

001 EHK Podcast Tricia Clark

[00:00:00] [00:01:00]

Tricia: Hi.

Anna: Hi, I'm here with Tricia Clark, a dear old friend of mine, or I should say a dear longtime friend of mine. I don't like saying dear old friend because

Tricia: yeah, let's not, let's not add to the, uh, age-ism in Hollywood.

Anna: Yeah, that's right. We are. We're the same age. We've we've had some, we've had some longevity in this space.

Tricia: Yeah, I've gone through kind of the, um, I've, I've kind of put my hand in all the jars at this point, like I've done, I worked at Warner brothers when I first moved to [00:02:00] LA acting, then just acting then deciding I needed to do something else. And so it evolved into styling, which then evolved into producing food shows and then food content for different people

Anna: now.

Okay. I'm assuming that. Intro to who you are, but still give us your Tricia Clark. You are a food producer.

Tricia: Yes, I'm Tricia Clark. I'm a food producer. Um, for a variety of networks, I create a content for television shows as well as styling food for scripted television. So my job kind of covers it. I wear a lot of hats with under, under the same title.

So I do everything from creating content, like, you know, creating recipes for people or for websites, magazines, that kind of thing to, um, actually plotting what someone like what the action of a television show. We'll [00:03:00] be like what they're going to make or what are they, what they're going to eat on a television

Anna: show.

Oh, I have so many questions for you. I have so many questions for you and I'm so excited. You can be here to share all this stuff with my people, because for a number of reasons, I know you, I've known you for years, and I know that

you've always been super involved and passionate about food. And where did that come from?

Tricia: So as a child, I started cooking. I wanted an easy bake oven, like every other kid in the eighties. And I didn't get one. My mom said, just go ahead and use the big oven. And so I, I did, I mean, I was the fourth child and really, they were tapped out of a lot of the hardcore parenting by that point. So she was like, just use the stove, you know, no problem.

So I started very young and it was like, you know, every book report I did that I could get away with it. And elementary school was a cookbook review, so I made. I would review a cookbook and that I made the item for the [00:04:00] class. You're not going to not get an a, if you make treats and bring them in

Anna: Trisha, I wish I knew that trick.

I would have gotten so

Tricia: much better grades. I worked the system. And so I was like, so then there would be like, that was excellent. Maybe that's the only one for this semester. Like they, then they caught on to me and then it was like more like, whatever, but I would try to sweat even like in high school, I did it.

I did my Shakespeare, um, report. Like we ha I was in AP English, and I did a huge Shakespearian, like, uh, food display for part of the police station. You know, with like

Anna: you were styling food in high school,

Tricia: I would styling food in high school. Yeah. So then, you know, acting like there was highs and lows, obviously we all know this to acting.

So, um, as far as finances, you know, I would go from. A lot of money to no money within six months. You're like, oh,

Anna: you got that. Alegra commercial when we were all children. And I was just like,

Tricia: No [00:05:00] I made, I know. I was like, and then it would just be like, oh, well the quirky New York type, uh isn't in right now.

So then they want, you know, blonde surfer types or whatever. And then all of a sudden you're not making as much money and it's not as exciting, um, to live here if you have no money. So I was like, okay. Um, so then I ended up kind of incorporating when my residuals really started to like Teeter where I was like, this is not profitable.

I'm going to have to add something else in. So then I started styling cause that. Someone, a television show, just helping out like 20 hours a week working part-time at the show called extra and they were going to add a kitchen and I was like, oh, I could do it. And I was like, yeah, just fake it until you make it.

I was like, yeah, I can style that. What do you mean? They

Anna: were going to add a kitchen.

Tricia: So they added another set. That was a kitchen. So they were going to do stand and stir how tos. So then I was like, yeah, uh, yeah, what do you need? And so I did. And then I really became like more of a producer there as far as segments, um, you know, making choices.

And [00:06:00] that's how I really met half the people in the food network, because I was styling or cooking for like Bobby Flay. You know, you name the person I was cooking for.

