

IN THE KITCHEN WITH...

GUY FIERI

After rebelling against his macrobiotic childhood, the Food Network star now cooks easy, affordable meals with his own kids—and puts their favorites on the menu

Growing up, Guy Fieri adored his mom and dad. But their meals? Not so much. "My parents were into macrobiotic cooking—vegetarian, nondairy, whole grains, no red meat," Fieri says, shaking his head. "I started cooking when I was 10 because I just couldn't eat that stuff."

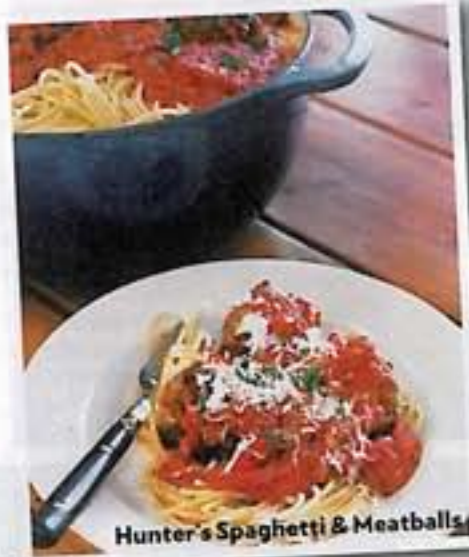
Starting young taught the spiky-haired chef with the "Kulinary Gangsta" tattoo how to have fun with food. That infectious joy has won him millions of fans for his Food Network shows like *Guy off the Hook* and *Diners, Drive-ins and Dives*. (It has also made him rich: He built his folks a house next to his Santa Rosa, Calif., home—no hard feelings about the alfalfa sprout childhood.)

Not surprisingly, Fieri, 41, now shares his love of cooking with sons

Hunter, 12, and Ryder, 3. His wife, Lori, 38, who handled kitchen duty during the 200-plus days Fieri was on the road last year, seems immune to the charms of the stove. So when Dad's home, the boys head to the kitchen to help make favorites like barbecue, sushi or pizza. "Most parents think kids will mess up cooking," says Hunter, whose own innovations include cayenne-chocolate pizza. "They over-react instead of letting us have fun, like my dad."

And while Fieri allows that a deep-fried s'more may not be the healthiest treat, he says food is "so much more than nutrients. We all have an emotional connection to food. Why not use that to connect to our children?"

Bob Meadows. Susan Young in Santa Rosa



Hunter's Spaghetti & Meatballs



S'more Egg Rolls



Four-Bean Salad



Ryder's Malted Milkshake

Everyone fills egg-roll wrappers with chocolate, marshmallow and graham crackers. But frying them is a grown-up job, says Fieri (at home with, from left, Hunter, Ryder and Lori).

WHAT THEY MADE
Four-Bean Salad
Hunter's Spaghetti & Meatballs
S'more Egg Rolls
Ryder's Malted Milkshake
Get Guy's family recipes at people.com/fieri



TIPS FOR COOKING TOGETHER BY GUY AND HUNTER, AGE 12

- **Encourage experimentation:** "Let kids learn what tastes good and what doesn't," says Guy. "They may come up with a great combination you never thought about."
- **Share the work:** "Don't let them just stir the stuff in a bowl," he says. Here, they can shape meatballs, roll egg rolls, scoop malt ingredients.
- **Try it as you go:** "When you cook, you get to taste everything, and that's

pretty fun," says Hunter. "Especially when you are making s'mores." ■ **Teach real skills:** "Bend your fingers in while you chop," says Hunter, a pro at this chef's technique. "If the knife happens to fall, don't try to catch it—I'll never try that again." ■ **Be safe:** "We let Ryder play in the kitchen while we put things together," says Guy. "But when the stove fires up, he's out of here."