

From the episode "A Daughter Finds Her Groove" (Retro Diner)

SERVES 4

FOR THE SCHNITZEL
4 boneless pork loin chops
½ cup all-purpose flour
1 tbsp paprika
1 tsp garlic powder
3 eggs
½ cup panko bread crumbs
Vegetable oil (for deep frying)
8 slices Texas toast (thick white bread, buttered and fried on each side)
Iceberg lettuce
Tomato slices

FOR THE SAUCE GIRBICHE
1 tbsp Dijon mustard
1 tbsp capers, chopped
1 tbsp cornichons, chopped
2 cups mayonnaise
1 tsp white vinegar
4 hard-boiled eggs, chopped
1 tbsp chopped parsley

MAKE IT
SAUCE GIRBICHE
1) In a mixing bowl, add mayonnaise, mustard, capers, cornichons, and white wine vinegar.
2) Add chopped eggs, and parsley and gently mix together.
3) Season with salt and pepper.

SCHNITZEL & SANDWICH
1) Place pork chop between two pieces of wax paper and using a meat mallet and pound thin. Season with salt and pepper.
2) In a mixing bowl, add flour, paprika, garlic powder, salt, and pepper.
3) Place pork in flour mixture, then eggs, then panko bread crumbs. Place in a 350 degree fryer and cook for 6 minutes or until outside is golden brown.
4) Pull from fryer and season with salt and pepper.
5) Toast Texas Bread until golden brown and coat with girbiche sauce. Top with lettuce, tomato, and crispy pork loin.

CHILI & BISCUITS

From the episode, "A Daughter Finds Her Groove" (Retro Diner)

Serves 6

YOU'LL NEED
FOR THE BISCUITS
2 cups all-purpose flour
2 cups 00 flour
4 tsp baking soda
3⁄4 tsp salt
3 tbsp butter
3 tbsp shortening
2 cups buttermilk

FOR THE CHILI
2 lbs ground beef
2 cloves garlic
8 oz tomato sauce
2 tbsp chili powder
1 tsp ground cumin
1 tbsp chopped oregano
1 tsp cayenne pepper
1/3 cup masa harina
1 lbs kidney beans
1 lbs pinto beans
1 cup shredded cheddar cheese
½ cup sour cream
3 tbsp sliced scallions

MAKE IT
BISCUITS
1) In a large mixing bowl, combine all-purpose flour, 00 flour, baking soda, and salt.
2) Using a fork and your hands, incorporate butter and shortening to the flour/baking soda mixture; it should end up looking like crumbs.
3) Form a well and add buttermilk to the center. Stir in until the mixture forms a dough.
4) Dump the dough onto a floured surface and roll it over itself about five or six times, until it is about 1-inch think.
5) Using a 2-inch round cutter, cut biscuits and place on a baking sheet.
6) Bake at 450° for approximately 20 minutes, or until gold- en brown.

CHILI
1) Place ground beef in a large pot and cook over medium to high heat. Allow meat to brown, about 6 to 10 minutes, stirring regularly.
2) Add tomato sauce, chili powder, cumin, oregano, cayenne powder, salt and pepper.
3) Allow mixture to simmer for about 1 hour, stirring occasionally.
4) In a bowl, add masa harina with 5 cups of water and mix.
5) Add masa mixture to chili and cook for another 10 minutes. This is almost like adding a roux to the mixture. It will thicken the chili and also keep it from separating.
6) Add kidney and pinto beans and cook for another 20 minutes.
7) Cut biscuits in half and lay them open-faced on the plate. Top with cheddar cheese, chili, sour cream, and chopped scallions.