Anna: So just for clarity sake, So Bobby Flay would say, I have a new cookbook to promote. I'm going to come do a stand and stir and do a recipe.

And so you would pre prep, everything for him so that he could just make the thing and look like a rock.

Tricia: So basically you do. So when someone does a promo, like, you know, if you did one for hat, eat happy to or something and you go on a

Anna: show and I was making Trisha's, uh, sea bass with Agra Dolce sauce.

Yeah.

Tricia: If you're going to write. I would do it, what we call stepping it out. So I would step out the recipe for you. I would make a finished version. That's beautiful with all the accoutrement, like all dressed for a photo. Then I would do, um, one in process, halfway through a process. And then I would do just all the pieces were so we could show you putting it together.

And then through the magic of television. It would [00:07:00] come out and it'd be like this finished thing. So, I mean, I don't know if remember PM magazine, but it was on the eighties. And he was like, oh yeah, I remember I would come home from school and watch that. And they would have that kitchen segment and then they would say, and the magic of television and they brought that, that, or whatever.

And I was like, what is this?

Anna: By the way, when I went to do Atlanta and company, When I was in Atlanta a couple years ago, maybe like four years ago promoting the first book. I did that. And they, they were like, we want you to do four recipes in six minutes. And, and my friend and I had to prep it step in prep, everything and bring pans and serving, like they didn't have anything except for the fake kitchen set up.

And I was like, They can't do this at the today show, right? Like lick is of course I'm like, I want to do the today show. I want to like do bigger shows, but you, they were in

Tricia: good hands if you had like, so on a [00:08:00] larger scale. Either. They have a person like me, who's the producer who works with the team. So let's say you had a team you like to work with, then you could bring them in.

And I would oversee that every step was taken. Right. You can do it like that. Or, um, sometimes book publishing companies hire me specifically. And so I'll do 'em all the, uh, Promotions like, you know, the four o'clock in the morning, like radio spots, TV spots, or the live, those live shots for like teasers and stuff.

I'll do those and I'll get up at three o'clock in the morning. I go down to do a book and there's like a couple of different studios that do this. With TLL worry or Maori, whatever, you know, sorry. Um, I don't remember her name, but you know, it's like someone very hosts

Anna: and hostesses

Tricia: have said shows. Yeah.

So exactly those, those people and like you go down and you do everything for them. It's like, they just point it food and it's like, oh, what did genius you are? You know, it's like been up all night. Yeah. [00:09:00] So it's. Yeah, it's fun. It's

like, it can be very creative sometimes you don't agree with the choices, but you just have to go.

Okay. Like I get paid the same either way.

Anna: I feel like you've done something to a recipe to make it better when the person is, or do you always follow?

Tricia: Oh no. A hundred percent. We make improvements half the times. I mean, this is why, like, when we were doing your book working, when I was talking to you about it rather.

You know, we talk about testing and like, it's got to go through different hands because half the stuff that, I mean, I'm talking about James Beard award-winning books that I've worked on, that don't the recipes don't work like lately, you know? And there was always that. Yeah, because I've

Anna: been saying this for years, cause I, I, I'm sorry.

I'm so. Yeah, phrased about this because I would make certain recipes of people I really looked up to when I was a young person and I was always great with food. [00:10:00] And I was like, wow, that really didn't work. And why I didn't understand. I thought I was the problem that I was the missing link. And now having written a hundred bajillion recipes and tested them, I can see, I can look at a recipe and say, oh,

Tricia: that's not going to famous quote by someone.

I think it's smart to Stuart where she says basically, Um, I'm paraphrasing, but it's like, um, you know, oh, just put it down. They'll just think they did it wrong anyway. You know, it's like, basically the assumption is like the end user will just think it's their fault. If it doesn't work. I mean, there's

Anna: one of the ones that I was referring to.

Tricia: I mean, there's, there's a lot of that that goes on. And sometimes, you know, like we just go through like, especially when people just, um, there's a few people that work on. On cookbooks that are like, they have a lot of 'em. They have a lot of irons in the fire. I'll just say that like, they're very busy people.

