

ROBERT IRVINE

MAGAZINE
SUMMER 2021

NOTHING IS
IMPOSSIBLE

AT HOME WITH
**CHASE
RICE**

WHAT DRIVES
THE COUNTRY
MUSIC
SUPERSTAR

BY KATIE LINENDOLL

THE GLOBE:
GET THE INSIDE SCOOP



ROBERT IRVINE MAGAZINE

NOTHING IS IMPOSSIBLE

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INSIDE THE ISSUE

ROBERT IRVINE

MAGAZINE

SUMMER 2021 /// Vol. 6, No. 3

GETTING STARTED

4 ROBERT'S LETTER

Taking a pause to appreciate life.

5 IN THE GYM

Pro advice from Jay Johnson and a workout from celebrity trainer Duffy Gaver.

14 IN THE KITCHEN

A couple of classic Robert recipes, and pro advice from cake master Courtney Schaudel.

FEATURES

20 CHASE RICE

The country music superstar took a long and winding road to success, but he did it his way.

29 MIKE MACRAE

The viral impressionist was one of the few bright spots of 2020.

34 AS SEEN ON TV

The latest batch of recipes from Restaurant: Impossible offers some serious treats.

43 HURRICANE'S HEROES

How a Secret Service K-9 inspired a charity to help all service dogs.

48 PARTING WORDS

Robert dishes on The Globe, Senior Writer SJ McShane's eases a reader back into the gym, our new Entertainment Spotlight, PLUS: Our final page delivers the meaning of life.



TRULY BLESSED

Reminding yourself of how lucky you are will change your day—and your life.

Some days I wake up and feel so grateful. I've had such good fortune in my life and, well, it's not like I ever forget that, but the hustle and bustle of travel and career occasionally gets in the way. You can get so busy that you can start to take all the amazing things in your life—the beauty and wonder of a healthy family, good friends, and a fulfilling career—for granted. Not in the malicious sense that you go out and forget them and lose yourself, but in the sense that they are so omnipresent, so woven into the fabric of your everyday, that you can lose sight of how truly lucky you are. For as far as I've taken my career, though, I'm mostly proud of how grounded I've stayed. For me, the act of re-centering myself and counting my blessings has never been further away than a brief pause and a deep breath.

Today I'm taking an extra-long deep breath. The past 18 months have been trying, to say the least, but I, my family, and my companies, all managed to stay focused on the good and continued to move the ball forward. I used quarantine to reconnect with Gail in a meaningful way, and the companies didn't just stay afloat, but



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ROBERT'S LETTER

FitCrunch saw record numbers and launched a couple new flavors that were instant hits. Ditto my liquor company, which is currently in the throes of pushing Irvine vodka and gin out into the market. The Globe, my new show for Discovery Plus, is out now and I'm very proud of how it turned out. Read more about what's going on with it on Pg. 50. And did I mention I just wrote a new book? My fifth book overall, it will be my first non-cookbook. Think of it as a business memoir and leadership guide. If you own your own business, aspire to do so, or hold any kind of management position in your place of work, you won't want to miss it. It's currently in the editing process and I can't wait to tell you more about it very soon.

In the meantime, here's a brand-new issue of Robert Irvine Magazine. If you love country music—and I know a lot of my fans do—you're going to love to read Katie Linendoll's cover story on Chase Rice. One of the hottest names in country, Rice recently released a new single with Florida Georgia Line, "[Drinkin' Beer. Talkin' God. Amen.](#)" Katie's story gets into Chase's uncommon career path from the NASCAR pits to the top of Country Billboard charts. Don't miss it! Elsewhere in the issue, Katie writes about a K-9 service dog retirement charity that's breaking new ground. It's super-exciting to have Katie—an Emmy-winning tech reporter who we've now added to our masthead as a Senior Writer—contribute so much, as she's a Robert Irvine



It's been a long and winding road to country music superstardom, but Chase Rice did it his way. Read our cover story on Pg. 20.

Magazine alumnus, having been interviewed in our March 2018 issue. The multi-hyphenate is also a singer-songwriter! Check out her new EP, [Jericho Battle Cry](#), on Spotify and be amazed.

The feature well is also where you'll find the latest recipes from Restaurant: Impossible and an interview with Mike MacRae, an uber-talented standup comedian that I was so happy to discover during the early stages of the 2020 quarantine. If you haven't seen his impression of dueling Harrison Fords, drop everything and go watch it [HERE](#) right now.

We've got all that plus: pro training advice from Navy SEAL Duffy Gaver, trainer/nutritionist Jay Johnson, and a thoughtful piece on how to ease back into the swing of things at the gym by Senior Writer

SJ McShane, as well as several other surprises.

I hope you enjoy the new issue as much as we enjoyed putting it together. Read on, and as always, hit me with your feedback on Twitter, where I am [@RobertIrvine](#).

And don't forget to pause every now and then, take a deep breath, and count your blessings. What a gift this life is. Whatever it is you want out of it, I bid you good luck. As you strive for it, remember the words I live by...

Nothing is impossible,

Limitless Possibilities



For over 100 years, Easterseals has been the indispensable resource for children, adults, families and veterans living and thriving with disabilities and special needs in the region. Help strengthen our community and make a positive difference in people's lives with Limitless Possibilities. Donate today:



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KING 'TUT'

How to use Time Under Tension to unlock your full potential.
BY JAY JOHNSON

What makes a workout a successful one? Think about the last killer workout you had and what that intense time in the gym consisted of. You will probably recall variables like tempo, amount of weight lifted, big compound or Olympic lifts and limited rest periods. Whether it is just a couple of these factors or all of them that come to mind, there is one thing in common here: time under tension or TUT.

We often focus on the amounts of weight that we can lift and for how many reps but think about WHY that stresses the body to the point of breaking down and thus recovering stronger. The reason the muscles feel bullied is the time under tension that is required of the target muscle groups, and the explanation for this results-friendly concept is much simpler than you would imagine. When the focus is shifted in your workouts to revolve around total TUT rather than aimlessly cruising the gym in a mission to kill yourself, you are not only training smarter but safer as well.

But what is TUT and how can you use it to maximum advantage?

Other than an ancient Egyptian King, TUT is the amount of time



that your muscles are under stress during any given set throughout your workouts. Simply put, if I jump under a bench press bar and proceed to perform 10 bench press repetitions while my workout partner times it; that duration is my TUT for that set. Ideally, your TUT will typically fall within the 40- to 60-second time range except for supersets and trisets (multiple exercises back-to-back) in which you will be slightly above that threshold.

This range is optimal for hypertrophic (muscle-making) benefit, and yes ladies you do indeed want muscle making benefits in your

workouts too. When the target muscle group is stressed for this amount of time, over the course of your sets you begin to fail towards the end, and you often end up out of breath. Choose a weight that feels completely doable on your first set, but that feels like a fight about 70% through the set on your third and fourth rounds of a four-set exercise. You can achieve this elevation in difficulty throughout the sets by way of a couple of techniques; by progressively loading more weight for each set or by focusing more on precise, controlled repetitions and making that same weight feel heavier on its own.

IN THE GYM: PRO TIPS



If the goal is to pack on the mass, then safely overloading is your ticket and if muscle-specific engagement (toning) is your aim then the same weight should be kept. In both instances you will notice upon timing each set that the TUT will incrementally increase with each round, so in both cases you are overloading that muscle with execution specific to your goals. Anyone who has worked out for any length of time is most likely familiar with at least a few popular rep schemes whether it be “4 sets of 12/10/10/8, 5 sets of 5 or a more up-tempo scheme like 4 sets of 30.

The one thing most all repetition ranges have in common is that if you time them, they should put you into that 40- to 60-second time range when executed in a properly controlled manner. This is why your guys and gals that post up at the bench press or squat rack for their weekly one rep max attempt are not only hurting their results, but they’re also jeopardizing their long-term safety by lifting simply to make their heads bigger. A one-rep max should only be executed occasionally as a gauge of what amount of weight to use on the aforementioned TUT-based

sets moving forward and nothing more. Not only is a one-rep max dangerous to the joints etc. if attempted too often, but that rep in itself does not create a result of any kind since it may be a ten second set at the most.

A big benefit of TUT-focused workouts is that there is a shift from loosely performed ego lifts to control-based sets that are certain to deliver results in the safest way. Hopefully TUT is a once-hidden variable in your workouts that now has you amped up for the results to come, but there’s more to it. Once the habit is built to time your sets periodically and establish a routine of what that 40 to 60 second window feels like, you can then add in the enhancements that rest period manipulation has to offer as well.

The benefits of time under tension should now be pretty obvious, but what about the positives OR potential negatives of improper use of rest periods? It is common for lifters to rest too long in-between sets since that is after all the fun part, right? What seems to get lost in the chaos of a poorly-planned workout routine, though, is the fact that it is also possible to rest for too short of a period before jumping back in. This is another potentially dangerous form of training in which as many sets or repetitions as possible are crammed into a short period of

IN THE GYM: PRO TIPS

time.

As previously mentioned, you want your first set to be reasonably doable and for the difficulty to increase with each round to follow. Whether the method of choice be to load more weight onto the bar or increase the amount of control with each set, the rest period must accommodate this in the most productive way. If the rest period is too long in between sets, then you will be fully recovering and therefore not placing the target muscles under enough stress. On the other hand, too little rest and there may not be enough time for bounce back, which can inhibit strength in the case of adding weight or take a toll on your control.

A good starting rest period to assess how your body will respond is 60 seconds in between each set. This duration of time correlates with your longest round of the exercise, so this is a safe starting number that can be decreased as needed. It is a good beginning goal on this form of training to have the rest period match the TUT for the set prior to it. For example, if my first set of a movement takes 40 seconds to complete then the rest period would be 40 seconds and then 50 seconds each etc. There is often not enough attention paid to the importance of rest periods, but especially on a predominantly time-based workout it's a must. Luckily, the phase of physically timing each set is a fairly short-lived component of the routine

since you will eventually feel the optimal TUT kicking in, and the rest period can be a quick glance up at the gym clock or jumping into the next set slightly before you may feel like it. These are simple ways to create an environment in which your muscles are roughly hitting that ideal 70% recovery in the last couple of sets. These time tweaks along with resting for a couple of seconds as needed within the set (rest pause) to get that last one or two reps are effective ways to finish each round safely.

In summary, muscles do not particularly “know” reps, they don't care about how many times you lifted that Honda Civic and they'd prefer not to smash that workout named after a random person

into a sub-5 minute period. The common phrase, “Everything in moderation” pertains to not only to junk food but also to our workouts that can turn for the worse when performed unsafely. Our muscles know stress, and although they don't love the process of being systematically abused, they rise to the occasion and adapt to better serve us in the future. This is where those coveted results of all kinds come from, and with the utilization of TUT in your workouts they will come in the safest way for years to come.

