Thinking, People, Want, Cooking, Restaurants, Grilling, New York, Long, Giving, Flames, Home, Fire, Soup, Vegetables, Trying, Ideas, Sweet, Kitchen, Running, Flavor

I love the culture of grilling. It creates an atmosphere that is festive but casual.

~Bobby Flay

Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course.

~Bobby Flay

A grill is just a source of heat. Just like a stove, it is very user-friendly. ~Bobby Flay

Cooking is a subject you can never know enough about. There is always something new to discover.

~Bobby Flay

I'd love to visit Thailand just for the street food and the energy of a city like Bangkok.

~Bobby Flay

I love using gas grills because they are easier to heat and it's much easier to control the flames with a gas grill than with a charcoal fire. Grilling is not just about lighting a fire.

~Bobby Flay

Take risks and you'll get the payoffs. Learn from your mistakes until you succeed.

~Bobby Flay

Grilling takes the formality out of entertaining. Everyone wants to get involved.

~Bobby Flay

I probably use my chef's knives more than any other tool in the kitchen. I'm not married to a particular brand, because they all work, they all

have sharp blades.

~Bobby Flay

I can't be on the cheeseburger diet all the time.

~Bobby Flay

Grilling outside with my parents at the Jersey shore. We would grill lobster and corn in the summer.

~Bobby Flay

There are so many great things about this business. Almost everybody is on the same team. It is all for one-friendly competitiveness. No one is out to hurt anyone.

~Bobby Flay

If you aren't nervous about your passion, you aren't passionate about it.

~Bobby Flay

When people pile seven things onto one burger, it drives me nuts! ~Bobby Flay

I still love making hamburgers on the grill. I guess whenever I eat them childhood memories come up for me.

~Bobby Flay

Basically, there are two things we know: Everybody has less time, and the general public is demanding better food - better in terms of quality and better in terms of flavor.

~Bobby Flay

I wasn't passionate about food until I'd been cooking for a while. I started long before food became part of the mainstream media. I just wanted to cook, period.

~Bobby Flay

Charcoal or gas. Both give excellent results, so choose the one that best suits your style of cooking.

~Bobby Flay

When I'm on television, I think that I appeal to the everyday guy, 'cause that's who I am. The guys who go to the football games on the weekends are my viewers, for sure.

~Bobby Flay

I don't have a long family history of good cooks in my family.

~Bobby Flay

Do you want to make a tamale with peanut butter and jelly? Go Ahead! Somebody will eat it.

~Bobby Flay

One of the things that happens in my house on the holidays is after dessert, we sit down to a very ambitious men-versus-women game of Trivial Pursuit. It's brutal. And there's a trophy.

~Bobby Flay

Don't try to be the next Rachael Ray or Bobby Flay, we already have those people. We want someone who is going to make their own mark on 'Food Network.'

~Bobby Flay

My partner and I are looking at several locations on Park Avenue South and Midtown for a new restaurant space.

~Bobby Flay

I guess I fell into cooking.

~Bobby Flay

Even if the chef has a good business head, his focus should be behind kitchen doors. A business partner should take care of everything in front of the kitchen doors.

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~Bobby Flay
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My contribution I hope is to get people to eat full-flavored food. If I could come away with that alone, that would be a fantastic accomplishment. I'm also very proud of being a very American chef.

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~Bobby Flay
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It's important to have balance in your life between work and play.

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~Bobby Flay
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Cook ingredients that you are used to cooking by other techniques, such as fish, chicken, or hamburgers. In other words be comfortable with the ingredients you are using.

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~Bobby Flay
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I want to go to college and go back to Georgetown. It's a really cool place.

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~Bobby Flay
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For me, it's all about moderation. I don't kick things out of my diet, like carbs. But I'm not going to eat fast food.

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~Bobby Flay
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You have to have your face in the food. These days people think a tattoo and a bottle of Sriracha equals success.

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~Bobby Flay
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An instant-read thermometer is your best bet for making sure that meat and fish are cooked to the proper temperature.

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~Bobby Flay
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When I'm hiring a cook for one of my restaurants, and I want to see what they can do, I usually ask them to make me an omelette.

~Bobby Flay

When I go to a restaurant, I eat three-quarters of the food in front of me. That cuts my calorie intake by 25 percent.

~Bobby Flay

If my daughter wants to get into this business, I would support that decision. She's going to have a hard time not being in it. She loves food and she's around it all the time.

~Bobby Flay

It is very important that when you put something on the grill, you leave it in place to cook. If you move it around too quickly, chances are it is going to stick.

~Bobby Flay

In the end, your creativity -- perhaps even your outrageousness -- will determine the final result.

~Bobby Flay

Today, when I hire, I look for people who want to be trained and molded.

~Bobby Flay

I dropped out of high school. I really had no interest in doing any school work whatsoever.

~Bobby Flay

Nothing goes perfectly, especially when you're opening a restaurant.

~Bobby Flay

I think everybody at some point in time has thought to themselves, "I

have a really great idea for a restaurant."

~Bobby Flay

I think New York has the most diverse and best quality representation of so many different cuisines at all levels.

~Bobby Flay

I spend 80% of my time in my restaurants. Taping my TV shows doesn't take much time, and then they get aired a lot. That's the thing people don't realize.

~Bobby Flay

I don't like to dump the dressing on top of the greens. Instead, I pour it against the side of the bowl - using only enough to glaze the leaves - then toss.

~Bobby Flay

I live in New York and I'm in New York basically all the time. I spend a lot of my time in my restaurants, and I feel like that's why they're successful.

~Bobby Flay

You can't chase everybody on the Internet who's saying stuff about you, that's for sure.

~Bobby Flay

One thing you don't want to do as a host is be running around all evening. Do as much as you can ahead of time, so all you have to do is grill the main ingredients.

~Bobby Flay

In those days, the main requirement to be on the Food Network was being able to get there by subway.

~Bobby Flay

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