PORK CHOP with SWEET & SOUR CABBAGE

From the episode, "A Daughter Finds Her Groove" (Retro Diner)

YOU'LL NEED
FOR THE CHOPS & CABBAGE
8 bone-in pork chops (4 oz each)
1 tsp grapeseed oil
1 head red cabbage, shredded
1 green apple, shredded
1 red onion, sliced
1 cup red wine vinegar
1 stick butter (¼ lb)
½ cup sugar

FOR THE ONION SOUBISE
2 Spanish white onions (sliced)
1 lb butter
¼ cup rice wine vinegar

FOR THE SPAETZLE
4 eggs
1/3 cup milk
2 tsp salt
2 cup AP (all purpose) flour
2 tbs butter
1 tsp chopped parsley

MAKE IT
PORK CHOP & CABBAGE
1) In a medium sauté pan over high heat add grape seed oil and pork chop. Allow to cook for 4 minutes or until golden brown on each side.
2) In a medium rondo style pot over medium heat, add butter, apples, and sliced cabbage. Season with salt and pepper. Cover and allow to cook for 15 minutes.
3) Add vinegar and sugar. Bring to a boil, and then lower to simmer for approximately 20 minutes.

ONION SOUBISE
1) In a medium to large rondo style pot add butter and Spanish onions.
2) Season with salt and pepper. Cover. Allow to sweat over low to medium heat for approximately 30 minutes.
3) Make sure to stir periodically. You do not want to get any color on the onions.
4) Finish with rice wine vinegar. Place in a blender and puree until the mixture is smooth.

SPAETZLE
1) In a stand up mixer add eggs, milk, salt, and pepper.
2) Using the paddle attachment mix on medium speed for 5 minutes.
3) Lower speed and incorporate flour, forming a semi- loose dough.
4) Using a perforated pan, pass spaetzle batter through the pan into seasoned boiling water. Allow to cook for 5 minutes. (Demonstration HERE)
5) Chill spaetzle.
6) Place in a sauté pan over high heat with butter.
7) Allow spaetzle to get color. Finish with salt, pepper, and chopped parsley.
8) Plate with soubise, spaetzle, sweet and sour cabbage, and seared pork chop.

RI MAG INTERVIEW:

CHAD MICHAEL COLLINS

He's a veteran of action-packed genre fare like the *Sniper* film series, *MacGyver*, and *NCIS*. Now he's taking the lead role in the latest installment of the blockbuster video game series, *Call of Duty: Modern Warfare*. Here, Chad Michael Collins dishes on making the new game, designing the life you want, and how to get unstuck.

INTERVIEW BY MATT TUTHILL

INTERVIEW: CHAD MICHAEL COLLINS

Robert Irvine Magazine: The new game is called *Call of Duty: Modern Warfare*, the same name as the original in 2007. There's no number after this one so is it a remake or is it a reboot where we're going in some new directions?

Chad Michael Collins: I'll steal the language of our awesome director Taylor Kurosaki and the people in the marketing division; they've been saying it's a re-imagining. So it's a reboot in a sense that *Modern Warfare 3* back in 2011 ended in a catastrophic nuclear war. There's really nowhere to go once you kind of start firing the nukes, right? This has got touchstones from old characters but it's fast forwarded to reflect the moral gray area I suppose of what modern warfare really looks like today.

They tried to give the players and the fans enough touches like famous Captain Price from the old games. I'm sure there's a lot more references and Easter eggs buried as you play through the story campaign. But it's telling a story for our modern day, for better or worse, about the way that war is fought. It's very gray, it's very morally ambiguous, it's very clandestine and there is no black and white.

Collins, an unrepentant genre fan, says of his career path, "I've never been in this to chase trophies and trinkets and stuff to put on the mantle. I've been in this to have fun." Follow Collins on Twitter and Instagram.

RI: You've worked in a lot of different military themed projects including the Sniper film series. Compare the process of getting ready for a movie like that versus the motion capture work you did for this. I would almost imagine that the small details of how you carry a gun and how you move from room

INTERVIEW: CHAD MICHAEL COLLINS

to room, they would seem more important to in the video game world because a player can take your body and move you in all directions and everything you do has to be believable. In a film you maybe have some more specific blocking that you're going through. Do I have that right?