And so they're like, I'm going to turn out three-foot books in this year. And then it's [00:11:00] like, oh, what you forgot to put the, you know, like there's a whole like section where you're supposed to cook the pasta that you skipped.

Anna: They miss huge steps that happens with the best of intentions.

Tricia: I mean, you just it's like, it's just has to go through those phases.

And so we definitely, um, you know, notice that and make corrections you have

Anna: to was your favorite cookbook that you reviewed in elementary school. Like what was your ride or die?

Tricia: Um, I don't know that I had one. I would go like I would go through. I mean, there's this book that I have here. Hold on. I'll get it for you.

This was kind of an inspires, the Duchess bakes the cake and the author signed it to me. And that was, you know, I don't know what year God knows, but I got it at the book fair. This was like something that was like, it was like 10 years ago. Um, [00:12:00] this was something that like, you know, Kind of inspired me and I was like, yeah, I can, you know, and that kind of turned it, but as far as the cookbooks, there was a couple of standout recipes that I made in elementary school that my mom still makes like in our rotation of cookies and stuff, because a lot of my stuff was very sweet.

I'll be honest. Like I did try things and then you have,

Anna: you're a phenomenal baker.

Tricia: We had this, uh, these international Copa. Which were problemed by Southern living. I'll be honest. Like everything was like somehow related someone living in my house. But, um, so it had international desserts. And so why would you start trying this?

This is an elementary school. I was like, I'm going to deep fry bananas. And then, uh, you know, I was doing all these words. Asian, thanks to, you know, but like you just, it didn't hurt to try. I was like, okay. And then I started selling cakes when I was in elementary school, in the neighborhood. I'd take orders for my chocolate, with chocolate icing cake, and I would sell them for \$10 a pop.

And my dad's like, I'm paying them for [00:13:00] all the ingredients. I don't know how

Anna: they didn't deduct your expenses. You just

Tricia: got \$10. You got to keep all the profit. I got to keep it all. Yeah.

Anna: And then my setting you up for some false expectations later in

Tricia: life, I know I'm terrible at pricing things now. Um, yeah, so, so that happened in the, my aunt who was a great cook.

My mom's a great cook, but my aunt was phenomenal cook and she, um, gave me like this like starter kit, which I still have some things from it's like she gave me five pounds of sugar, five pounds of flour, a set of measuring cups. You know, in a leader measurement, which, you know, I cook a lot in European stuff.

So it's like, I still have those things. That's awesome. A hundred years later. Yeah. So it started really quickly for me, you know?

Anna: So how did you make the transition from producing segments on extra to full-blown? Cause talk about some of the shows you've worked on some baking shows you've worked on some regular Geoff [00:14:00] shows too.

Like yeah. I've talking about some of the things and how you made that into

Tricia: that world. Kind of the, I mean the ones kind of, most people have heard of like top chef. I've done master chef. I've done. Um, the great American baking show. That's the one I filmed in England. That's the British bake-off. It's when we bring Americans over and we do a special for ABC.

Um, that's on a bit of a hiatus because of COVID. Um, but hopefully coming back, um, I show co for ABC called food fight. I just did one for Fox called crime scene kitchen, which, um, was on last spring. Like, yeah, it was a huge show or like you had to guess based on. The disarray of the kitchen, what was made there.

So like you could see there's a pot out and then there's a thermometer and then there's, you know, sugar up to this level. So, you know, that something was terrible was in there. And exactly. So it was fun. It's a fun concept. We'll see what happens with it. Like I'm hearing rumors it's coming back. It was a very stressful one.

So we'll see how [00:15:00] that, you know, so it's a very pressurized environment. So it's like you have, because you get it from

Anna: that to, that was one of those things where like, somebody is like, Hey, you'd make a good food show producer, come to this show. Or did you apply? How

Tricia: did that happen? No, it just involves. So like, um, Because people know that I bake.

So when I was doing, you know, even when I've done things, like I've always brought stuff into offices. I'm like, what am I going to do? I live by myself, eat all this myself. No, I bring it into the office. Right. So it became known that, you know, that I baked. And one of the girls that I subbed in after I started styling on extra, I did.