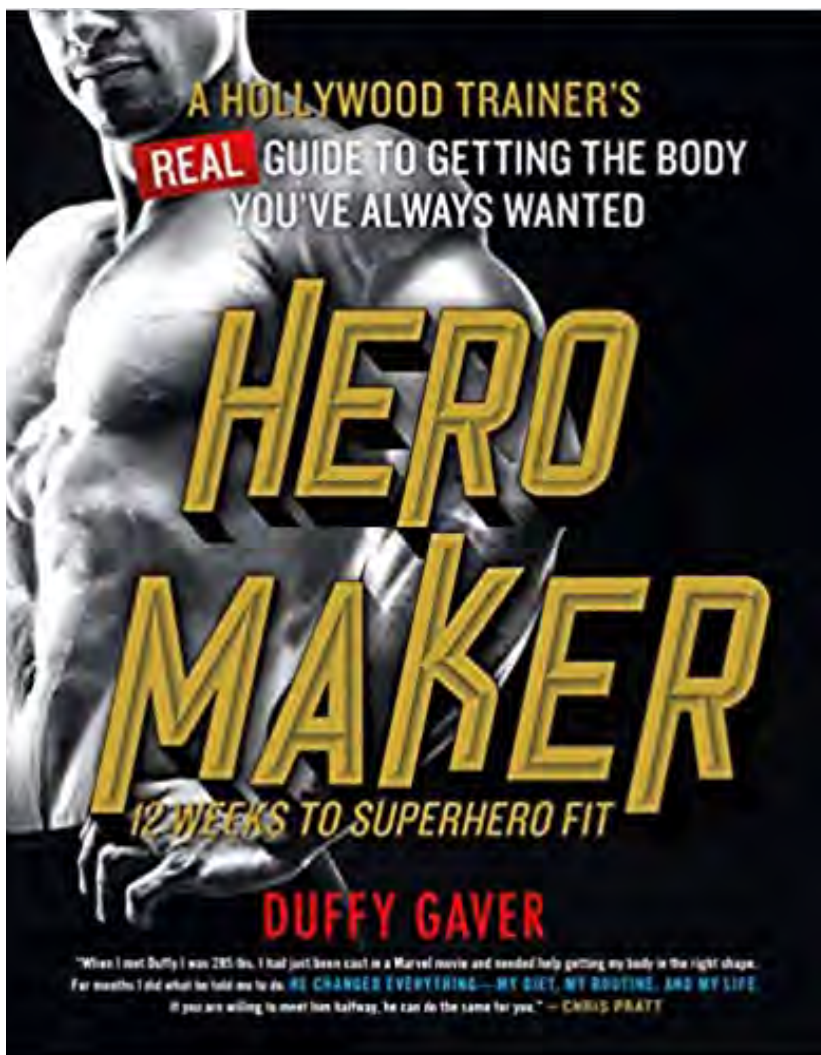
Jay Johnson is a trainer and nutrition coach based in Charlotte, NC. Follow him on [Twitter](#) and [Instagram](#) and visit his website, [JayJohnsonMLP.com](#).



IN THE GYM: WORKOUT OF THE MONTH

GET 'HERO FIT' WITH DUFFY GAVER

The former Navy SEAL-turned-celebrity trainer shares the workouts that built Hollywood's best bodies.



We first introduced Duffy Gaver to the Robert Irvine Magazine readers back in the fall of 2016. The former Navy SEAL was frank about the excesses of the fitness industry and why it behooves supplement, apparel, and equipment companies to overcomplicate fitness and convince you that the body you've always wanted can't be had without first forking over a ton of dough.

"What they want is to make you feel f!\$%ed up and inferior so you'll buy their shit," he said.

Now Duffy is on a mission to fully democratize fitness, giving you the same tools he gives his celebrity clients to achieve the kind of results they did. *Hero Maker: 12 Weeks To Superhero Fit* lays out Duffy's very simple training philosophy and gives you the very same workouts that Brad Pitt used to get in shape for Troy; likewise Chris Hemsworth for Thor, Chris Pratt (pictured) for Guardians of the Galaxy, Scarlett Johansson for Avengers, Anne Hathaway and, and, and... the list goes on.

"It's a workout for every guy and every girl," Gaver says. "You can become your version of them; this is the quickest road I've found to get you as close to them as possible."

The book is just fifteen bucks on Amazon and the workouts don't utilize any highly-specialized equipment, meaning it can be done in just about any conventional gym, from mom-and-pop gyms to budget chains.

"You don't need me," Gaver says. "You don't need anybody. It's all on you."

Click [HERE](#) to buy Hero Maker on Amazon.

Follow Duffy Gaver on [Instagram](#).

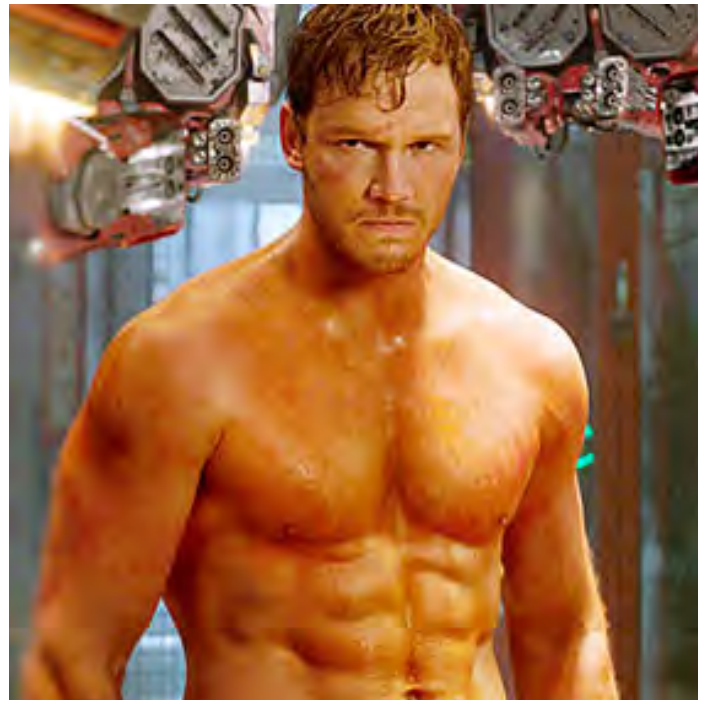
Read our original interview with Duffy [HERE](#).

IN THE GYM: WORKOUT OF THE MONTH

BUILD YOUR OWN SUPERHERO PHYSIQUE

You can get started on your own superhero body with this complimentary workout that Gaver shares from the book, which is Chris Pratt's workout from November 10, 2016. In parenthesis, find the weight Pratt used on a particular lift.

EXERCISE	REPS (WEIGHT)
Treadmill Warm-up	10 mins (easy)
Deadlift	15 (135) 12 (185) 12 (205) 8 (225) 6 (245) 5 (245)
Hang Clean	12 (45) 12 (65) 10 (95) 10 (115)
Shoulder Press	15 (80) 15 (100) 12 (110) 12 (120) 12 (120)
Cable Lateral Raise	12 (20) x 4 sets
Ab Machine	25 (70) x 4



Above: Chris Pratt in Guardians of the Galaxy. Below: Scarlett Johansson in The Avengers. Get her workout and many more in Duffy's book, Hero Maker.



PRODUCT SPOTLIGHT

GET FIT AT HOME



FLEXFIT PRO VIRTUAL TRAINER

What if you could work out just like 50 Cent? Or train just like an NFL receiver? And do it all from the comfort of your home gym?

Thanks to Flexit PRO, the latest innovation in the fitness app, you can. Forget cookie-cutter workouts; Flexit sets you up with one-on-one virtual sessions that can go as long as an hour, any-

where you want them. And PRO connects you with a host of top trainers, including Jay Cardiello, CSCS, who once worked with 50 Cent, and Ebenezer Samuel, CSCS, who's worked with several NFL players.

Names like that do more than push you to sweat. They're experts in building muscle and athleti-

cism -- and they can do it with less equipment than you think. "Give me 30 minutes," says Samuel, "and I can train you to get faster -- anywhere -- while still building muscle and crushing fat." Can't go wrong with that.

Learn more [HERE](#).

IN THE GYM: GEAR

THE PERFECT FIT



ULTRA MEGA RAD LEGGINGS

OK, ladies, you don't just want to work out in your leggings, you want to live in them. You want to shop, game, stroll, amble, brunch, drink, and chill in them. MESSAGE RECEIVED. Ultra Mega Rad has you covered with these premium-fit leggings with such fun prints you'll be proud of your, um, lifestyle choice.

Shop at [UltraMegaRad](#)

NIC TAILOR UNDIES

We love Nic Tailor underwear so much we highlighted them in our most recent Holiday Gift Guide. The premium fabric is comfortable, doesn't ride up, and wicks away moisture to keep you cool all day. Check out this [CUSTOM SIZING CHART](#) to get yourself the perfect pair.

Shop at [NicTailor](#)



IN THE GYM: GEAR

RECOVER LIKE A PRO



ICE BARREL

The therapeutic value of ice baths is well-documented, but it's not just for elite athletes looking to recover faster and more fully. Some studies have shown that cold therapy stimulates the vagus nerve, helping you modulate hormones, and even trigger weight loss by growing your stores of brown fat—which burns calories to produce heat to keep you warm—and lowering white fat while reducing inflammation. Compact and handsome, the Ice Barrel weighs only 55 lbs when empty—750 lbs when filled—and drains easily.



Shop at [IceBarrel](https://www.icebarrel.com)

IN THE KITCHEN: RECIPE



SEARED SALMON over RISOTTO-STYLE POTATOES

Learn to sear fish like a pro. This amazing dish is just one of the perks.

YOU'LL NEED

1 quart chicken broth
¾ cup grapeseed oil
1 large red onion, diced
3 cloves fresh chopped garlic
12 oz. fresh corn kernels, about 3 ears or frozen fresh corn
1.5 lbs peeled diced potatoes (about 6 medium potatoes set on a paper towel to absorb moisture)
½ cup heavy cream
Salt and pepper
3 lbs salmon fillet
½ cup chopped fresh chives

MAKE IT

1) In a medium pot, heat the chicken broth to a simmer.
2) In a separate large saute pan, heat half the oil. Add the diced onion, garlic, and corn kernels. Use a wooden spoon to saute together until the onions appear translucent, about 5 minutes.