CC: Yeah, you're pretty on point. They are similar but different. The performance capture process we are being captured by 50-plus cameras every time. There really is an attention to detail on the specifics like you said and it has to be. We still have marks and we still have blocking but movement is really encouraged. Everything needs to feel dynamic just because you are shot and you are seen from every single angle and like you said the player can go any number of places at any time. The stuff that needs to be tactically correct, I think it actually becomes more important in proper filmmaking like a Sniper movie for example.

CC: With *Call of Duty: Modern Warfare* it's very important to put a premium on getting that right and because they're really, you're being looked at from everywhere. We had Navy SEAL consultants that were unbelievable and extremely helpful in that process helping us all always be aware, take after take if we were getting it right. We all really want to get it right and pay proper respects to our service men and women and the people who are brave enough to suit up.

RI: Now how would you describe the character that you play? Is he a guy who is struggling with this new definition of what war is?

CC: Yeah, my character Alex, he is CIA SAD which is special activities division. He is more of your kind of clandestine rogue operator. He is the guy who will be boots on the ground in very tricky situations.

The guy doesn't really have a name, he doesn't really have a record. He doesn't really have a history or family ties. He is kind of in the dark, in the wind as they say. When the enemy of the state has a conflict and they need to protect interests or support certain allies, there's things that the military can't do for legal reasons, for political reasons.

So he's the guy that goes in there and infiltrates and embeds himself with our allies, in this case he falls in with a group of freedom fighters in a fictional country called Urzikstan. He works with their guerrilla fighters as they fight a terrorist cell in Urzikstan. Also the country is occupied by Russians, it always has been. He's navigating the very tricky landscape… He does it from the inside out.

Collins says 50 cameras were used to capture his every movement for *Call of Duty: Modern Warfare*. The payoff is a groundbreaking level of in-game photorealism. Watch the story trailer HERE. Shop for the game on Amazon HERE.

INTERVIEW: CHAD MICHAEL COLLINS

RI: As I look at your IMBD profile and at all the projects you've been in, it looks like your career has been built around stuff that you love. It looks to me like you're chasing stuff that you have fun doing. Lots of genre, military, and now video games.

CC: Yeah, I'm glad you recognize that because for me, my intention as an actor was to have fun. I've never been in this to chase trophies and trinkets and stuff to put on the mantle. I've been in this to have fun. Fun for me hearkens back to childhood. It's *G.I. Joe*, it's comic books, it's sci-fi and fantasy and reading *The Hobbit* and *Lord of the Rings* and growing up on *Star Trek the Next Generation*.

Thats the stuff that's always been fun for me, the only reason I ever took an acting class on a whim way back in the day is to play that pretend soldier, to be the space cowboy to hopefully be in a Star Wars show or in some kind of a comic book property because it's the stuff I still love to this day. Modern Warfare was a dream role because I've always been a gamer from the original Nintendo all the way up through high end PC games. I still play to this day so many games, probably too many games. Being able to originate a character in one of the biggest first person shooter franchises on the planet was really, really a dream come true.

RI: Well you certainly look the part and you're in fantastic shape. What is your training and diet like right now?

CC: It's really more about what I don't do perhaps more than what I actually do. People assume that I'm in the gym six days a week. I'm not. I don't think I can possibly stand that. I just don't eat pizza. I don't really have cookies. I don't have a lot of the fun stuff unfortunately. My philosophy as an actor has always been these are the action roles that I'd love to play. It's way easier just to stay in shape and continue that momentum than it is to let yourself go and then have to get back in shape.

I suppose that's kind of like a fighter mentality, boxers and mixed martial artists and athletes in this way, they can never really let themselves go because they're a day away, a week away, a month away from performing. That's the approach I've always taken, being the paleo diet guy just eating well and doing so consistently and just staying active. I love to play basketball and I play to this day in competitive leagues. I love to box a little bit and I'll go to the weight room of the gym here and there. It's mostly staying active, a lot of hiking, things of that nature.