Really, um, rough show for food network. That was like, God, what was it called? Like, you know, one of those, like chef shows where it's like, you know, they're outside cooking and mealworms. No spiders or something gross, you know, anyway, it was one of those. And [00:16:00] then the, the producer from that was like, Hey, this show called me, are you interested?

Because she knew that I had a baking background, so that's as easy as it was. And then I started at kind of like a, oh God, I can't believe I did that show too. Like mainstream master job. Yeah. Yeah. So, I mean, it's, it's, it's a tough business cause it's like, basically you have the job of a creative person and then you are also in addition running illegal kitchen, basically.

So like I have all the responsibility right now of building a kitchen out and like anticipating equipment needs, food costs, all that, just like you're working. But then also like doing the creative for the show and being like they should make fried wontons today or whatever it is, you know,

Anna: I always wondered who comes up with those challenges.

That's you? That's me. Yeah. How do you come up with those challenges on the show where like today you're going to lift the surprise box and it's

Tricia: yeah. So it's the same. [00:17:00] Maybe we wrap it around seasonality. So it's like, I know I can get really good swordfish right now. So what would I put with that? Maybe a Fresno.

So I go hot, you know, I like to go from, if you're doing like a box like that, you're designing it around different flavor profiles and different directions. They go with that main protein or whatever it is. Right. So we want to go spicy when

it goes sweet. We want to go. You know, so I'll put something in to represent all those groups so that people can really create from there.

So it's like, it's just, it's a guessing game. But like, I typically, if, so if I put a box together for any show, I make a list of 10 dishes or so that I would do if I had that box. So then I know like, okay, I'm going to see because networks really worry about seeing, um, a variety. So that's it to be repetitive.

Exactly. And like, it's a struggle for me because, um, they don't really, because [00:18:00] some of them are a little less knowledgeable as far as how food is made, so they don't realize, uh, cooking a brisket. How's the different timing then, um, then cooking fish or swordfish because it's like, oh, I need four hours for this versus 45 minutes for this.

And they'll go like, oh, it should be fine. I'm like, no, it's not, you know, so, so anyway, so that's kind of like the difficulty is finding those sweet spots and compromising where I have to, to like, The variety, because you've want to, like in shows when you're designing a show for me, it's all about the evolution of the episode.

So like, we start off, you want to get to know people, but then you also want to see the food get progressively harder or like more elaborate as you go. So like, you know, th that's, that's kind of what I'm always helping with with design of it. Like, does it feel like it has a natural evolution kind

Anna: of like how on top chef.

And with basically [00:19:00] restaurant wars where they're creating an entire experience and not just one single dish

Tricia: you move into, like, I mean, for, for that show, it would be like, I worked on the final. Uh, they have two different crews that work. It's a strange shooting schedule. Cause it's so long. So basically you have a separate crew that goes in and does the last few episodes and that's what crew I worked on.

So at that point they're throwing cash at you. It's just like whole pigs, whole. You have to break down the whole protein. So it's like, they, you know, it becomes something else. Like by that time in the show, because it's, you know, they have such a, um, a grand entry, like, uh, last few episodes, you know what I mean?

They want real, they want flash, they're looking for like, you know, elaborate exotic foods to come out on. Which they pretty much do, but

Anna: the top chef does a pretty bang up job. Um, so I know you don't want to reveal any, [00:20:00] uh, identities or we want to be, we want to keep you working on these shows and then we'll transition into talking about some of the fun tricks of the trade, um, or not so fun as the case may be.

Let me put it to you this way. When I love watching cooking shows always have. And when I watch people compete, I think to myself, especially when they have the amateur cooking shows, right. They, they take people quote unquote, off the street. I mean, obviously they have experience, but they're not a restaurant chef.

Maybe they own a catering company. Maybe they're a food blogger, maybe they're, you know, and I always think to myself, wow, how do they know every single challenge? Cause I know the food that I work with every day. And I have no problem with that. Yeah. But then when you, if you were to give me a baking challenge with gluten flour, I'd be screwed because I don't fucking know how to work with regular flour.

