

{ TV }

Dishing It Out

ANTHONY BOURDAIN continues to pull no punches on the new season of his hit show, *No Reservations*.

{ BY KRISTY ALPERT }



Bourdain dining in Mozambique

With the eighth season of his award-winning show, *No Reservations*, debuting next month on the Travel Channel, Anthony Bourdain knows how fortunate he is. His job affords him the ability to travel, soak up various cultures, savor foreign cuisine and document it for TV. Then he gets to do it all over again.

But while his viewers watch enviously as he meanders the streets of faraway places like Cambodia, Mozambique and Brazil, Bourdain dreams of taking his wife and daughter for an extended vacation, sans camera crew. "I'm away from

[my family] a lot more than I'd like to be," admits the 55-year-old, who has gone through four passports in the last 10 years. "When I'm gone, I miss sitting in front of the television watching *Phineas and Ferb* with my daughter."

Don't think for a minute the allure of his career is lost on him, though. When asked how it feels to have the most coveted job in the world, he responds with a smirk and a simple, "It feels good. Real good." No newcomer to the culinary world, Bourdain worked his way up the line-cook ladder in restaurants

in Provincetown, Mass., before graduating from the Culinary Institute of America. Going on to run a number of well-regarded New York restaurants, he gained fame after authoring *Kitchen Confidential: Adventures in the Culinary Underbelly*, a behind-the-scenes tell-all about the restaurant industry. Now with his TV gig, his most public platform to date, he enjoys educating other travelers and foodies on eating well.

"I think it's tragic when people stay on the beaten track," he says. "I like to eat what's considered good by the locals, where it's good. I love my country, but if I'm looking for the perfect restaurant in Rome or Saigon, a large number of my countrymen eating in that restaurant when I arrive is not a good sign. I want to be the only English speaker in the place."

He encourages travelers to embrace his immersive, anything-goes attitude. After all, he asks, "What's the worst that could happen? The perfect vacation is the one where things went horrendously wrong and somehow ended up right."

It's that sense of adventure — or misadventure — that has captivated his cultlike following of food-loving globe-trotters. Now if only he could break away from all his professional vacationing to take one of his own.



STYLE STAR

Since she wrapped up her reality hit, *The Simple Life*, five years ago, **NICOLE RICHIE** has grown up and glammed up. The mom of two has reinvented herself as a style icon and launched well-regarded clothing and accessories lines (Winter Kate and House of Harlow 1960, respectively). Now that she's headed back to the small screen as a mentor for NBC's new reality competition show *Fashion Star* — alongside Jessica Simpson, designer John Varvatos and host/executive producer Elle Macpherson — *American Way* quizzed her for her three best style tips.

{ BY SONA CHARAIPOTRA }



1 GO BOLD WITH ACCESSORIES

"If I had to choose what I'm going to splurge on, I would always go for a great accessory. You can have a great pair of shoes with jeans and a T-shirt, and it's the shoes that make the entire outfit. Sunglasses, a great bag — these small things can really make your look unique."

2 HAVE FUN WITH FASHION

"I think of fashion as a form of expression. People shouldn't take it too seriously. Have fun, experiment and be OK with the fact that you're going to look back in 10 years and laugh at yourself."



3 CHOOSE CLASSIC PIECES

"Some things are always in style. I'm a big jeans-and-T-shirt person. If you have a great classic white tee, I would not get rid of it. And there are other staples, like a great blazer, that you're always going to use. I wouldn't be so quick to throw things away, because you never know what kind of mood you're going to be in."

EAT SPEAK We asked international food expert Anthony Bourdain to tell us some of the best and worst dining experiences he's had — and what he won't eat again. —K.A.



THE GROSSEST THING HE'S EVER EATEN:

"Cinnabon. It's disgusting."



HIS TOP THREE RESTAURANTS WHEN TRAVELING:

"San Sebastian: Arzak ; Saigon: the soup lady (a street vendor); Rome: Roma Sparita (try the Cacio de Pepe)."



WHAT HE'LL NEVER EAT:

"I won't be having shark fin again unless it's absolutely unavoidable."