



Michael Symon

AUTHOR · CELEBRITY

Acclaimed Restaurateur



VISIT MICHAEL'S WEBSITE

About:

- **Gender:** Male
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

Engagement Types:

- Event Hosting
- Speaking

Topics:

- Motivation and Inspiration
- People & Culture

Websites:

- [Website](#)

Biography Highlights

- TV Personality and Host, ABC's 'The Chew'
- Former Iron Chef
- NYT Bestselling Author, 'Fix it with Food,' 'Cooking Out,' & more

Biography

Growing up in a Mediterranean & Eastern European family, Cleveland native Michael Symon creates boldly flavored, deeply satisfying dishes that not only reflect his heritage but the city he was raised in. Lola, Mabel's BBQ, Roast, Bar Symon, Angeline, and B Spot Burgers are all wonderful examples of not only how Symon was raised but how food shaped him. Since being named a Best New Chef by Food & Wine magazine in 1998, Symon and his restaurants have been awarded numerous honors. Symon has won The James Beard Foundation Award for Best Chef.

Symon also shares his exuberant, approachable cooking style and infectious laugh with viewers as an Iron Chef on the Food Network, Burgers, Brew, & 'Que, and as ABC's Resident Chef. Symon was the first chef ever to host the annual Farm Aid benefit concert. He is also a former co-host of the Emmy-winning TV show, The Chew. Symon is the author of six award winning cookbooks, four of which have landed on The

New York Times bestseller list. Symon's live conversations are infused with humor, inspiration, and practical insights which make him an ideal choice for events focused on leadership, innovation, and the pursuit of excellence.

Videos



Michael's Topics

Cooking & Conversation with Michael Symon

In this special event, guests feel like they are cooking with a friend as they cook along with renowned chef Michael Symon. His down-to-earth style makes the food and conversation flow easily as he shares his pro tips with the guests at small venues of any size. As he cooks, Symon sprinkles tips to healthy eating, and managing inflammation and pain through food.

Available: In person, Virtually

Michael Symon's Food Industry

With a career spanning over three decades, celebrity chef Michael Symon has built a culinary empire. Symon's journey to becoming a culinary icon provides valuable lessons on resilience, creativity, and the importance of staying true to one's passions.

Available: In person, Virtually

Strengthening Connections

Celebrity chef Michael Symon's lifelong celebration of food has given him a distinct perspective on the power of food to connect. In this fascinating conversation, Symon gives his perspective on how to reach out to every seat at the table.

Available: In person, Virtually

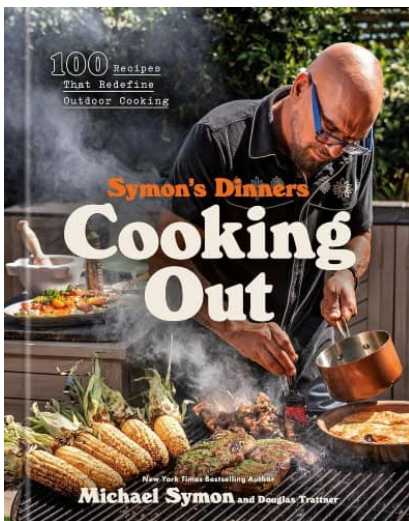
Testimonials

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He was FABULOUS!