Cause I'd never have worked with it in 20 years. Yeah. So like how. [00:21:00] How do these people do? Do they cast people who know how to do everything cause I'm amazed constantly or is that the magic of television making?

Tricia: So on a lot of my shows and I think there's a movement of people that have this philosophy.

It's not just, but you know, on British bake-off, that's who I worked for, like half the year doing. Doing the, with the American crew. I mean the American crew, meaning four of us, because it's just, my whole crew is in the UK. But, um, we work together to really, we, we develop this with the cast, so it's not a matter of like we, and we own it.

You know, they go to Bangkok. They know it ahead of time, except for the technical. Obviously that's the, that's the whammy that you got every episode, but you know, we take ownership of the fact, like you don't naturally know this. I mean, I'm a baker and let me tell you, I can make biscuits. Maybe chocks would be like, I have my west of it is on paper because it's so precise.

Like I don't have that kind of a storage left that I wonder what they're

Anna: [00:22:00] like, well, I'm just making a creme anglaise. Well, I haven't made a creme on glaze in 20 years, so I would need to look at a recipe exactly. And then memorize it and then get out there and being

Tricia: things where we, um, may Mike prep them in a broad way, like on a, for a savory show, we might give them broad strokes.

Like, Hey, start thinking about. The show in terms of, uh, ways you can take your unique culinary experiences and point of view and inserting it into. Um, something, you know, like for the show. So like, cause I always want, cause it makes the best contestant is if you keep your personality throughout all your cooks, like the, I can see that that's Anna's dish, you know, by looking at shines through the food.

Exactly. It's not, it shines through that. It's yours. Like nobody wants the cheesecake factory of cooks. Do you know what I mean? Like where it's like, I do this, I also do this on. It gets muddled [00:23:00] better. Exactly. It's like you want someone to have a voice and like that unique voice is good enough. You don't have to be the key, you know, the best at everything.

So you help a little

Anna: bit is what you're saying, depending on the show you.

Tricia: Yeah, depending on the show, I will prep with them as far as getting them prepared for the show. It's not like I'm giving them a recipe. It's more like, Hey, I have a bunch of deliverables for you. Meaning like, so you need to work on these 10 categories of like a food.

And then you have a deadline to turn it in because we like to shop as efficiently as possible for people. I might not have black soy sauce for you. If you don't ask

Anna: one of them, who did this shopping for? Like the F the master chef kitchen or the food network kitchen, is that you you're like?

Tricia: Yeah, we come up with list.

Um, we come up with lists based on, uh, Uh, [00:24:00] need and like it's, especially with food costs, food customs, like 30% higher than normal right now. So like, you know, for my point forward right now, I'm like be specific because let me tell you, I'm not really. Going to be buying overages in every category because it's just too expensive.

Let me protein. I just paid 1899 for bacon the other day. I mean, it's like crazy prices for, you know, quality product right now, especially in California. Anyway, it's, it's tough. It's like, you know, cause you want, like, you've got to keep your bottom line down, but also like just not being wasteful is important, you know, it's like, you know, because of the laws of.

And, you know, health codes and whatnot. We have, we really don't have a lot of opportunity. Once someone opens a package of something, I don't really have an opportunity to use that again, because they've, cross-contaminated it. So like, unless it's sealed like that that's loss, you know? So if they [00:25:00] open a chick, a package of chicken and pork Tenderloin, both of those are done for me.

Right. So it's, it gets expensive. So it's like, you know, I have to keep all that.

Anna: One time when Lucy, my daughter for the audience, I'm sure you guys know. I have a daughter named Lucy. Cause if you wouldn't, you wouldn't be listening to the interview. If you didn't already follow me. Okay. When Lucy was 11, she got to be a judge on a, uh, food network challenge show.

And we went down to like Hermosa beach at the Ritz Carlton. They had it outside and I was like, Michael, oh God, what's his name? Michael

Tricia: Simon. Yeah. Yeah.