3) In a large bowl, toss the diced potatoes with the remaining oil and season them with salt and pepper. Add the potatoes to the saute pan with the onion, garlic and corn. Stir with a wooden spoon and allow surface of potatoes to toast lightly. Gradually add the chicken broth to the pan, just enough to cover the potatoes and corn mixture.
4) Over medium to medium-high heat, the potatoes will cook in the broth and by the end of cooking time most of the liquid should evaporate. If the broth has boiled away before the potatoes are cooked, add more broth in an amount that is just enough to cover. Be careful to neither burn the potatoes nor allow them to turn too soft. When the potatoes are done, a fork can easily go through.
5) Preheat oven to 350 degrees F.
6) Trim the salmon by removing

a 1 1/2-inch strip from the belly side. Divide into 5 ounce portions, leaving the skin on. Season with salt and pepper. Heat ¼ cup oil in a large oven safe skillet over high heat. Sear fillets beginning with flesh side down first. Do not disturb the fillets for the first 2 to 3 minutes; do not even shake the pan.
7) Transfer fish to a baking dish in the oven to finish. Fish is done when flesh springs back when touched, internal temperature of 140 degrees F.
8) Spoon potato/corn “risotto” in center of serving plate. Top with the salmon, and garnish with chives.

THE MACROS

CALORIES: 650
PROTEIN: 65 g
FAT: 35 g
CARBS: 45 g

IN THE KITCHEN: RECIPE



GRILLED CHICKEN CACCIATORE

YOU'LL NEED

¼ cup olive oil
3 medium onions, sliced
4 green bell peppers, julienned
4 red bell peppers, julienned
3 cups white mushrooms, cleaned and quarter-cut
6 large ripe tomatoes, large dice
2 tbsp tomato paste
2 cups tomato juice
3 tbsp chopped shallots (about 3 to 4)
3 tbsp chopped garlic (about 7 to 8 cloves)
1 cup fresh basil leaves, chopped
1 cup fresh parsley leaves, chopped
Salt and pepper
12 (4 to 5-oz) boneless chicken breasts
For the Polenta:
1 large onion, chopped

A cleaner take on a classic.

6 tbsp butter
8 cups water
2 cups yellow cornmeal
Grated Parmesan

MAKE IT

1) Heat oil in a large saucepot and sauté onions, peppers and mushrooms until onions begin to turn translucent and peppers begin to soften.
2) Add tomatoes, tomato paste, tomato juice, shallots, garlic, basil and parsley. Season with salt and pepper. Let simmer 45 minutes until medium thickness.
3) Preheat a grill to high.
4) Season chicken breasts with salt and pepper. Grill on both sides

until cooked through.

5) **MAKE THE POLENTA:** Saute onion in butter until softened. Add water and stir in polenta. Cook on low heat, stirring often, for about 40 minutes until tender. Sprinkle with Parmesan.

6) Arrange on serving platter and spoon sauce around. Serve with a side of polenta (as you would mashed potatoes), and remaining sauce in a gravy boat.

THE MACROS

CALORIES: 539
PROTEIN: 48 g
FAT: 20 g
CARBS: 40 g

IN THE KITCHEN: PRO TIPS

THE EXPERT:

COURTNEY SCHAUDEL

The creative mind behind the beautiful—and delicious—cakes of [Sweet Fancy LI](#) dishes on how she taught herself, why wedding cakes usually stink, and what aspiring culinary entrepreneurs need to know.

Robert Irvine Magazine: Your cakes are gorgeous. Where did you get your training?

Courtney Schaudel: I'm a kitchen brat by nature. I grew up in restaurants, but for the stuff I'm doing now, really YouTube and Instagram videos. I watch a lot when I don't sleep at night.

RI: You didn't go to culinary school?

CS: I did not. I went to John Jay. I got a couple of masters in something I will never do again—forensic psych and forensic mental health counseling—and that's pretty much it.

RI: That's outrageous that you're self-taught... What's so striking about your cakes is that while they are works of art, they're also delicious. We've all been to a wedding where you see the cake and it can be breathtaking, then you take a bite and--

CS: And then they crumble and fall apart and taste like cardboard.

RI: Why do you think that is? Why do you think the wedding



industry standard is that you get something that looks beautiful, but doesn't taste good?

CS: I don't know. But I think that that would apply to regular catering, as well. Weddings aren't known for their fantastic food. I think that's finally starting to change. But with the cakes, I think what happens is with larger scale bakeries, the emphasis is on volume. You're doing stuff so far in advance, and you're freezing things so far in advance that the quality suffers. I think that's what it comes down to.

RI: What are the biggest mistakes you see people make when they try to replicate professional work, especially decorating?



CS: It's attention to detail. If your buttercream isn't finished it'll look "homemade" and not professional, or if you're using fondant, there's bubbles in it. It should look as perfect as you can get it. If you're still in that space where you're working

IN THE KITCHEN: PRO TIPS

COURTNEY'S PERFECT BUTTERCREAM FROSTING

USE ONLY THREE

INGREDIENTS: Salted butter, confectioner's sugar, and vanilla. "Some people add shortening or they add heavy cream to soften it up. I don't do any of that."

WHIP IT... for a **LONG** time. Courtney whips for 8-10 minutes until it's perfectly white. "You see some that are off-white or have a yellow tint. To me, that means it's not quite done."

NUKE IT! "After I whip it, I microwave it, just 10 seconds at a time, beating it with a spatula in between each round, until all the bubbles are out and it's perfectly smooth. This has saved me hours of painstaking labor of trying to get a smooth finish on the outside of the cake."

EYEBALLING IT IS FINE - IT'S ALL ABOUT RATIOS. A lot of recipes call for 3-4 cups of powdered sugar

on those skills, then maybe slow down on doing it professionally. Because I always think I owe it to the client to make it look as beautiful as I possibly can.

I think really looking at your finished cake with an objective eye instead of thining, "I just put seven hours into this thing and it's good enough," is probably the best way to do it. It's to not be emotionally attached to whatever you're making. You need to say, "Is this the best I can do?"

Last piece of advice—and I learned this in psych—find your niche of what you love doing. In



per 1 cup (2 sticks) of butter. "For me, that's cloyingly sweet," she says. "I would use half that."

DON'T SKIMP ON VANILLA.

"I like to taste it," she says.

THE FINISHED PRODUCT SHOULD BE LIGHT AND FLUFFY.

"It shouldn't have a thick gloppy look, or still look like butter," she says. "It should be super light and airy, and perfectly spreadable."

the beginning I was taking on stuff that made me say, "I don't even like doing this. It's giving me a therapeutically high level of anxiety. It's not worth it."

RI: On the business end of things, what advice do you have for entrepreneurs just starting out?

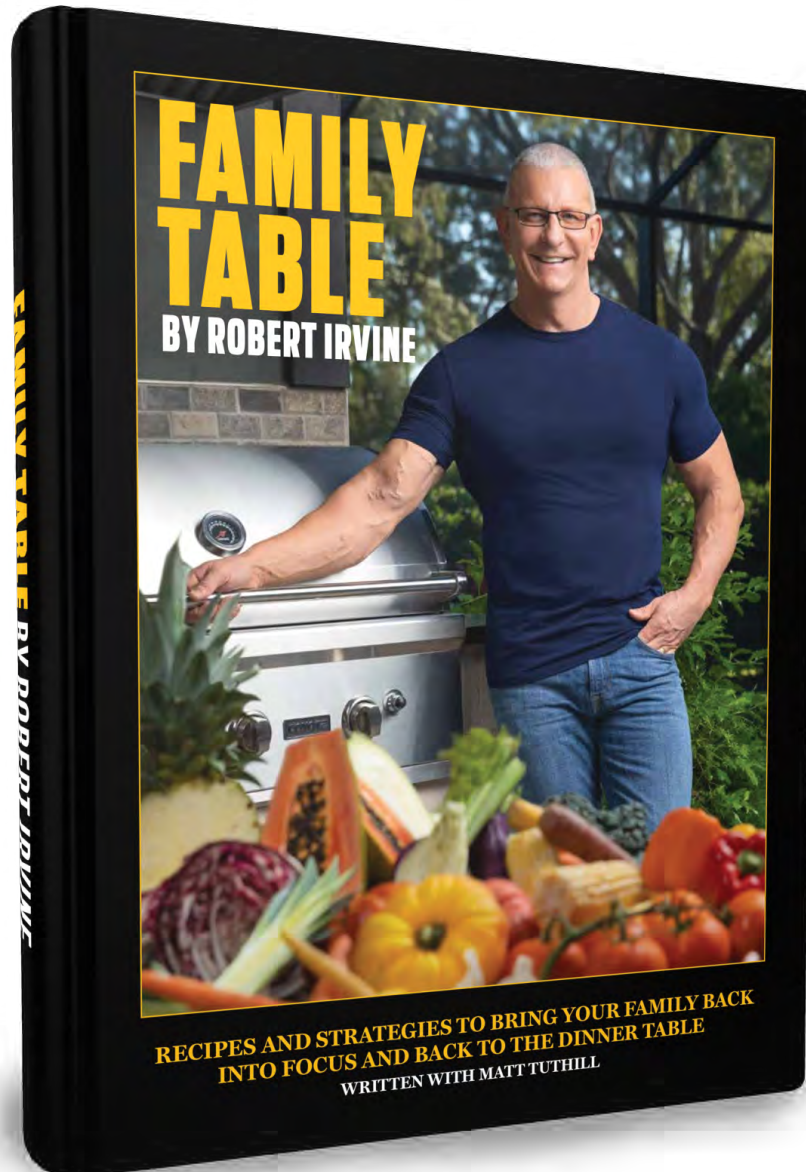
CS: You also need to educate yourself on local codes, health department permits and things like that because it can vary wildly depending on your state or your county. Where I am in Suffolk County it's very strict.

Remember that scale makes everything different. A lot of people make a lot of things well, but scaling changes it. When you grow beyond what you can handle, you need to know that there's somebody local that can help you manufacture it. So if you don't really understand the business element of what you're trying to do, I don't think you should start it until you learn that. Because the creative part is the fun part, but there's a part that's not fun at all, but you still need to know.

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FAMILY TABLE

THE NEW COOKBOOK BY ROBERT IRVINE



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AT HOME WITH CHASE RICE



Photos by KAISER CUNNINGHAM

It's been a road full of unexpected twists and turns: from NFL dreams to NASCAR pit crew to ultimately fulfilling his true passion and climbing to the top of the Country Billboard charts. Chase Rice wouldn't have it any other way. He knows life is all about saying yes and going for it.

BY KATIE LINENDOLL

CHASE RICE

It was a perfect day to catch Chase Rice. Drinkin' beer. Talkin' God. Amen. Okay, maybe not the first one, it was still morning after all—the very start of a day that he had waited eight years for. The beginning of a brand-new chapter for one of country music's biggest names.

With more than two million albums sold, 1.8 billion streams, multiple Billboard charting singles, and a #1 and diamond-certified smash hit (“Cruise” which he co-wrote with Florida-Georgia Line), Chase is emanating all the enthusiasm of someone who has just entered the scene. When we met and chatted at his farm, Twin Eagles Creek Farm in Tennessee, it was hard not to feel the palpable energy and excitement in the air.

“This could be the beginning of my career ten years later,” Chase says. “I know how good what I’m about to do is and can’t say no to what’s about to happen. I have to do it and I think it’s going to be something pretty special.”

