Matty\_matheson\_shorter.mp3

[ 00:00:00 ] It's been said of you that you're the most relevant chef in the country. Yeah.

[ 00:00:06 ] I don't know about that. That's ridiculous. I'm not I'm just a guy that has a lot of hits on YouTube and got a TV show and is a chef.

[ 00:00:21 ] But you may not be. On. People. Like. As well.

[ 00:00:41 ] Hodgy chef Matty Matheson has been called the John Belushi of the Toronto food scene and not just because he's witty brash and talented but because his addictions nearly killed him. Marion Kane food sleuth. And welcome to sit in the kitchen. Mattie is executive chef for the trendy parts and labor. But today he's busy with his hugely popular Vice TV show dead set on life plus nearly 200000 Instagram followers and YouTube videos seen by millions. I met him at his restaurant in the Parkdale neighborhood of Toronto.

[ 00:01:24 ] About my.

[ 00:01:39 ] Finally I mean you Maddie. It's taken six months to get this interview.

[ 00:01:45 ] Well now we're here so we're good. We're glad it's not let's not complain about it. How are you. Mood wise. Are you a good positive person.

[ 00:01:56 ] Yeah I think I'm a pretty happy guy. You know it takes a lot of work to be an asshole. You know I've got a wonderful family.

[ 00:02:03 ] I got a wonderful job here in the early thirties now and that hasn't always been that way.

[ 00:02:12 ] You know I guess when four years ago I was at the end of my rope I guess and I guess I was just like a typical party chef. You know every cliche in the book thinking that drinking and doing drugs and partying hard and working really hard hours was a sustainable way of living. And it wasn't you know and I had to cool my jets a bit and stop doing all that shit about three years ago.

[ 00:02:37 ] You had a heart attack in 2012. Was that a serious attack.

[ 00:02:45 ] I think most heart attacks were pretty serious. Was it a wakeup call for you. It was but it certainly wasn't the end of what I was doing. I had my heart attack and then I partied for two more years because I grew this like Superman ego because I was like I didn't die. So then I was just like I'm invincible and will do more drugs and I had to do things more secretly because a lot of my friends were scared or cared about what I was doing so I had to like kind of turn into more of a sneaky dude and like that's when I turned into like a real kind of addict. You know I had to like really find things and dig around and go to kind of deeper darker kind of places to get drugs in. But you know I'm lucky I got to come out the other side and it's cool.

[ 00:03:32 ] What do you think in hindsight drove you to those addictions.

[ 00:03:39 ] I don't know. I don't have too many demons. You know I was definitely more of a happy go lucky party animal. Like I just really like doing drugs. There is excitement of going to seedy places and really getting into the underbelly of shit like there's always that weird romantic thing about it for some reason. When I was about it like I really liked that kind of grimy underbelly of Toronto and trying to get drugs at 6 am is a bit of a chore. So you get to meet some savory characters.

[ 00:04:12 ] It was partly a sense of adventure and danger and living on the dark side.

[ 00:04:19 ] I didn't want the party to stop. You know it's that kind of a scenario just kept going and going and going you just don't want to stop and finally you're like the last guy at the party you know and that kind of like CLECs and I go yeah nobody else is here. You know like it really turns into like a sad story very quickly.

[ 00:04:36 ] Do you now not drink or do drugs abstinence complete absence for like three and a half years.

[ 00:04:43 ] You're not a drip not a nothing. No I haven't had a relapse yet. You know it's it's pretty awesome.

[ 00:04:51 ] Well you're very successful. That must come with a thrill. Fame and fortune.

[ 00:04:57 ] Well the first thing I've learned is fame and fortune. You know I thought I'd get a TV show and then all of a sudden I'd have like you know I still can't afford a second house in Toronto so you rent a flat you rent a house in Parkdale which is sweet. You have a wife and child. I got a wife and child. Yeah Tricia Mac and they're great really amazing people.

[ 00:05:20 ] You grow up in a small town Fort Erie near Buffalo. How is that.

[ 00:05:25 ] It was awesome. We just rode her bikes around like we had tree forts and the beaches like it was really awesome. And then when I got a little older like it was amazing because I could go to Buffalo and that's where I found like the punk and hardcore scene. It was really cool.

[ 00:05:40 ] You know I saw that episode of your show dead set on life when you go back to your home town and you revisit the favorite food of your childhood. Chicken nuggets. You know I've grown up going to robo Mart.

[ 00:05:59 ] It's just like a gas station with like like a bodega in it where you can get sandwiches or chicken wings or whatever. It's just like kind of humble beginnings.

[ 00:06:07 ] You know my favorite restaurant is a gas station in fortiori your parents peer in that episode. They seem like nice people.

[ 00:06:16 ] My parents my friends are amazing very creative very supportive very you know adventurous really cool parents like really gave me the notion that I could do whatever I wanted to do. They were sweethearts. You know I love them.

[ 00:06:33 ] You're very funny on that show. I was prepared to because I am older than you considerably and I thought oh it's just going to be antics. He's a tattooed guy used foul language. You haven't used one swear word yet today.

[ 00:06:53 ] Everyone's like. I'll be out in public. And then this is all weird because all very new I want to do this like shoe store. And some guys I can't believe like you're in here like you're not like oh you are on TV. I'm like what am I supposed to like yell at people are like I think people misconstrue like they see a big tattooed guy and don't see the smaller moments where I'm like just kind of chill and human and like i'm not run around in public yelling and swearing all the time and like I am that person in some respects but like it is television and I'm entertaining you know. And it's just like there's a lot of moments in the day where I'm not entertaining and I'm just chill I'm just relaxed and everything's cool.

[ 00:07:37 ] I made your Mac and Cheese last night with Cheetos. It was delicious. I was I was totally shocked honestly because it was so easy.

[ 00:07:50 ] Yeah. Now those recipes are made to be easy.