Anna: And Melissa d'Arabian, I think was her name. She won like the first star. I can't remember. Yes. And, um, and Lucy was the pickiest eater on the planet and I basically told her no matter they did, they did call and say, what are her favorite proteins?

And is there anything she just won't eat? Which I appreciated. So I told him that, but I was like, no matter what they make, you're going to take a bite on camera and you're going to smile and go. [00:26:00] And she did. I was really proud of her, but the moment they yelled cut, I was over their garbage mouthing, everything.

I was like, this is great. I was like, it won't go to waste because Anna is onset and

Tricia: yeah, we try not to waste too much. But sometimes I'm like, Hey, that's not your own risk. Like I saw that guy, like his fingers, like sometimes that's happened. You're like, uh, you know, you're watching these monitors and you just see, this is really gross.

So this one bakery is from New Jersey and he's hairy arms. I mean, like exceptionally hairy, amazing. And he decided he's like, I like to mix with my hands and he just puts his whole arm.

Anna: And how much arm

Tricia: hair was in that. I can't predict. I was like, everybody there's good chance. There's arm hair. And they're like, I just had to,

Anna: I was gonna say, as a judge ever taken a bite of the food that you're on the show and it has a hair in it and they're like, Ugh.[00:27:00]

Okay. But obviously we don't see that

Tricia: part. No, unless they want to play it. But usually they don't.

Anna: Nobody

Tricia: means to do that. Sometimes they'll pop by my desk on the way to judge and be like, how are we looking today? And I don't necessarily like to give a lot of information, you know, unless I think like it's important, like for their health and welfare that I'm like, yeah, they, they made a, um, this is my big cork is, um, people torching.

French Marangu French. Brian should be paid. I don't know if you know the difference, but you're basically eating raw egg and it's like, it's not that it's like, you gotta make it all the way through because it tastes like fortunate. It's like, yeah, it's like, so they'll torch on something. And this was kind of like when I was first starting out and I was on kind of like the low rent show.

And, uh, and so you get people in there, like they just take them a rang and then just torch it. I'm like, you can't torch a French. Marangu like [00:28:00] that. You can do an Italian or Swiss, but like, Uh, French, it tastes like foam. It's like eating spit. It's just not palatable. It really

Anna: is. I mean, obviously on cooked uncut,

Tricia: so you're like, yeah, it's supposed to, if someone's pregnant or something, I'm always like, I would really, I would probably steer away from that.

Or if I see, you know, you can only, you only have so much control. Sometimes it's like, Hey, it's their choice. And they can make the choice not to eat it or not. But, um, yeah, we're we stay on top of it. We don't want anybody to get into.

Anna: I mean, listen, it's nobody's intention to like serve bad, raw under cooked food with the hair in it, any, it has, nobody wants to do that.

That's like the nightmare on a cooking show is when you do make that level of a mistake,

Tricia: but, and 90% of the hairs are not hairs. They're actually brushed Harris from the pastry brushes because pastry brushes come apart so easily. And it's like half the time. It's a pastry brush. Yeah. Interesting. Yeah.

Anna: Well, let me [00:29:00] ask you this. So, and I know that you style food for television shows too. So when you see a scene where everybody has to have Thanksgiving dinner, Trisha's there behind the scenes making the Thanksgiving dinner. And, and so, and I find this all interesting too, because in a number of ways, another reason why I wanted to have you on was to kind of demystify this.

Cause I don't hear a lot of interviews with food producers. I find it fascinating. And what, what you guys are doing is putting. Food out into pop culture, you know, for the competition shows, obviously you're painting a picture of look at these experts. Isn't it amazing. You want to see, stay tuned to the end.

You can see their beautiful finished dishes. What is Padma going to say when she takes a bite of that thing? Does she love it? Does she hate it? And, but then like styling the food and to think like, there could be things that are in pop culture, like you and I were talking about a Thanksgiving, they appear.