Chase is a man who personifies real-world grit and a strong conviction in his beliefs. He has radiated his own unwavering authenticity in every twist and turn of his journey. And after speaking with him, one realizes how many



Rice's latest single with Florida Georgia Line, “[Drinkin' Beer. Talkin' God. Amen.](#)” already has over 35 million streams on Spotify.

Follow Chase on [Twitter](#), [Instagram](#), and [Facebook](#).

CHASE RICE

there have been to get him to this very moment.

On the outside it looks like a rapid career of success and milestone after milestone, but in his mind it could better be defined as words he recalls from his late father—slow but sure.

Chase was born in Florida but spent most of his childhood on a farm in North Carolina. His life path has been a series of varied unique turns—from playing college football as a linebacker for UNC (falling just short of his NFL dreams due to injury), to being a runner-up on the reality TV series

Survivor, and even working as a NASCAR pit crew member for Hendrick Motorsports.

“I was winning championships, but living in a hotel, miserable, lonely and all I wanted to do was go home every day and write songs,” he recalls. So he shared that with a chaplain at Hendrick Motorsports at the time, who told him to leave and do exactly that. And he did.

“Most people probably are good enough and they just don’t go for it,” Chase says. “And that’s the best thing that I’ve ever done, not having a plan and just going for it.”

Even as his star has been solidified, Chase has remained anything but complacent. And recently, one of his life breakthroughs came through time off for headspace and...furniture.

“I purchased this place in 2016 and from 2016 to 2020 I didn’t even have a dining room table,” he says. “For four years, I didn’t have any of this. Then COVID hit. Taking the time off and getting furniture in my breakfast room, that’s the best investment I’ve ever made! I started sitting in that room, writing three songs by myself, working on a fourth. And it’s all just me and



“I can look at the last ten years and be like, I love the journey that happened,” Rice says.

CHASE RICE

the guitar.

“Last year is the best thing that has ever happened to my career,” he continues. “I realized that taking time off opened up this whole thing in my brain to write better songs.”

You can tell that Chase felt right at home with only his guitar, taking on an acoustic style that seemed to be calling him back.

Chase has definitely had some lottery moments throughout his life. He left the world of NASCAR when a childhood friend offered him a spare bedroom that opened up in their rented house. That childhood friend happened to be Brian Kelly of Florida Georgia Line. Brian and Chase grew up in Daytona Beach together. Years later, after Chase’s family moved to North Carolina, the two of them stayed in touch and shared their passion for music. Chase went on to co-write “Cruise” with Florida Georgia Line—the historic 24-week No. 1 hit song that stayed on Billboard’s Hot Country Chart longer than any other song in the chart’s then-69-year history.

The success they’ve enjoyed together makes it hard not to be curious about why Chase was never part of the duo.

“Growing up with Brian, all of the sudden I’m working in NASCAR, Brian’s in Nashville, and then he started Florida Georgia Line. And we were just writing a lot of songs together. The first time I ever sang in a microphone, Brian was on my left and Tyler was on my right and we were at Hotel Indigo. And that’s the first time I



Follow Rice on [YouTube](#) and visit his [Website](#).

realized, damn, these two are good. That’s also when I knew that I had to step up; I was nowhere near as good as them, yet Brian believed in me more than I believed in myself.”

Driving through Chase’s 153-acre farm on an ATV feels like the Americana backdrop of a country song; the house on the hill with the white pillars, an old tobacco barn

draped with an American flag and full of vintage décor for gatherings, eagles soaring overhead, an old gray water silo, and sprawling fields with roaming bison. This is good ol’ country—as pure as it gets.

On the day that we visited, Chase’s team was all sporting grins, and you could tell there was an excitement in the air. Turns out this particular day was a huge milestone for Chase’s career.

CHASE RICE

When Chase was a sophomore in college his mom sent him an article about a big country star—Eric Church—and the producer behind Eric’s legendary albums, Jay Joyce. Chase always liked Eric’s music—there was something about it that was unique. Now fast forward, to this beautiful Nashville summer day where Chase received word that he would be working with Jay and perhaps representing a shift in musical style that was long overdue.

Chase had his time as the new guy in town, redefining country music style. Shortly after co-writing “Cruise” in 2011, he released “Ready Set Roll”, which helped him become known for his pop country style. It clearly worked, but it was a style he became almost too well known for; think of any actor being typecast. Even Garth Brooks told him writing a song that big was both a blessing and curse because a lot of people will expect more of the same.

Partnering with Joyce is a move eight years in the making—at least that’s how long Rice has sought Joyce’s seemingly infallible ear. (Notably Joyce has also produced music with Miranda Lambert,

Ashley McBryde, and Little Big Town to name a few). Today, the texts are already going back and forth as the collaboration appears off to a running start.

Chase shares that weeks ago while he was at home with his family in North Carolina, he needed to send Joyce songs, so he turned down a white-water rafting trip with his brothers to focus in on the

task at hand.

He proudly shares photos with me of where he parked his truck by a river, saying this is where he found the space and inspiration to write from the heart and ultimately record ten new songs that he’ll work on fine-tuning with Joyce.

“My voice was shot by the end of the day,” Chase says. “But I’ve never had a producer push me,



CHASE RICE

and he was right. Now the songs are there!”

During the visit, our conversation is intermittently put on hold as he continued to send song ideas to Joyce. His excitement was infectious as he showed me an incoming call from Joyce.

“Girl is calling!” I say, and he laughs.

For someone with so much success and a new song, “Drinkin beer. Talking God. Amen.” vying for the #1 spot, there’s no time to take a break. It’s all about what’s next—lining up the next songs to keep the momentum going.

“To me he is the best producer in maybe all of music,” Chase says. “I don’t think I fully realized what happened to my music.”

Chase has got a whole lot of newness happening in his life. In addition to new furniture and music, he’s got a new puppy named Jack—who also seems to be taking it all in—and 19 bison.

Growing the farm from just a few chickens to a bison herd leaves a lot of room for intrigue.

The farm that’s now dubbed “Two Eagles Ranch” was previously a cattle farm.

Chase is hands-on with the farming—from building and laying the fencing to feeding and even tagging the bulls. He helped with re-tagging his original bull, Bennington, an episode that saw him

and his farm manager holding his horn back, knowing that Bennington could have easily slammed his head back and crushed their hands.

Bison are as formidable as imagined. Because this nearly 2,000-pound creature can run at speeds up to 35mph for up to four to five hours, it’s recommended to have at least five acres per bison. By mid-day it’s 90 degrees outside of Nashville and the bison are cooling off in the water. It’s a unique

“Most people are probably good enough and they just don’t go for it.”

site to see, and for the first time, the bison coming together from all different states are intermixing.

“First and foremost, a bison farm is financially smart—I wanted to turn it in to a business,” Chase says.

After initially checking out a bison farm, he was hooked. He notes the bison have unique personalities, and Bennington (named after the Battle of Bennington), even has a crazy curly-haired

girlfriend—which sounds like a country song in the making to me. He initially purchased eleven bison and then later added an additional eight. Every few weeks, he moves them back and forth from one field to another to graze. The long-term plan is to sell meat or even open up a processing plant; he and one of his friends, a fellow bison farmer, are in discussions to try to build the biggest southeastern herd.

After talking bison, Chase opens about how his parents instilled a strong faith in him and how you can see it woven through his music. His character can perhaps be best defined by his own lyrics, “Somewhere between Jack Daniels and Jesus.”

He talks about losing his father at 22, which was devastating.

“I love writing songs, and I can also write songs about my dad...because that’s the only way for me to deal with it because I am not going to talk about it,” he says. “The

reason I think I can be so confident, taking the chances that I have, is because my dad instilled in me faith in God.”

Chase explains that his father taught him to, “Keep up the good work and keep God first in your life. None of us deserve the grace that we get from God.” He adds, “And if everything else goes away, I’m good.”

Most mornings start with Chase sitting in his rocking chair, spend-

CHASE RICE



“First and foremost, a bison farm is financially smart,” Rice says. He has plans to expand his current herd of 19 bison to the biggest herd in the Southeast United States.

ing time with God reading his Bible and *The Blue Book* written by Jim Branch. “The thing I love about Jesus is he hung out with guys like me,” Chase says.

He goes on to describe how he doesn’t like to preach Jesus or God; he likes to have conversations with people about it. “I’m a screwed-up dude and I am okay with that,” he says. “I am especially okay with it because I can write songs about it and I can get who I really am into my music, and I could never do that if I thought I was this righteous dude. If I thought I was this righteous dude, I’d be an idiot. The best I can do is take whatever I have, and God gave me, and make it better.”

It’s hard not to draw a parallel be-

tween Chase’s imminent return to a more stripped-down, raw acoustic sound and his faith: He’s certain that if he opens his heart and lets people hear what’s inside, it will resonate. Simple truths will always have a way of resonating.

However the critics and fans receive the new album, Chase will rest easy knowing he followed his instincts. Historically, when his instincts kick in, he sets his mind on a goal and doesn’t let go until it’s achieved.

To wit, “Drinkin’ Beer. Talkin’ God. Amen.” – his latest collaboration with Florida Georgia Line which released earlier this year, continues to climb the charts. The YouTube video has been viewed over 2.1 million times and streamed

nearly 35 million times on Spotify. In the meantime, the bison farm thrives, and all is right at Twin Eagles Creek Farm. He’s even got his sights set on expanding to rescue horses. It’s the kind of success he could only daydream about when he was living out of a suitcase in his NASCAR days. But in so many ways, the wait made it all the sweeter.

“I can look at the last ten years and be like, I love the journey that happened,” he says.

His father summed it up best. Slow but sure.

Katie Linendoll is an Emmy-winning consumer tech reporter and a regular contributor to top TV outlets and a keynote speaker around the globe. Follow her on [Twitter](#) and [Instagram](#).

CHASE RICE

LIFTIN' WEIGHTS. LOOKIN' SWOLE. AMEN.

How Chase Rice stays in peak condition amid
an intense performing schedule.