RI: We have so many readers writing in to say they're stuck in various situations they don't like: bad jobs, relationships, can't get going with their fitness goals. Since you've achieved success in a very competitive field, what is the best advice you'd give to a stranger who might come up and say, "I feel stuck. How do I get unstuck?"

CC: What I've discovered is that people tend to be reactors in life. They kind of let the conditions dictate how they feel on a daily basis. They have kind of an outside-in perspective. If we get rejected for an audition, we take it personally. There's something wrong with us. Rarely, I think, do you see that person taking an inside-out perspective. By that I mean being clear on who you are, on what you want and then acting accordingly.

I work in an industry where it's 99% rejection all the time. Being attached to every outcome? That's a slow death. I am very intentional. I'm very clear on who I am and what I want. It's a lot easier to just shrug off the no's; it's a lot easier to shrug off the rejection knowing that something bigger and better is waiting for you and just kind of holding onto that mission.

The number one bit of advice I give to actors that I know it doesn't seem to have much to do with acting but if you can get clear on why you want to be an actor and those are some good-feeling reasons, then it will see you through. It will see you through the down times, the lean times, the times of famine. It will eventually lead you to feast.

RI: Most people don't understand that about acting, that there's endless rejection and there's no avoiding it. Were you always able to separate others' opinions and not internalize them or take them seriously? Or did you have to work to get there?

INTERVIEW: CHAD MICHAEL COLLINS

CC: I think we all start by bopping around through life and a lot of things don't work out. If you have the awareness to understand it, then you also understand that you have a choice to do things differently and find things that resonate with you.

RI: Your Twitter feed reflects that. You don't get involved in other people's dramas and conversations. You just share what you're excited about.

CC: I look at social media as a tool. I like to keep it positive. I like to keep it supportive. It's a wonderful place to interact with fans who are kind enough to spend their time or their money or their energy on watching my projects and I love that back and forth with them. I don't have time for trolls. I don't have time for negative people or opinions. It doesn't interest me. It's not where I'm going. I feel like in our 20s, we're all data collecting. Some things work out, some things don't. The 30s is about using that data, looking at the patterns, seeing what worked and what didn't.

The answers always pointed back to me. Once you understand that you are the creator of your own reality so to speak without getting too willy-nilly spiritual here, it's empowering when you take the reins, when you take ownership, you take 100% responsibility for your life. It's that much easier to create your life rather than just react to everything that's going on around you.

"I work in an industry where it's 99% rejection all the time. Being attached to every outcome? That's a slow death."

RI: You're in a brand-new, big-budget cutting-edge game, but I hear you love retro games and you're a big comics fan. Name some favorites.

CC: I grew up on a steady diet of mostly Marvel comics. I read all the *X-Men*, I had all four of the *Spider-Man* series going back in the 80s and 90s. Image Comics. I loved *Spawn* and *Wildcat* and *Savage Dragon* and all those comics. I'll still read any and all comics to this day. *Preacher* is my all-time favorite. *The Boys* is a pretty close second. I love Garth Ennis' work, Warren Ellis, there's so many great comic book writers I've loved over the years and continue to enjoy. In terms of gaming, I still play *Warcraft*, you know ten plus years running. I'm powering through *Warcraft* classic right now which is a nostalgic throwback being the OG vanilla version of the game which I love. I still play a lot of *Magic: The Gathering* which is a strategy card game I've been playing since I was in high school. I'll go back and play some *Contra*, some *Final Fantasy*. You know about every two or three years I go back and repeat *Zelda: A Link to the Past* for Super Nintendo. I'm pretty open. A game will just strike my fancy and I'll just power through. I'm just always doing that.