Youngstown State University

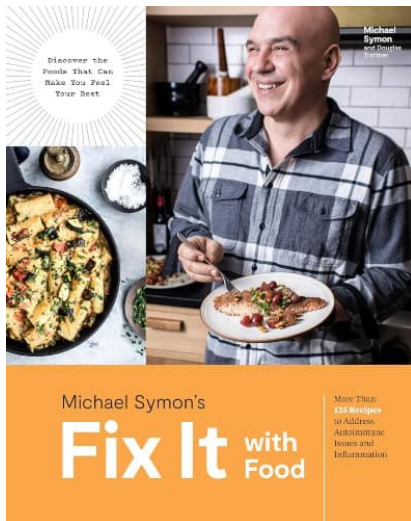
Books



Symon's Dinners Cooking Out: 100 Recipes That Redefine Outdoor Cooking

NEW YORK TIMES BESTSELLER • Go beyond the basics with 100 recipes for showstopping mains, salads, even desserts—all cooked outside—from the host of Symon's Dinners Cooking Out on the Food Network. In Symon's Dinners Cooking Out, Michael Symon offers 100 recipes for outdoor cooking including desserts and drinks too. Featuring fan-favorite recipes from his popular Food Network show, Symon's Dinners Cooking Out, and brand new recipes, this cookbook is sure to excite budding and expert grillers alike. From live-fire classics like Bacon-Cheddar Smash Burgers to unexpected dishes like Fettuccine with Smoked Tomato Sauce, cooks who take it outside will find all kinds of creative ways to use their grills year-round. Showstopping mains are divided into three chapters: Quick & Easy (Grilled Swordfish with Salsa Fresca), Feed a Crowd (Grilled Eggplant Parmesan), and A Bit Fancy (Pork Porterhouse with Chimichurri). Round out the meal with sides like Stuffed Squash Blossoms, Duck Fat-Fried Potatoes, and Blue Cornbread with Honey Butter, and serve up fresh and fast salads like Shaved Carrots with Yogurt Dressing, Grilled Greens with Lime Vinaigrette, or Avocado, Orange, and Jicama Salad. And of course there are a few cocktails and desserts, too from Frozen Strawberry Salty Dog to Chocolate Chip Cookie Bars—all cooked outside.

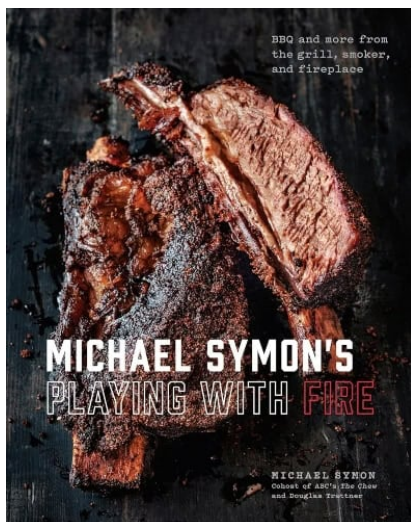
[BUY THE BOOK](#)



Fix It with Food: More Than 125 Recipes to Address Autoimmune Issues and Inflammation: A Cookbook

NEW YORK TIMES BESTSELLER • A guide to managing inflammation and pain with 125+ recipes proving that you don't need to sacrifice delicious food to eat healthfully and be pain free, from celebrity chef and The Chew co-host Michael Symon IACP AWARD FINALIST • "Michael fixed himself with irresistible recipes that just happened to be healthy. Now you can enjoy healing yourself as well."—Mehmet Oz, MD, attending surgeon, New York-Presbyterian/Columbia University When Michael Symon found out he had rheumatoid arthritis and external lupus, he suspected that what he ate—or didn't eat—could make a profound difference in his levels of inflammation and how he felt. So he committed to a food "reset" on The Chew—no red meat, white flour, sugar, dairy, or alcohol. Michael used social media to share his experiment with his fans, and was shocked by the outcome: after completing the reset, he felt amazing. He discovered that dairy, sugar, and processed flours are his food triggers, and that by avoiding them, his inflammation essentially vanished. Michael came up with more than 125 recipes to satisfy his cravings without aggravating his body, including Ginger and Chile-Roast Chicken, dairy-free Mac and Cheese, Spaghetti Squash with Arugula Pesto, and Apple and Cherry Oat Crisp, among many others. Now, for the first time, he is sharing these recipes, as well as a guide on how to identify your food triggers and create a meal plan that works around whatever ingredient causes your discomfort so that you too can enjoy incredible food without sacrificing your health.