CHASE'S IN-GYM WORKOUT

CORE: 4 Sets of:

Alternating Leg Raises x 20

SUPERSET WITH

Ab Wheel Rollouts x 15

STRENGTH: 4 Sets of:

Barbell Bench Press x 15

SUPERSET WITH

Seated Barbell Triceps Extension x 15

Dumbbell Incline Bench Press x 20

SUPERSET WITH

Dumbbell Kickbacks x 20

Machine Chest Flyes x 15

SUPERSET WITH

Triceps Cable Pressdown x 15

CONDITIONING: EMOM (Every Minute on the
Minute) for 20 minutes

During every odd minute: Hang Clean x 10

SUPERSET WITH

Box Jump x 10

During every even minute: 15 calories on assault bike

Goal: Keep heart rate around 150-170 beats per minute
maintained for the entire 20 minutes

FINISHER

100 Toe Touches or 100 Situps

15 minutes static stretching



CHASE RICE



CHASE'S ON-THE-ROAD WORKOUT

Dumbbell Bent-over Row x 15
SUPERSET WITH
Hammer Curl x 15

Dumbbell Shoulder Press x 15
SUPERSET WITH
Resistance Band Curl x 15

Resistance Band Pull-Apart x 15
SUPERSET WITH
Dumbbell Lateral Raise x 15

CONDITIONING: 20 minute
EMOM (Every Minute on the Minute)

During ever odd minute: 15 Burpees
During every even minute: Kettlebell or Dumbbell Swings for Time

FINISHER

100 Toe Touches or 100 Situps
15 mins full body stretching
Weighted backpack walk or stairs of the venue (if the opportunity is there)

CHASE'S FAVORITE RECIPE

“My favorite recipe is a simple elk spaghetti that I make with ground elk from a hunt I did in Montana. I mix the meat with a seasoning of Himalayan pink salt, garlic, cayenne pepper and black pepper and then add fresh tomato sauce and spaghetti noodles. It's more meat-heavy than pasta, and it's damn good.”

Regarding Mike MacRae



Quarantine sucked, but it was not without silver linings. How a hilarious viral video made everyone pay attention to comedian, voice actor, and master impressionist Mike MacRae.

Interview by Matt Tuthill

MIKE MACRAE

In the depths of the 2020 Covid quarantine, a new breed of Internet star was born. Isolation made real production impossible, but if you had the acting and comedy chops to play multiple roles in a self-edited video like Blaire Erskine and Alex Friedman, viral stardom awaited. Enter Mike MacRae. The 43-year-old Austin, TX-based stand-up comedian and voice actor had always preferred performing in front of a live audience and mostly eschewed social media, but when the comedy clubs closed, he found an outlet for his creativity on Twitter, highlighting his uncanny impression abilities in tightly-edited bits that, in his estimation, wouldn't necessarily work if performed on-stage. [One of his videos](#)—an argument between a modern-day, grouchy, gravelly-voiced Harrison-Ford and his 1990s counterpart—went supernova, and as of this writing, garnered more than 1.7 million views.

MacRae chatted with Robert Irvine Magazine about the genesis of the bit, his long history of impressions, his quarantine fitness journey, and the return of live comedy.

Robert Irvine Magazine: When did you learn you could do voices? And did you ever use your powers for evil?

Mike MacRae: I started when I was a kid, taping impressions that I would see on Saturday Night Live



Through a few simple daily habit changes, MacRae lost 25 pounds during quarantine—all while taking Twitter by storm.

and I would entertain my friends. But then I learned that it was pretty easy to see an impression and duplicate it. The skill set, if there is such a thing, comes from creating one on your own, so I started doing

that with the teachers at my high school. I guess I did it in sort of a gentle way, so they would let me go up at assemblies and do a little act in front of the student body. That was my first kind of foray into

MIKE MACRAE

what would become doing stand-up comedy.

But my friends were always trying to get me to use my powers for evil. I grew up in St. Louis where we would have snow days at my school. And when the decision was made, what they did is they do a phone chain, and it would start with one of the officials of the school that I did an impression of. He would call five people, and each of those people would call five people, and so on and so forth. But it started with him. So when we knew it was going to snow the next day, they were always trying to get me to impersonate that school official, and start this chain that would shut down the school for a day. I was like, "Do you think they would not figure that out? I'd be f*%-ing expelled." So I never did it, but it was tempting.

RI: After high school did you dive right into stand-up?

MM: No. I went to college in Houston and I studied engineering. I got a job in engineering and I did the same sort of amateur standup in college, but then I got out and I had this job and it was kind of boring. But there was this club, The Laff Stop, and they have open mics. So that's what I did. Late '99, I went to the famous Monday night open mic at the Houston Laff Stop, which would start at 7:30 and go to 2:00 in

the morning.

I quickly became hooked. I found out I could go see main room shows for free, and the club owner encouraged that. I did my job during the day and then stand up at night for a few years. And then I got on Comedy Central and there were clubs interested in booking me and I said, "Okay, I think I need to try to do this full time," and then that's how that all just started.

"There was a sort of peace... there was nothing I could do about it so you just make the best of it."

RI: When all the clubs closed down last year and you couldn't do stand-up, that must've been pretty nerve-wracking.

MM: Well, since I've had my son, I don't tour as much as when I was younger. And most of my income today comes from voice work. I still needed the standup income, but it was just this thing where there's nothing I can do about it. There was some comfort in the fact that everyone's in the same boat, you

know what I mean? If this were just affecting me individually, I'd be flipping out. But there was some sort of peace in that there was nothing I could do about it so you make the best of it.

And even though I'm just not as tech savvy as some people, but I forced myself to say, "All right, I'm going to do some of these impressions videos and put them on Twitter." Twitter's sort of the main

platform that I use. So, I'll put my creative energies into that and then try to get fit.

I also realized when this all started, "You're either going to gain a bunch of weight, or you're going to lose a bunch of weight." It could've just been a giant fat trap. So, I figured out home bodyweight workouts, I walked every day and still do. Diet-wise, I didn't count calories or anything, I just zeroed in on cutting out high-calorie, low-nutrient foods. So

it was higher in protein and lower in carbs. In all, I'm down about 25 pounds.

So that's how I kind of dealt with everything changing. I thought that was the best way I could make progress in life while the world was stopped.

RI: Cutting videos for the internet is so different than stand-up – there's no interactivity, there's no reading a room and reacting.

MIKE MACRAE

MM: That's why I wasn't interested in doing any of these Zoom comedy shows. Nothing against them, but it just didn't appeal to me for that very reason. I'm like, "This just seems like I'm in a sensory deprivation chamber." But Twitter was good because it was a different thing. I wasn't trying to do standup, and these little sort of short internet videos were ways to take little ideas that I had had for impressions that wouldn't necessarily work in a standup bit. And because these little comedy videos have their own comedic language, I had fun learning that language, and the peak of it was the Harrison Ford thing. The other ones did well, but none of them reached that status at all.

RI: And how'd you come up with [the Harrison Ford bit](#)? It's brilliant.

MM: I've been doing Harrison Ford for so long that I noticed his voice changed over that period of time. The Harrison Ford that I taught myself to do when I first started stand up is not accurate for Harrison Ford now. I was doing the Harrison Ford impression for something, some kind of podcast, and I realized, "Well, there are two Harrison Ford impressions now that I have to switch around." And then that gave me the idea, "Well, those could be two different characters in one little thing." Again, that bit would be hard to make work on stage, but it's perfect for these little weird, quirky, self-aware videos that people are putting out on social media. It was fun to try to do.

RI: When it went viral and you gain a bunch of followers, did you feel a lot pressure to constantly put new stuff out there? A lot of internet creators have serious anxiety because if you don't have something new every day it's like you don't exist.

MM: I would say no, because I should point out, this is Twitter. I made zero money doing any of this. So at the end of the day, I'm doing this shit for you people for free, you know what I mean? So I understand the point of view of the people on YouTube that you're talking about, certainly. And if I ever get into that type of stuff, I would feel that pressure. But no, I spaced them. I'll wait until I have what I think is a good idea, and then I'll do them. I did between 10 and 15 of these total. I wasn't cranking them out. I think the people that really blew up from doing that kind of stuff, like Sarah Cooper and Blaire Erskine, I think they really cranked it, because I think this was making their career, so they did need to do it frequently.

And I didn't want to be churning out just every single idea that came into my head, because then people would just get sick of you. That was my thinking, at least.

RI: Your career was also well-established by this point. You did Letterman in 2007. How did that come about?

MM: Back then, everything you got usually came from working with somebody at a comedy club. And in this case, I worked with Ed-

die Brill, who was the talent booker for The Late Show with David Letterman. I'd known him for years, and he always told me, "I love your act. Could never use you on the show, though, because Dave hates impressions." But years later, Letterman had this thing, I think it was ventriloquist week or something. And then he decided to do impressionist week. He did one and all the super huge names, Rich Little was on it. When they did a second week, Eddie's like, "You got to submit." And YouTube wasn't prevalent yet; they wanted a physical tape.

And I was on the road in Louisville, Kentucky, and I had to get the tape to them immediately. It came down to the wire. I discovered that FedEx offered a same-day delivery. So of course, that cost a ton of money, but it got there. Every part of the story is very Paleolithic. None of this has any meaning now, getting a physical VHS tape to New York, the only way that people know you is from your work in clubs, none of this is just true anymore, but that how it worked back then.

RI: Now that things are opening back up, is there pent-up energy? A big appetite for live comedy?

MM: It really seems like it, yeah. I've done a little bit of the road. I went to Houston and did a club there, and I've been doing a lot of local shows here in Austin, and the vibe's been pretty great. People want to go out and I have a feeling that's going to keep going for a while. It's a fun vibe.

MIKE MACRAE



MacRae's YouTube channel is a gold mine of spot-on impressions. Don't miss his uncanny takes on [George Clooney](#), [Anthony Hopkins](#), [Joe Biden](#), and [Chuck Schumer](#).

RI: You said voiceover is your main source of income. Where do you do voice work?

MM: I'm a part of the Jimmy Dore Show, which is an online political punditry show with a comedy angle. And I call in to the show as various politicians and actors. I help write those sketches and I do the recording with him as a weekly thing. I've done voices for Howard Stern. The most recent work is the Robert Smigel variety show, Let's Be Real, the one with the puppets, as well as Showtime's Our Cartoon President, which is now canceled because Donald Trump is no longer president. I've done voices on Kimmel before and just a lot of random stuff – lots of gaming. There's a bunch of game development in

Austin, so I've done a lot of that. ... I'm not much of a gamer, but I was Buzz Lightyear in Kingdom Hearts 3. That's a big one, apparently. And then in the DC Online Universe I've done some iconic DC characters for those games.