"FALL"ING DOWN

Hearty comfort foods reign supreme this time of year, but with a few simple tips, you can keep your fitness goals on track.

"Every year this happens to me: the cold weather hits and it's like my taste buds change. I crave heavier food like crazy! It's not like I eat perfectly in the summer (Lord knows I go to enough barbecues) but in general I love the seasonal produce and I generally eat lighter with a lot more fruit and fresh veggies on plate. But as soon as I can throw on a sweat shirt and the leaves begin to fall - a four-month problem begins. Pumpkin spiced latte season hits and brings with it Octoberfest, Halloween candy, and then the deadly holiday binge in November and December. I really don't want to pack on the pounds between now and January. But I still want to enjoy the season. Any advice?"

- "The Fall Guy"

ANSWER BY MIKE SIMONE, Founder, Human Fit Project

Nothing beats a warm and hearty stew on a cold night or a big slice of pumpkin pie to polish off a holiday feast. Pumpkin spice lattes? To die for! There's not a person on Earth that doesn't relate to your concern. In fact, holiday weight gain is a very real thing that's backed up by research. The journal Physiological Behavior cites multiple studies showing that adults gain an average of .5kg (or about 1.1 lbs.) from mid-November to mid-January. Not surprising, but there is a solution. "Efforts patterned to increase awareness to energy balance and body weight have been shown to be successful at reducing such gain," the piece says. Translation: Eat more mindfully.

Here's how to avoid weight gain while still living up the holiday season:

Start doing more strength-focused workouts and save those big meals for afterwards. Instead of looking at the holidays as an opportunity to gain unwanted weight, look at it as an opportunity to bulk up a bit with muscle by putting those calories to work.

Here's another idea: instead of sipping on that pumpkin spiced latte while sitting at your desk, use it as your fall pre-workout.

Always try and stick to the same eating schedule, regardless of the season. When you eat at the same times it's easier to be aware of what you're consuming and compare it to what you'd "normally" eat. Just because foods change a little bit, doesn't mean it's not possible to eat equivalents.

ASK US ANYTHING

Fall isn't just a time for hearty comfort food. It's also the best time of the year to take your workout outside in the form of hikes, bike rides, and flag football. Or, click HERE for a great outdoor training circuit.

Lean towards the better quality hearty foods versus the comfort foods. There's a big difference between the mac and cheese and a hearty stew or soup. Save the former for the special days.

