It's been said of you that you are the most relevant chef in the country Yeah I don't over there that's ridiculous I'm just a guy that has a lot of heads on youtube and got a T.V. show and is a chef. Here. 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 marrying cane food sleuth and welcome to seven in the kitchen Matty is executive chef for the trendy parts and labor but today he's busy with his hugely popular Vice T.V. show dead set on life plus nearly two hundred thousand Instagram followers and You Tube videos seen by millions I met him at his restaurant in the park Del neighborhood of Toronto. You're. Finally I mean. It's taken six months to get this interview an hour here so we're good we're glad we're not that let's not complain. How are you guys are you a good positive person yeah I had begun with pretty average guy you know. It takes a lot of work to be an asshole you know I've got a wonderful family I've got a wonderful job here in the. Hasn't always been that way you know I guess one 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 in 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 stop doing all that shit about three years ago you had a hard. Two thousand and twelve was serious. I think most heart attacks were pretty serious. Was it a wake up call 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'm like I didn't die so then I was just like I'm invincible and we 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 kind of turn into more of a sneaky dude and like that's what I turned into like a real kind of. Addict you know I had to like really find things and dig around and go to like 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 what do you think in hindsight. To those addictions. I don't know I don't have too many demons you know I was definitely more of. A happy go lucky party animal. I just really like doing drugs there is excitement of going to see places and really getting into the underbelly of shit like there's always that weird romantic thing about it for some reason and I was about it. Like I like I really like that kind of grimy underbelly of trying trying to get drugs at six am is a bit of a chore you get to meet some savory characters but it was a sense of adventure. And living on the. I don't want to party to stop you know 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 clicks and I go yeah nobody else is here you know I get it really turns into like a sad story very quickly do you know not drink or do drugs abstinence complete abstinence for like three and a half years you know not a drip not a nothing I haven't had a relapse yet you know when it's pretty awesome Well you're very successful. With the thrill fame and fortune Well the first thing I've learned is fame isn't fortune. You know I thought I'd get a T.V. show and then also not have like you know I stuck in a fuckin house in Tron are so flat we rent a house apart which is sweet you have a wife and child I got a wife and child yeah attrition mag and they're great really amazing people you grew up in a small town. Near Buffalo How was that it was also we just rode our bikes around like we had tree Fordson go to 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 was really cool you know I saw that episode of your show dead set on life when you go back to hometown and you revisit the favorite food of your childhood chicken. You know growing up going to robo Mart it's just like a gas station. Like a like about. Where you can get sandwiches or chicken wings or whatever it's just like kind of humble beginnings you know my favor Russia has a gas station in forty area your parents peer in. They seem like nice people who my parents my peers 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 there sweethearts you know I love you're very funny on the show. I was prepared. I am older than you considerably and I thought oh it's just going to be and tics he said tattooed used foul language you haven't used one swear word yet today everyone like I'll be out in public and then this is all weird because all very new I want to there's like shoe store and some guys are you know I can't believe like you're in here like you're not like you are on T.V. I'm like what most. People are like I think people or misconstrue like they see a big tattooed guy and they don't see the smaller moments where I'm like just kind of chill and human and like I'm not running 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 there's like there's a lot of moments in the day where I'm not entertaining and I'm just chill and just relaxed and everything's cool. 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 yeah I know those recipes are made to be easy.