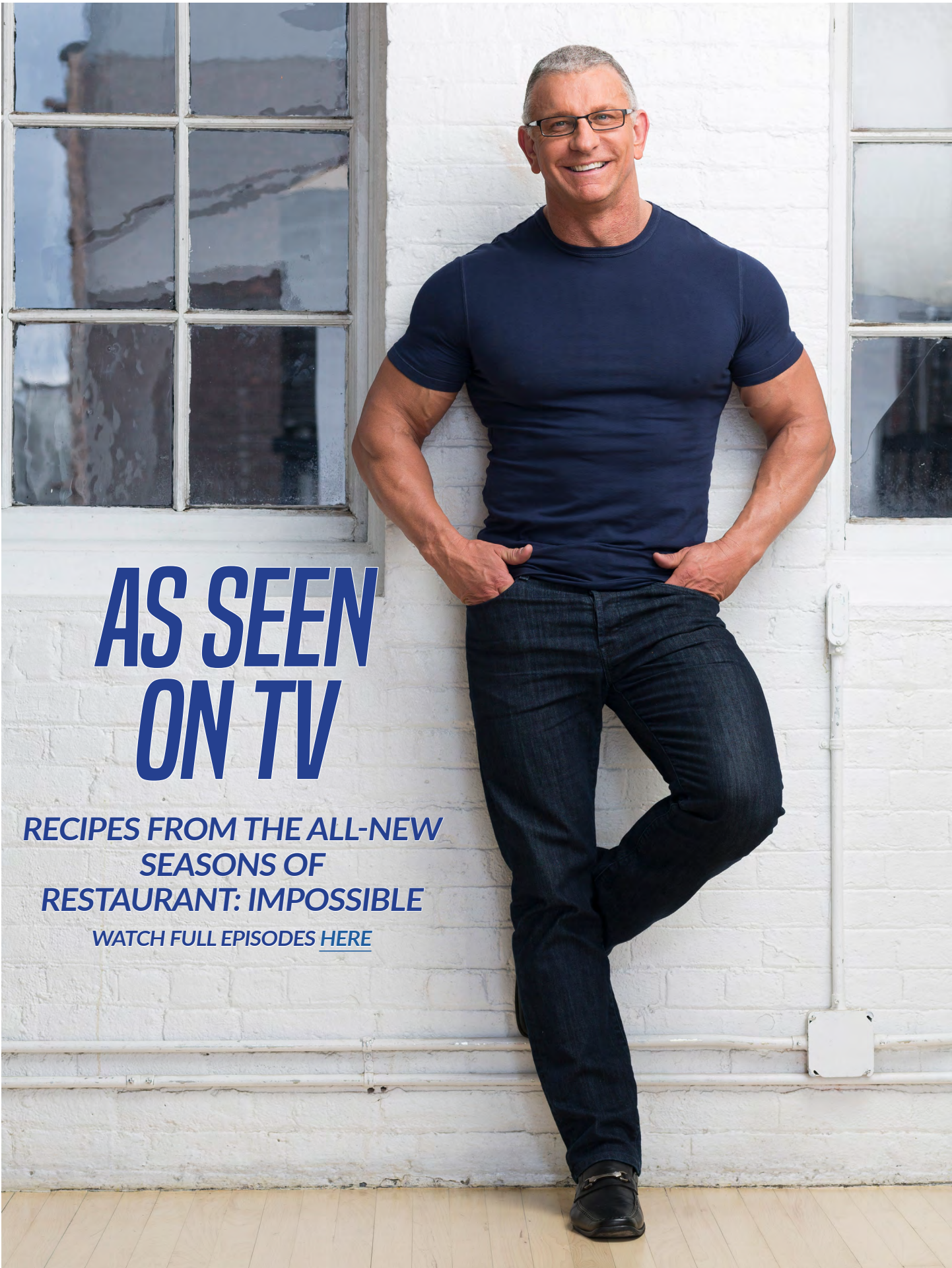
RI: You've had success in a very competitive, difficult field. What advice would you give to readers who feel stuck?

MM: You said I've been successful in my field. I'd say I've had successes, but it goes up and down. I would say I've survived in my field. You're basically self-employed, and then you're only as good as the last thing you did. And you're always going to be unless you make it big and become a household name, so you

have to be adaptable. When YouTube first came along people told me I had to put my impressions on there and I said, "I ain't doing that," and of course that's what I did for the past year.

I think if you're in this you have to listen to what younger people are up to—what they're doing and saying. It's not: Don't have any convictions of your own. But take some stuff under advisement, whatever field you're in. You have to see which way the wind is blowing in any industry.

Follow Mike MacRae on [Twitter](#) and [YouTube](#). For information on how to book him for a corporate gig, visit [MikeMacRae.com](#)



AS SEEN ON TV

**RECIPES FROM THE ALL-NEW
SEASONS OF
RESTAURANT: IMPOSSIBLE**
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AS SEEN ON TV

Chicken Kofta Meatballs

SERVES 4

YOU'LL NEED

FOR THE MEATBALLS

4 eggs
2 lbs ground chicken
2 cups panko breadcrumbs
1 tsp ground cumin
2 tbsp chili powder
2 tbsp kosher salt
1 tbsp black pepper
½ cup white onion, diced
3 cloves garlic, minced
1 cup milk

FOR THE MEATBALL SAUCE

2 tbsp grapeseed oil
1 cup white onion, diced
3 cloves garlic, minced
1 tbsp Dijon mustard
2 qt beef demi-glace
½ bunch fresh rosemary, chopped
½ bunch fresh thyme, chopped

FOR TAHINI VINAIGRETTE

½ cup tahini paste
1 lemon, juiced
2 cloves garlic, minced
½ cup grapeseed oil
Kosher salt and black pepper,

FOR CUCUMBER & QUINOA SALAD

1 seedless cucumber, diced
1 cup cooked quinoa
16 cherry tomatoes, lightly roasted
1 bunch fresh mint, rough chopped
1 bunch fresh cilantro, rough chopped



MAKE IT

MEATBALLS

- 1) Pre-heat oven to 400 degrees F.
- 2) In a large mixing bowl, whisk eggs for about 3 minutes, incorporating air.
- 3) Fold the ground chicken into the eggs and incorporate well by hand.
- 4) In a separate mixing bowl, add panko breadcrumbs, cumin, chili powder, salt, pepper, onions, garlic, and milk. Mix well.
- 5) Fold ground chicken-egg mixture into the breadcrumb mixture. Mix well and then portion into 3 oz balls onto a greased sheet pan.
- 6) Bake for 12 minutes until almost done. Set aside.

MEATBALL SAUCE

- 1) In a large sauce pot over medium-high heat, add the grapeseed oil, 1 cup diced onion, and 3 cloves of minced garlic. Stir and sweat onions and garlic for 1 minute.
- 2) Add the Dijon mustard, beef

demi-glace, rosemary, thyme, and bring to a simmer.

- 3) Carefully place the cooked chicken meatballs into mustard demi-glace sauce and allow to slowly simmer on medium heat for 15 minutes.

TAHINI VINAIGRETTE

- 1) In a large mixing bowl, add tahini paste, lemon juice, and garlic.
- 2) Using a whisk, slowly incorporate the grapeseed oil. Season the vinaigrette with salt and pepper to taste.

CUCUMBER & QUINOA SALAD

- 1) Place cucumbers, quinoa, tomatoes, mint, and cilantro in mixing bowl. Dress with the tahini vinaigrette. Season with salt and pepper.

PLATING

- 1) Place the cucumber and quinoa salad onto a family style platter.
- 2) Serve the sauced meatballs over cucumber & quinoa salad.

AS SEEN ON TV

Salisbury Steak

SERVES 4

YOU'LL NEED

FOR THE SALISBURY STEAK

2 lbs ground beef (80/20 blend)
2 large eggs
½ cup breadcrumbs
¼ cup white onion, diced
1 tbsp garlic, minced
2 tbsp tomato paste
2 tbsp Dijon mustard

2 tbsp Worcestershire sauce
2 tbsp flat leaf parsley, chopped
2 tbsp scallions, chopped

FOR THE ROOT VEGGIES

2 cups Brussels sprouts, halved
2 cups sweet potatoes, large diced
2 cups turnips, large diced

FOR THE MUSHROOM GRAVY

8 oz button mushrooms, sliced
¼ cup raw bacon, medium diced

¼ cup white onion, medium diced
2 cloves garlic, sliced thin
4 tbsp butter
4 tbsp all-purpose flour
1 bunch thyme, chopped
1 bunch rosemary, chopped
1 cup heavy cream
1 ½ cups beef stock
1 tbsp red wine vinegar

FOR GARNISH

1 tbsp chives, chopped fine



AS SEEN ON TV



MAKE IT

SALISBURY STEAK

- 1) In a large mixing bowl, add the ground beef, eggs, breadcrumbs, onions, garlic, tomato paste, Dijon mustard, Worcestershire sauce, parsley, and scallions.
- 2) Using a wooden spoon, incorporate all the ingredients well.
- 3) Season with salt and pepper.

ROOT VEGETABLES

- 1) Pre-heat oven to 375 degrees.
- 2) Keep Brussels sprouts, sweet potatoes, and turnips in separate bowls and season with salt and pepper.
- 3) Place brussels sprouts, turnips, and sweet potatoes on separate cooking trays.
- 4) Roast for about 15 to 20 minutes until vegetables cooked through. The turnips will take the longest.
- 5) Allow the vegetables to cool.

MUSHROOM GRAVY

- 1) In a large saucepan over medium heat, add bacon and allow to render for 5 minutes. Bacon should light

brown in color and lightly crispy.

- 2) Add butter and herbs and allow to cook for another 2 minutes. Add the flour and stir well to create a roux.
- 3) In a separate pot over high heat, add heavy cream, beef stock, and allow to come to a simmer.
- 4) Using a whisk, add the heavy cream and beef stock mixture to the bacon and flour mixture.
- 5) Stir well and bring to a simmer and allow to continue to cook for 10 minutes, or until sauce has thickened.
- 6) Season with salt, pepper, and red wine vinegar.

PLATING

- 1) In a sauté pan over medium heat, add 1 tbsp of grapeseed oil and the Salisbury steaks.
- 2) Allow to cook for about 6 minutes on each side; the steak should be cooked through.
- 3) In a separate pan over medium-high heat, add 1 tbsp grapeseed oil, roasted brussels sprouts, sweet potatoes, and turnips.
- 4) Season vegetables with salt and pepper, to taste.
- 5) Place vegetables in the middle of the plate.
- 6) Place Salisbury steak on top of vegetables, finish with mushroom gravy and chopped chives.

AS SEEN ON TV

Strawberry Cheesecake French Toast

YOU'LL NEED

FOR THE FRENCH TOAST

12 slices of 1" thick Challah Bread
2 cups milk
6 eggs
1 tbsp cinnamon
1 tbsp vanilla extract
3 tbsp granulated sugar
2 tbsp grapeseed oil
2 tbsp butter

FOR CHEESECAKE FILLING

16 oz cream cheese, softened
8 oz sour cream
3 tbsp powdered sugar
2 tsp vanilla extract
Zest of 1 lemon

FOR STRAWBERRY COMPOTE

2 lbs fresh strawberries, cleaned,
trimmed and cut in half
6 oz granulated sugar
2 oz balsamic vinegar
Juice and zest of 1 lemon

FOR GARNISH

1 lb fresh strawberries, cleaned
trimmed and diced
¼ cup crushed Graham crackers
Powdered sugar, as needed

MAKE IT

FRENCH TOAST

1) In a mixing bowl, add milk, eggs, cinnamon, vanilla, and sugar.



Whisk together. Dip the sliced bread into the egg mixture.

2) In a large pan over medium heat with grapeseed oil and butter. Cook bread for about 2 minutes on each side or until golden brown.

CHEESECAKE FILLING

1) In a mixing bowl, whisk the softened cream cheese, sour cream, powdered sugar, vanilla extract, and lemon zest together and set aside.

