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| Marion Kane: | It's been said of you that you are the most relevant chef in the country. |
| Matty Matheson: | Yeah? I don't know about that. That's ridiculous. I'm not. I'm just a guy that has a lot hits on YouTube and got a TV show and is a chef. |
| [00:00:30]  Marion Kane: | Pudgy 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. |
|  | I'm Marion Kane, Food Sleuth, and welcome to “Sittin’ in the Kitchen”. |
| [00:01:00] | Matty is Executive Chef of the trendy Parts & Labour, but today he's busy with his hugely popular Vice TV show, "Dead Set on Life". Plus, nearly 200,000 Instagram followers and YouTube videos seen my millions. |
|  | I met him at his restaurant in the Parkdale neighborhood of Toronto. |
| [00:01:30] | Finally, I meet you, Matty. It's taken six months to get this interview. |
| Matty Matheson: | Well, now we're here, so we're good. We're good. We're here. |
| Marion Kane: | Let's not complain about it. |
| Matty Matheson: | No. |
| Marion Kane: | How are you, mood wise? Are you a good, positive person? |
| [00:02:00]  Matty Matheson: | Yeah. I think I'm a pretty happy guy. It takes a lot of work to be an asshole. I got a wonderful family. I got a wonderful job. |
| Marion Kane: | You're in the early 30's now. It hasn't always been that way. |
| Matty Matheson:  [00:02:30] | You know, I guess, what, four years ago, I was at the end of my rope, I guess. I guess I was just a typical party chef, every cliché in the book, thinking that drinking, and doing drugs, and partying hard, and working really hard hours was a sustainable way of living. It wasn't and I had to cool my jets a bit and stopped doing all that shit about three years ago. |
| Marion Kane: | You had a heart attack in 2012. Was that a serious heart attack? |
| Matty Matheson: | I think most heart attacks are pretty serious. |
| Marion Kane: | Was it a wake up call for you? |
| Matty Matheson:  [00:03:00] | 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 superman ego. I'd be like, "I didn't die," so then I was like, "I'm invisible. I'm going to do more drugs." |
|  | 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 turn into more of a sneaky dude. That's when I turned into a real addict. I had to really find things, and dig around, and go to deeper, darker places to get drugs. |
| [00:03:30] | I'm lucky I got to come out the other side. It's cool. |
| Marion Kane: | What do you think, in hindsight, drove you to those addictions? |
| Matty Matheson:  [00:04:00] | I don't know. I don't have too many demons. I was definitely more of a happy go lucky party animal. I just really liked doing drugs. There is excitement of going to seedy places and really getting into the underbelly of shit. There's always that weird, romantic thing about it, for some reason, and I was about it. I really liked that grimy underbelly of Toronto. Trying to get drugs at 6 a.m. is a big of a chore, so you get to meet some savory characters. |
| Marion Kane: | It was party a sense of adventure, and danger, and living on the dark side- |
| Matty Matheson:  [00:04:30] | Yeah. I didn't want the party to stop. It was that kind of a scenario. Just kept going, and going, and going. You don't want it to stop. Finally, you're the last guy at the party. That clicks and you're like, "Oh, yeah, nobody else is here." It really turns into a sad story very quickly. |
| Marion Kane: | Do you now not drink or do drugs, abstinence? |
| Matty Matheson: | Complete abstinence for three and a half years. Not a drip, not a ... Nothing. I haven't had a relapse yet. It's pretty awesome. |
| Marion Kane: | Well, you're very successful. That must come with a thrill. Fame and fortune. |
| [00:05:00]  Matty Matheson: | The first thing I've learned is that fame isn't fortune. I thought I'd get a TV show and then all of a sudden I'd have ... I still can't afford a fucking house in Toronto. |
| Marion Kane: | Do you rent a flat? |
| Matty Matheson: | We rent a house in Parkdale, which is sweet. |
| Marion Kane: | You have a wife and child? |
| Matty Matheson: | I got a wife and child. Yeah. Trish and Mac. They're great, really amazing people. |
| Marion Kane: | You grew up in a small town, Fort Erie, near Buffalo. How was that? |
| [00:05:30]  Matty Matheson: | It was awesome. We just rode our bikes around. We had tree forts and go to the beaches. It was really awesome. Then, when I got a little older, it was amazing because I could go to Buffalo. That's where I found the punk and hard core scene. It was really cool. |
| Marion Kane: | I saw that episode of your show, "Dead Set on Life", when you go back to your hometown and you revisit the favorite food of your childhood, chicken nuggets on a sub. |
| [00:06:00]  Matty Matheson: | You know, growing up, going to Robomart, it's a gas station with a bodega in it, where you can get sandwiches, or chicken wings, or whatever. It's just humble beginnings. My favorite restaurant is a gas station in Fort Erie. |
| Marion Kane: | Your parents appear in that episode. They seem like nice people. |
| Matty Matheson: | Who, my parents? |
| Marion Kane: | Yeah. |
| Matty Matheson:  [00:06:30] | My parents are amazing. Very creative, very supportive, very adventurous. Really cool parents. Really gave me the notion that I could do whatever I wanted to do. They're sweethearts. I love them. |
| Marion Kane: | You're very funny on that show. I was prepared to hate it, because I'm 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. |
| Matty Matheson:  [00:07:00] | Everyone ... I'll be out in public ... This is all weird, because it's all very new. I went into this shoe store and some guy's like, "Yo, I can't believe you're in here. You're not how you are on TV." I'm like, "Well, what am I supposed ... I'm supposed to yell at people?" |
| [00:07:30] | I think people misconstrue ... They see a big tattooed guy and they don't see the smaller moments, where I'm just chilling, human. I'm not running around in public yelling and swearing all the time. I am that person, in some respects, but it is television and I'm entertaining. 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. |
| Marion Kane: | I made your mac and cheese last night, with Cheetos on top. It was delicious. I was totally shocked, honestly, because it was so easy. |
| Matty Matheson: | Yeah, those recipes are made to be easy. |

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