


AMERICA'S FITTEST CHEFS





After realizing how heavy he'd gotten, Jared Simons vowed to change. "I wanted to look like Brad Pitt from *Fight Club*."

THESE FIVE
CHEFS STAY
RIPPED DESPITE
LONG HOURS,
FRENETIC
SCHEDULES,
AND A BARRAGE
OF RICH AND
FILLING FOOD.
HOW DO
THEY DO IT?
LIKE THIS.

BY JOSH DEAN
PHOTOGRAPHS
BY PETER YANG



THE CHEF

SHAUN HERGATT

New York City



→THE CHALLENGE FINDING THE TIME

Shaun Hergatt feels your pain. You're busy. He's busy. Fitness plans lapse. This happened to Hergatt, a lifelong gymgoer, when he opened SHO near Wall Street in 2009. A typical menu at SHO included foie gras, risotto, and lobster. "I got fat for a while," he says.

Hergatt lost 25 pounds with the help of a trainer friend and without changing his diet. But food, he says now, "is 80 percent of the gig." He went from three big meals to five or six smaller ones. No carbs after 6 p.m. Late at night, after dinner service, he burns off stress at an almost empty gym. Hergatt will soon open a restaurant in 432 Park Avenue, the tallest residential building in the Western Hemisphere. He'll be busy, sure, but it's not anything he won't be able to handle.

SHAUN HERGATT'S FITNESS FUEL

Salmon with Sweet Potato Mash

What You'll Need

- 1 small sweet potato
- 1 Tbsp cilantro, minced
- 1 Tbsp fresh lime juice
- ¼ tsp hot paprika
- 6 oz skinless salmon
- ½ Tbsp extra virgin olive oil
- 2 cups salad mix
- ½ avocado, diced
- 1 tsp white balsamic vinegar

HOW TO MAKE IT

1. Preheat the oven to 400°F and bake the potato till tender, about 1 hour. Peel and add to a bowl. Mash in the next three ingredients.
2. Preheat your grill to high. Brush the salmon with ½ Tbsp olive oil and season

with salt and pepper. Grill to medium, 2 to 3 minutes a side.

3. Toss the salad with the avocado, vinegar, and remaining oil. *Feeds 1*

PER SERVING 684 calories, 39g protein, 38g carbs (11g fiber), 43g fat

Matthew Accarrino won five amateur road races in 2016. He also cooks for a riding team led by Tour de France star George Hincapie.



THE CHEF

MATTHEW ACCARRINO

SPQR, San Francisco

→THE CHALLENGE LIVING WITH THE LURE OF CARBS



“I’m stronger and faster than I’ve ever been, but I’m probably eating more.”

MATTHEW ACCARRINO'S FITNESS FUEL

Pancakes with Almond and Banana



What You'll Need

1 cup all-purpose flour
2 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
¼ cup honey
2 Tbsp olive oil
1 large egg
1 cup 2% milk

Cooking spray

4 Tbsp almond butter
2 bananas, sliced
½ cup toasted sliced almonds
¼ cup maple syrup (optional)

HOW TO MAKE THEM

1. In a large bowl, add all the dry ingredients with ½ tsp salt and mix well. Gradually stir in the honey, oil, egg, and milk.
2. In a large nonstick pan over medium heat, spritz on some cooking spray and add spoonfuls of the batter. Cook until bubbles form on top and the bottom sets. Flip and finish, about 1 minute.
3. To serve, make 4 equal stacks and slather with almond butter. Add banana, almonds, and (if you want) maple syrup. *Feeds 4*

PER SERVING (WITHOUT SYRUP) 530 calories, 14g protein, 65g carbs (6g fiber), 26g fat



EVERY DAY, MATTHEW Accarrino makes—but doesn’t eat—piles of pasta in the kitchen at SPQR, the Michelin-starred, Italian-inspired restaurant he runs. He resists overindulging

due to his commitment to road racing, which requires 10 to 15 hours a week of his time.

He started racing as a kid and aspired to go pro, but a freak accident in an ultimate Frisbee game when he was 16 snapped his femur and ended those ambitions. Instead, he began to cook. For 12 years, he didn’t touch a bike.

After working in various New York City restaurants, Accarrino, 39, moved to California

in 2007 to help open Craft Los Angeles. His girlfriend gave him a road bike as a gift, and he began to ride a little. But when he moved to the Bay Area two years later, he got serious.

Accarrino’s diet is low in processed carbs and high in protein, healthy fats, and complex carbs. A typical racing season meal: roasted salmon with quinoa, served with moisture-rich tomatoes and cucumbers for rehydration.

“I’m stronger and faster than I’ve ever been, but I’m probably eating more,” he explains. “It’s all about constantly refining your diet and training program.” Biking and cooking, he says, have parallels. “Climbing the same hill over and over to try to get faster is not that different from making the same dish over and over to make it better.”