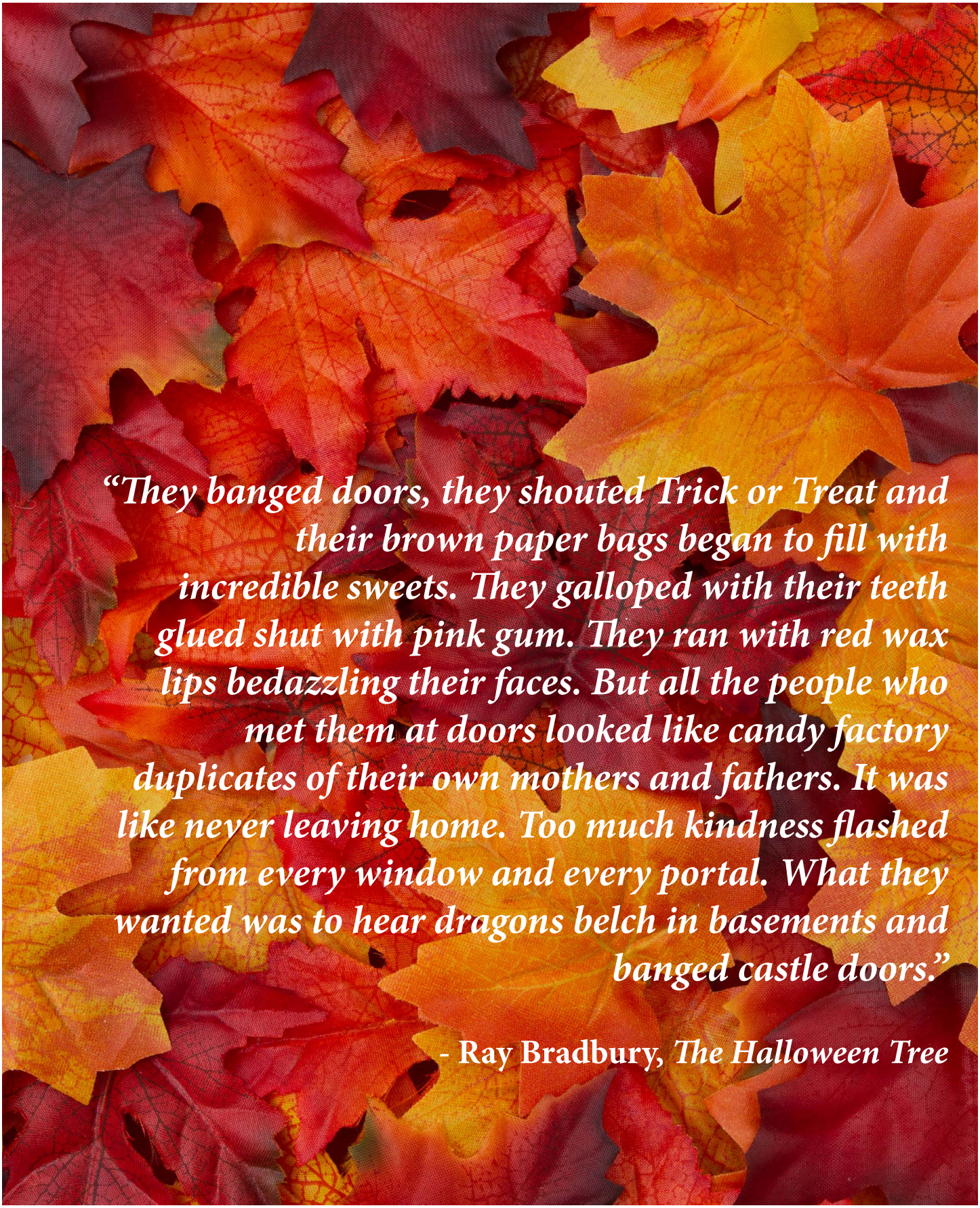
If you do end up going very heavy one day, go a little lighter the next day. This is the case for enjoying yourself on holidays such as Thanksgiving. Eat up, then the next day could be more picking and grazing. Eating clean and lean most days make the holiday indulgences even more enjoyable.

Take more control of your meals and portions by cooking at home. It's much easier to keep track of what you're eating when you make it yourself. For example, if you want mashed potatoes, you don't necessarily need the milk and cream, or can at least go with smaller amounts of it.

Here are some quick lightened-up recipe ideas that go well with the season and fulfill your needs without going to your waistline: Try scrambled eggs with a side of sweet potato and beet hash for breakfast. Instead of a burger or steak dinner, try a turkey and butternut squash stew. If you're feeling the need for pasta, try spaghetti squash with chicken and tomato sauce for a change of pace.

Mike Simone is the former executive digital director of Men's Fitness magazine. He's also the founder of HumanFitProject.com, a fitness and wellness brand, and DigitalFitnessAdvisor.com, an exclusive training and nutrition programming service. Follow him on Instagram, Facebook, and Twitter.

PARTING WORDS



"They banged doors, they shouted Trick or Treat and their brown paper bags began to fill with incredible sweets. They galloped with their teeth glued shut with pink gum. They ran with red wax lips bedazzling their faces. But all the people who met them at doors looked like candy factory duplicates of their own mothers and fathers. It was like never leaving home. Too much kindness flashed from every window and every portal. What they wanted was to hear dragons belch in basements and banged castle doors."

- Ray Bradbury, *The Halloween Tree*