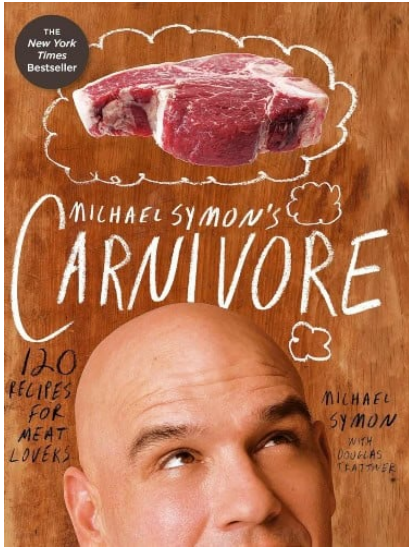
[BUY THE BOOK](#)



Michael Symon's Playing with Fire: BBQ and More from the Grill, Smoker, and Fireplace: A Cookbook

Cohost of The Chew and celebrated Iron Chef and restaurateur Michael Symon returns to a favorite subject, meat, with his first cookbook focused on barbecue and live-fire grilling, with over 70 recipes inspired by his newest restaurant, Mabel's BBQ, in his hometown of Cleveland. In preparing to open his barbecue restaurant, Mabel's BBQ, Michael Symon enthusiastically sampled smoked meat from across America. The 72 finger-licking, lip-smacking recipes here draw inspiration from his favorites, including dry ribs from Memphis, wet ribs from Nashville, brisket from Texas, pork steak from St. Louis, and burnt ends from Kansas City--

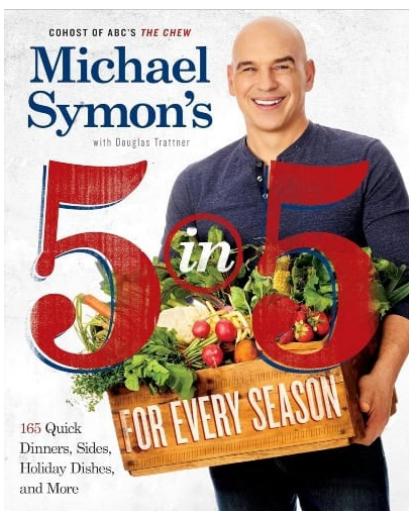
[BUY THE BOOK](#)



Michael Symon's Carnivore: 120 Recipes for Meat Lovers: A Cookbook

Celebrity chef, restaurateur, and meat lover Michael Symon—of Food Network's Iron Chef America and ABC's The Chew—shares his wealth of knowledge and more than 100 killer recipes for steaks, chops, wings, and lesser-known cuts. Fans across the country adore Michael Symon for his big, charismatic personality and his seriously delicious food. But there's one thing Michael is known for above all else: his unabashed love of meat. A devoted carnivore, Michael calls the cuisine at his six Midwestern restaurants "meat-centric." Now, in Michael Symon's Carnivore, he combines his passion and expertise in one stellar cookbook.

[BUY THE BOOK](#)



Michael Symon's 5 in 5 for Every Season: 165 Quick Dinners, Sides, Holiday Dishes, and More: A Cookbook

5 fresh ingredients + 5 minutes of heat = 165 recipes Ridiculously easy from-scratch recipes to get you in and out of the kitchen in a flash every day of the week—now with sides and holiday dishes, too The follow-up to the bestselling Michael Symon's 5 in 5, this new book delivers 165 quick, easy, fresh recipes organized by season with an entire section devoted to making the holidays simpler than ever. Each chapter features inspired main courses as well as recipes for sides and 5 fun ways to celebrate the season, including no-bake summer fruit desserts and spiked drinks to warm up with in winter.

[BUY THE BOOK](#)

Speaker Bureaus And Talent Agencies

Michael Symon is available to book via these agencies

✓ **Recommended**



Speaking Agency