STRAWBERRY COMPOTE

1) In a medium sauce pot over medium heat, add strawberries, sugar, balsamic vinegar, lemon juice and zest. Stir and bring to a simmer for

12 to 15 minutes or until strawberries start to break down.

2) Using a blender, puree the compote for 1 minute until smooth.

PLATING

1) Place ¼ cup of compote on the plate and spread 2 tbsp of diced strawberries in compote sauce.
2) Place 1 piece of French toast on top of compote and strawberries and spread 2 tbsp of cheesecake filling on top of the French toast and garnish the cream cheese filling with 2 tbsp of diced strawberries. Repeat steps until you have a stack of three slices as pictured. Garnish with Graham crackers and sugar.

AS SEEN ON TV

Pork Schnitzel with Mustard Potatoes & Red Cabbage

SERVES 4

YOU'LL NEED

FOR THE PORK SCHNITZEL

2 lbs boneless pork chops
2 cups all-purpose flour, seasoned with kosher salt and ground black pepper
6 eggs, beaten
3 cups panko bread crumbs
¼ cup grapeseed oil
Kosher salt and ground black pepper, to taste

FOR MUSTARD POTATOES

2 lbs potatoes, diced
¼ cup whole grain mustard
¼ cup heavy cream
2 tbsp grated Parmesan cheese
Kosher salt and ground black pepper, to taste

FOR BRAISED RED CABBAGE

2 tbsp grapeseed oil
1 large red cabbage, sliced ¼" thick
2 Granny Smith apples, peeled and shredded
1 red onion, sliced thin
1 cup red wine
½ cup red wine vinegar
½ cup sugar
¼ tsp ground all spice
Kosher salt and black pepper,

MAKE IT

PORK SCHNITZEL

1) Cut pork chop into 8 portions of 4 oz each.
2) Line a cutting board with plastic wrap, place pork chops on plastic in a single layer. Cover pork chops with another layer of plastic. Using a meat mallet, pound pork chops to

¼ inch thickness.

3) In three separate mixing bowls, add seasoned flour seasoned, eggs, and breadcrumbs.
4) Place pork chop in flour first, then eggs, and then breadcrumbs.
5) Refrigerate for about 20 minutes.

MUSTARD POTATOES

1) In a large mixing bowl add whole grain mustard, heavy cream, and Parmesan cheese.
2) Place diced raw potatoes in a 350-degree oven and cook for about 20 minutes.
3) Remove from oven and add to mustard and cream mixture. Season with salt and pepper.

BRAISED RED CABBAGE

1) In a large sauce pot over medium-high heat add grapeseed oil, cabbage, apples, red wine, red wine vinegar, sugar and ground all spice.
2) Bring mixture to a boil.
3) Drop to a simmer, cover, and allow to cook for about 30 minutes.
4) Season with salt and pepper.

SCHNITZEL & PLATING

1) In a large sauté pan over medium heat, add grapeseed oil and allow it to get hot, then add breaded pork chops and cook for about 3 minutes on each side. Schnitzel should be light brown and cooked through.
2) Top schnitzel with mustard potatoes and braised red cabbage.



AS SEEN ON TV

Korean BBQ Chicken Cheesesteak



SERVES 4

YOU'LL NEED

FOR THE KOREAN BBQ SAUCE

12 oz sweet chili sauce
3 tbsp gochujang paste
3 tbsp sesame oil
2 tbsp garlic, minced
1 tbsp ginger, peeled and minced
¼ cup scallions, sliced thin
6 oz soy sauce
4 tbsp brown sugar
Juice of 1 lime
Kosher salt and black pepper

FOR THE CHEESE SAUCE

1 cup milk
1 cup heavy cream
1 lb pepper jack cheese, shredded

FOR THE KIMCHI SLAW

3 tbsp white wine vinegar
2 tbsp sriracha sauce
1 tbsp honey
4 cups shredded cabbage
1 carrot, sliced thin
¼ cup prepared kimchi
1 tbsp cilantro, chopped
1 tbsp scallions, sliced thin
Kosher salt and black pepper

FOR THE SANDWICH

1 ½ lbs boneless, skinless chicken thighs
2 tbsp grapeseed oil
1 cup red onion, julienned
1 cup red bell pepper, julienned
1 cup green pepper, julienned
2 each jalapeno, seeded, sliced thin
Kosher salt and ground black pepper, to taste
4 hoagie style rolls, cut in half length wise

AS SEEN ON TV

MAKE IT

KOREAN BBQ SAUCE

- 1) In a large mixing bowl, mix the sweet chili sauce, gochujang paste, sesame oil, garlic, ginger, scallions, soy sauce, brown sugar, and lime juice.
- 2) Season with salt and pepper.

PEPPER JACK CHEESE SAUCE

- 1) In a sauce pot over medium-high heat add the milk and heavy cream and bring to a simmer.
- 2) Turn the heat to low and using a whisk, slowly incorporate the shredded pepper jack cheese.
- 3) Season with salt and pepper.

KIMCHI SLAW

- 1) In a mixing bowl add white wine vinegar, sriracha sauce, and honey. Whisk together.
- 2) Add the cabbage, carrots, kimchi, cilantro, and scallions and toss together and season with salt and pepper, to taste.

CHICKEN CHEESESTEAK SANDWICH

- 1) Pre-heat oven to 400 degrees.

- 2) Season the raw chicken thighs with salt and pepper.
- 3) Place chicken thighs on baking sheet and allow to cook for about 15 minutes, or until chicken thighs reach an internal temperature of 165 degrees.
- 4) Allow the cooked chicken thighs to cool. Using a knife, slice the cooked chicken thighs into thin strips.
- 5) In a large sauté pan over medium-high heat, add the grapeseed oil, onions, peppers, and jalapenos.
- 6) Sauté for about 3 minutes, or until onions are translucent in color.
- 7) Add the sliced cooked chicken and cook for another 2 minutes and then coat the sauteed chicken mixture with some the Korean BBQ sauce, and cook for another minute.
- 8) In a separate sauté pan over medium-high heat, add hoagie roll and toast until golden brown in color, about 1 minute.

PLATING

- 1) Place Korean BBQ coated chicken mixture on the toasted hoagie roll and top with the cheese sauce.
- 2) Serve with the kimchi slaw on the side.



AS SEEN ON TV



Crispy Brie with Bacon-Tomato Vinaigrette

YOU'LL NEED

FOR THE BACON TOMATO VINAIGRETTE

12 oz raw bacon, diced
12 oz cherry tomatoes, halved
1 cup balsamic vinegar
Kosher salt and black pepper

FOR THE GREEN GODDESS DRESSING

¼ cup parsley, stems removed
¼ cup cilantro, stems removed
¼ cup scallions, chopped
¼ cup mint, stems removed
1 clove garlic
2 cups mayonnaise
Juice of 1 lime
1 tbsp honey

FOR THE FRIED BRIE

1 lb brie cut into 8 pieces, 2 oz each
2 cups all-purpose flour, seasoned

with kosher salt and black pepper
3 large eggs, beaten
2 cups panko breadcrumbs
Oil, enough for deep frying
3 cups arugula

MAKE IT

BACON-TOMATO VINAIGRETTE

- 1) In a medium sauce pot, add the bacon, stir, and render for about 4 minutes until crispy.
- 2) Add the tomatoes and allow to cook for 4 minutes while stirring.
- 3) Deglaze the bacon-and-tomato mixture with balsamic vinegar. Bring mixture to a simmer, then drop to a low simmer, and allow to reduce by half while stirring.
- 4) Season with salt and pepper

GREEN GODDESS DRESSING

- 1) In a food processor, add pars-

ley, cilantro, scallions, mint, garlic, mayo, lime juice, and honey. Puree the ingredients together for 1 minute. Season with salt and pepper.

CRISPY BRIE

- 1) In three separate mixing bowls, place the seasoned flour, eggs, and breadcrumbs.
- 2) Place brie portions in seasoned flour first, then the beaten eggs, and then the breadcrumbs.
- 3) Pre-heat a deep fryer to 350 F.
- 4) Place the breaded cheese in the fryer and cook for about 4 minutes. Cheese should be golden brown and completely melted inside.

PLATING

- 1) For each portion, place 2 pieces fried cheese on plate.
- 2) Top with arugula, green goddess dressing, and vinaigrette.

HURRICANE'S HEROES



How the dog who stopped a White House attack inspired a charity to meet the needs of all K-9 heroes.

BY KATIE LINENDOLL /// PHOTOS BY ERIK LARSON

HURRICANE'S HEROES

In 2014, an intruder tried to enter the White House by jumping the fence. He met his match when Hurricane, a Secret Service K-9, was released by his handler, Marshall Mirarchi.

Hurricane, a Belgian Malinois, is a highly trained and certified former Secret Service K-9.

He was paired with Mirarchi when he was just three years old.

Mirarchi explained that the K-9 selection process starts with hundreds of dogs trained in a European program – from there only four to five are hand-selected by the Secret Service. And it's not just the dogs that must endure this highly selective process; the agents go through a rigorous program, as well. Mirarchi shared that it's an extremely coveted role and that a dog handler must be competent with a pistol, a rifle, and a canine—and undergo extensive testing and training.

It's somewhat surprising, then, to learn that Mirarchi never had a dog growing up. Nevertheless, the bond with Hurricane was instant. "When a group of us were hand-selected, we were brought in to meet the dogs," Mirarchi says. "I was immediately drawn to all the black Malinois. K9s are typically German Shepherds and



Hurricane and his handler, former Secret Service Agent Marshall Mirarchi, who is often compared to John Wick for obvious reasons. Go to K9HurricanesHeroes.org to learn more, make a donation, and buy excellent merch.

Malinois, but an all-black coat is pretty rare."

Ultimately, the personalities of handler and K-9 need to mesh, and Mirarchi lights up as he discusses their early bond and connection.

"From the start we were a

total match," he says. "It's truly amazing how dogs and handlers choose each other."

Each agent was paired on and off with the different dogs, and Mirarchi laughs when talking about his tactics during this period. He was telling other agents

HURRICANE'S HEROES

that it was time to switch so he could spend more time with Hurricane.

“I was trying to game the system and trick the highly-specialized agents who have been doing this for decades,” he says. “Subliminally, maybe if they keep seeing me with Hurricane I can get it into their heads and stay with him.”

Hurricane's all-black coat isn't his only unique attribute—he is also equipped with four titanium teeth. Though it turns out his teeth are not for bite; in fact, this highly-trained dog bit his way through a carrier on an airplane when he was only a puppy. After that incident, they provided him with implants to keep him in service.

The White House intruder was indeed stopped by Hurricane, but it didn't come without its repercussions. During the attack at the White House, Hurricane was thrown to the ground. Afterward, Mirarchi personally took Hurricane to an emergency veterinary hospital. He was crushed and said it was one of the worst days of his life.

