



Frank Picarelli films an episode of 'Fed up with Frank' in his Mint Hill home. PHOTOS BY CAROLYN STEEVES

MH chef films cooking show at home

By Carolyn Steeves
The Mint Hill Times

Frank Picarelli is “fed up” with the eating habits he sees. So much so, that he stars in a new online cooking show, titled “Fed Up with Frank.”

The show, taped weekly in Picarelli’s kitchen in Mint Hill and posted every two weeks online, features a different recipe every week. Picarelli explains how to prepare the dish and answers questions from viewers.

The show started when Julio Barriga, a local videographer who owns and runs JB Video and Photography, posted an ad looking for someone to host an online cooking show. Picarelli said he responded, they ran a test episode and it grew from there.

Picarelli explained that they later brought in Terry Fields, who works in marketing and advertising for Enterprise Marketing.

“(Fields) came up with the name ‘Fed Up with Frank,’” Picarelli explained. “I was always saying how I don’t understand why people don’t feel like they can do this stuff and I don’t know why people feel compelled to go out and spend a lot of money to enjoy good food when everything can be done right at home with minimal effort.”

The show is still in its beginning stages, with only a handful of episodes posted

online. The group is also working through the kinks of filming in a home studio. Barriga explained a particular problem, when his camera picked up static in one corner of the kitchen. Whenever Picarelli went to a certain corner, his camera would pick up static—he had no idea why. Barriga now has a piece of tin foil wrapped around the antenna on his camera. He said it was Fields’ idea and it worked.

As for the future of the show, Picarelli hopes it will help people.

“I just hope it informs people and we can have some fun doing it,” he said. “It would be great if it got picked up by something that was sponsored and financially it was a payoff, but I’m still more in it for the passion, just to share and let people know...I enjoy showing what can be done.”

So far, Picarelli has done episodes on fish and chips, spaghetti and meatballs, beef wellington and other episodes that have been filmed but not yet posted.

He’s not sure if the reason so many people prefer to swing through the drive thru than make food actually has to do with a lack of ability.

“I’ve found that some people are more intimidated than they need to be,” Picarelli said. “They have this feeling that preparation of good food is a strenuous,

Meet the Chef

Frank Picarelli was born and raised in Southern California. He moved to Mint Hill in 2005 when his wife came to the area for a job.

He started his formal culinary training in 1994 at Orange Coast College Culinary School in Costa Mesa, Cal. “But I’ve always had an interest (in cooking), I’ve always enjoyed it,” he said. Shortly after enrolling in school, he got a job as a dishwasher in a small restaurant and decided to work his way up. He eventually became executive chef of a restaurant in California.

His culinary role models and favorite shows to watch include Gordon Ramsay (of “Hell’s Kitchen” fame), Guy Fieri and Tyler Florence. “I like the people who are kind of real, they’re not doing so much for show, but really trying to convey the culinary aspects of it,” Picarelli said.

In addition to food, Picarelli is a sixth degree black belt and has an instructor’s license in Budo Taijutsu. He teaches classes two nights a week and has been to Japan a few times for training.

He has not worked in any restaurants in this area. Instead he is focused on being a stay-at-home dad to his three children and now, taping ‘Fed Up with Frank.’

involved process. It’s really no more involved for me than doing any task around the house—making the bed, washing and folding laundry, going to pick up kid or anything like that. It just seems like there are a lot of people who hit a barrier when it comes to meal preparation, with the exception of special occasions.”

“But this is something that can be done every day, you don’t have to rely so much on outside sources

for your meals,” he said.

What is Picarelli’s favorite dish to prepare?

“The one I’m making at the moment,” he said. “If I’m making chipino, that’s my favorite. I get completely into it. If I’m making beef wellington, then that’s where I’m at, I’m not drawing any comparisons. I love food. I love cooking.”

“Fed Up with Frank” can be viewed online at: fedupwithfrank.com. Episodes are posted every other week.