Hurricane proved to be strong and resilient. He recovered and went back to work, but these dogs are constantly tested, and Hurricane started slipping in his scores. While there is no proven direct correlation, it is surmised that the incident impacted him long-term. After his recovery, his back legs weren't hitting the jumps in his tests.

“It's like having a kid who you

don't want to acknowledge that he is under performing, but there is no hiding it,” Mirarchi says.

Due to his injury, Hurricane ended up retiring roughly two years early at the age of eight.

Mirarchi and his high school sweetheart, Lisa Woods, are extremely close and share their love of dogs, and she understands

her fiancé's close bond with Hurricane. Mirarchi laughs as he explains how she patiently waits to greet him when he gets home because she has to wait about twenty minutes until he's done wrestling with Hurricane.

Woods is also a dog trainer and owns a black lab-mix, Piper, who is best friends with Hurricane.



HURRICANE'S HEROES

This inseparable duo founded K-9 Hurricane's Heroes and built it from the ground up. Their federally recognized, non-profit organization provides retired law enforcement and military dogs with subsidized veterinary care so they can live a long and healthy life post-service.

Donations can be made, and merchandise can be purchased, through k9hurricanesheroes.org.

At a recent event, the small but growing volunteer organization made an exciting announcement to join forces with Paws of Honor, which presented a \$40,000 check to sponsor 24 retired working K-9 Heroes.

These funds assist and thank the K-9 heroes for their service by helping absorb the financial burden of medical care, which often falls on the handlers. Hurricane himself was awarded full medical coverage for life by AMC (Animal Medical Center of New York) and it was this act of generosity that sparked the idea for Hurricane's Heroes. Mirarchi wanted to offer this to other K-9s, explaining that pet insurance does not commonly cover pre-existing conditions which is most often the case to a K-9 heading into retirement. This support allows the handlers to remain focused on connecting with their best friend and providing the best retirement possible for them.

"The money goes directly toward K-9 retirement and I think people really appreciate seeing with their own eyes exactly where their dollar goes with the dogs



that they have sponsored," he says. "We hope to continue to share updates of these sponsored dog's highlighting their amazing journeys."

Hurricane may be 12 years old now and retired, but he remains incredibly sharp and strong. When I first approached him, I waited for the okay to pet him. Two hours later he was lying next to me as I pet his ears continuously (if I stopped, he would nudge up against me).

With the two of them paired together, there is no shortage of onlookers: Mirarchi is often compared to John Wick, Keanu Reeves' title action hero to who he bears a striking resemblance.

As I look on, I wonder, "Could he snap?" Mirarchi says Hurricane still has his tough instincts—he is still a dog—so sure, it is possible. With

that in mind, Mirarchi is very cautious with him especially around kids, as they often have toys.

Hurricane is incredibly well-decorated for his service. He has a USSS Award for Merit, PDSA Order of Merit, and DHS Award for Valor. The K-9 even added TV star to his resume, making numerous appearances on national and international telecasts.

But perhaps no two words describe Hurricane better than these: American Hero.

Follow Hurricane's Heroes on [Twitter](#) and [Instagram](#).

Katie Linendoll is an Emmy-winning consumer tech reporter and a regular contributor to top TV outlets and a keynote speaker around the globe. Follow her on [Twitter](#) and [Instagram](#).

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



THE LONG ROAD BACK

Getting back into a workout routine after taking time off can be intimidating. Here's how to get back into training safely and effectively.

Question:

“Before the lockdown, I was working out regularly and my strength was the highest it’s ever been. Once my gym closed down, I lost all motivation to work out. I feel ready to get back into it, but want to make sure I don’t injure myself in the process. What are some ways I can safely get back into training without popping a hamstring on the first day?”

— Tim in NY

Answer By SJ McShane,
CPT

[Sara-Jane.com](https://www.sara-jane.com)

Your question comes at a perfect time, as many people are in the same boat as you are. The good news is, with the proper training tips, you will be back at it before you know it. First...

MANAGE EXPECTATIONS

The first workout after taking time off can cause serious



discouragement – If you’re not mentally prepared, that is. This is where managing your expectations can fight off negative feelings that can come with returning to working out, and prevent you from giving up.

During your first workout, you may feel weaker, winded, and more depleted than you remember when you used to do the same things, and that’s ok. It’s actually good; it means you’re back to conditioning

your body to become stronger and healthier; don’t let your mind tell you otherwise, and don’t give up.

Just know that at first, you won’t be lifting as heavy as you once did, your lungs won’t have the power they once did; but soon they will.

Mentally preparing yourself that you may not feel like Superman on the first day is the goal, and know if you stick to it, you will be where you want to be; one workout at a time, and sooner than you think!

ASK US ANYTHING



START SLOW

After spending an extended period away from training, it's tempting to want to jump right back into your old routine. But at first, your goals need to consist of shorter workouts, lighter weights, and gradually increasing the duration and intensity of your training sessions. In doing this, you will be steering clear of possible injuries, while slowly conditioning your body to operate at its best.

An example of this would be:

Cutting your normal workout time, dumbbell weight, and intensity level in half. Probably not the

news you want to hear, but a fantastic way to ease back into training while warding off any setback's injuries can bring.

As time goes on and your strength grows, slowly increase the load and workout intensity as you did in the past.

TAKE MORE REST (AT FIRST)

They say rest days are just as important as training days and it's true, but when starting any exercise program, allowing for an extra rest day (or two) per week will allow your newly-worked muscles to recover better. Proper recovery equals faster gains and more

results.

Let's say you start on a Monday, take Tuesday off, listen to your body, and if you feel well, return to training on Wednesday. Or, you can work out 3 times per week (max) OR add in more training days, but make them recovery/stretching/mobility/foam roller Days.

EMPHASIZE WARM-UPS AND COOL-DOWNS

Warm-ups and cool-downs are the most neglected part of a workout but are imperative for exercise safety, especially if you are returning to the game after a long time off.

Regardless of what condition you're in your warm-up should be at least 5 minutes. According to ACE Fitness, a solid warm-up should be 5 to 10 minutes.

Performing light cardiovascular exercises to get your heart rate up slightly while warming your major muscle is key. This will allow your muscles to have the proper blood flow they need to work accordingly and fight off injuries.

Now that you're armed with all you need to successfully get back to training safely – be proud of yourself for taking the next step in getting back into your fitness journey!

SJ McShane is a trainer, nutritionist, and Senior Writer for Robert Irvine Magazine. Follow her on [Twitter](#) and visit her [website](#).

BEEN AROUND THE GLOBE AND...

... came up with the perfect show. Five ways *The Globe* is different from every culinary competition you've ever seen.

1. The show demands creativity and invention. We transport the contestants to a new locale they may not be familiar with, so the idea isn't that they have to recreate the local cuisine, rather that they must put their own spin on it or come up with something totally new using the local ingredients. I think this is the most interesting part of the show because sometimes what I'm seeing in the culinary world is that chefs are being told to stay in their lane—that if you're not from a particular area, then you can't try to make food that's inspired by that place. I will always champion and appreciate a classic and authentic dish, but if people don't have the room to experiment and try new things, then the culinary landscape of the future isn't very interesting—it's just what we have now. People need to be afforded the space to be bold and take risks and screw up. I'm proud that *The Globe* is a place where that can happen.

2. Each round has a guest judge from the locale we're visiting. They don't mince words



in their judgment, but they're not just spouting opinion; they have iron-clad local culinary expertise.

3. The “virtual” travel conceit allows us to pack each episode with a lot of variety. In the pilot episode alone we go to Beijing, Tel Aviv, and Accra, the capital of Ghana.

4. The show's virtual premise also allowed us to begin production before the COVID vaccines were widely available and most of the country opened back up.

But I think the show stands on its own without that context and is set up perfectly to continue with future seasons.

5. The competitors are all world-class. After each round, you'll hear a lot of praise from the judges, so it comes down to tiny errors that lead to elimination. To win, you have to make an almost perfect run across the globe.

*Stream all episodes of *The Globe*—and much more—now at [DiscoveryPlus](#).*

ENTERTAINMENT SPOTLIGHT

Let's Go To The Movies



INDIANA JONES 4K COLLECTION

The globe-trotting archaeologist named after his family dog never looked better. The first 1080p Blu-ray transfer from 2012 did such an admirable job of remastering these films, it was hard to imagine how much better 4K would look. The answer turns out to be a

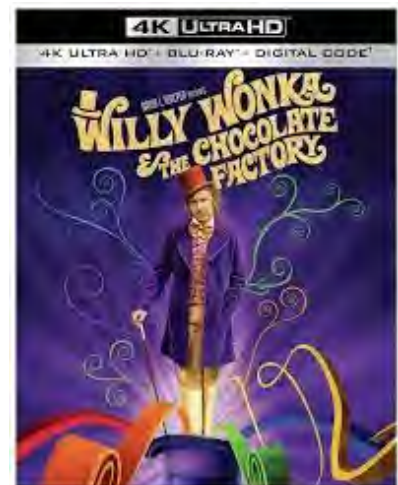
LOT better. So good it'll melt your face off, or, if you're sitting really close, make your head explode. The only reason to hesitate: if you're a finicky completist who wants a definitive box set, just be aware that the fifth film in the series is currently in production.

\$81, [Best Buy](#)

WILLY WONKA & THE CHOCOLATE FACTORY

They don't make em this big and bold and strange anymore. Oh well. At least this thing holds up perfectly. Scratch that – if this transfer is anything to go by, it's no longer just holding up, but greatly improving. The film's primary color palette makes it pop off of 4K screens – the very definition of a visual feast.

\$26, [Best Buy](#)



Let's Collect



ALMOST FAMOUS STEELBOOK COLLECTIBLE

Is it a comedy-drama? A drama-comedy? Meh. Who cares what genre you file it under, just as long as you file it under great. Cameron Crowe's coming-of-age masterpiece has heart and brains and humor in all the right places and is maybe the best rock-and-roll film ever. This 4K transfer retains all the warmth a film set in the 70s ought to have, and the matte-finished steelbook makes it a collectible you'll want to keep forever.

\$23, [Best Buy](#)

FUNKO MECHAGODZILLA

Never jumped on the Funko craze? Maybe you just haven't found the right flavor yet. This cuddly little version of the city-smashing Mecha Godzilla from *Godzilla Vs. Kong* is a great place to start. Lest you get the wrong idea, these might be affordable but they're not cheaply made – solid with the perfect amount of detail. Just realize it's a short putt from getting one to covering your entire office with these things. With extensive lineups from properties such as *Harry Potter*, *Star Wars*, *Disney*, *DC*, and *Marvel*—and a whole lot more—it's very easy to do.



\$11, [Funko](#)

WORDS TO LIVE BY

“The meaning of life... well, it’s nothing very special. Try and be nice to people, avoid eating fat, read a good book every now and then, get some walking in, and try and live together in peace and harmony with people of all creeds and nations.”

- Eric Idle, Monty Python