Oh, yeah. Everyday life. Then they, then all of a sudden, so at food, 50 twos doing a thing about it, and what you're doing is almost setting a tone. And so since we're, it does, it's

Tricia: like, it's like [00:30:00] forecasting in a way, like for fashion it's, it's similar. It's like, you're basically trying to get, like, when I'm writing for TV shows, when I'm working on pitching television, like if I'm writing recipes, I mean, or if I'm doing something to design a show, like you are basically.

Forecasting or trying to guess, like what get ahead of a trend. So it's like it, you know, and a lot of it comes from me just going out to eat in different cities. But

like, and I'll see kind of, I feel like this is a movement, you know, sometimes I have that gut instinct and sometimes like, I'll do it on a show.

And then a few months later I noticed it's on the cover of Bon Appetit magazine. I'm like, I don't think it's a coincidence because they, you know, saw something and then they created a, you know, Like they created a cover for it, but it's like that those things happen. And like a lot of the ways we trend, like, you know, food is like, Gazillion dollar industry.

And like these waves kind of come and go and we definitely influenced those kinds of [00:31:00] things. Cause sometimes you guess sometimes you don't like I did a show for ABC and like one of the challenges I did, like I made up the term, okay, there was no name for this type of what was it? It was a cream, it was a cream tart, but like, it wasn't referred to as a cream tart anywhere, but I was like, oh no, And I had to really push for this thing to hit television.

This was like years ago, they were like, I don't know, what is it became hugely popular. People give classes on how to do this. Now it's like the trend like evolved from there. And it's like, sometimes you just have to take. Leaps, you know, you're like, Hey, sometimes they hit. Sometimes they don't, but like, it's really gratifying when they do, because you're like

Anna: Tricia cream, tart

Tricia: Clark, the crank tart, you know, cause people were, it was like, is it a cake?

Is it this? I'm like, I dunno, it's a cream tart. Okay. Like, I don't know. Green tart. Yeah. It's a cream tart. Well, that's what I love too,

Anna: because [00:32:00] there's still some innovation left. You know, like not everything has been invented yet. Like it didn't end with the cronut people we have.

Tricia: Yeah. There's, there's definitely room, you know?

And it's like, especially if you see how many, you know, restrictions people have, that's one thing that I find interesting. The different dietary restrictions that we deal with onsets, you know, it's like this one has this, but this, but you know, phony

Anna: fence when shellfish this one's no dairy, this one's all three of those.

Tricia: And then know, so, but, but I'd like all of the food to match. So that's where it gets really rough. So they're all

Anna: supposedly eating from the same.

Tricia: That's what we struggle with because it's like, you're in one scene at a dinner table and you got three people who have completely different dietary restrictions at the same table, trying to make it match to the same, you know?
[00:33:00]

Anna: You know, what's funny. I remember doing a KFC audition on an on-camera show where you had to take a bite of the chicken and they were like, do you have any dietary restrictions? And I was like, Nope. And they were like, okay. So if you got the job, would you eat the chicken? I was like, yep. And I was like, it didn't cross my mind to be honest about it, because I would assume you would not get the job.

But what you're doing is actually helping people maintain their dietary restrictions. You're doing a little bit of work.

Tricia: We try as much as we can. Sometimes it just grosses me out. Like, I mean, it is. It's just like, yeah, it looks enough like it, but so if it's edible like counts, you know what I mean? It doesn't have to taste good together because sometimes you're like, yeah, we use whipped cream instead.

And like, but it's something savory, but it's like, yeah. Whipped cream worked, you know, sometimes like you guys kind of or something. Well, it was, I forget it was for it's. We were hodgepodging things together. Cause sometimes it's like, they're eating a taco, but [00:34:00] it has to be the sour cream, but it can't be this.

And so your end up like. Anyway, like, and you're like, that's gross, but okay. You know, I mean, I, I work with a team of people. Sometimes I don't do the cooking sometimes I do. It just depends. So we'll make things. And then sometimes they hand them off to me and I style them on onset. So I'm the person like behind stage at a television show.

You know, finishing it off. And sometimes I do it soup to nuts. Like I do the whole thing. It just depends. Um, but it's, yeah, it's kind of cool, but it's like, yeah, you try to honor all those things, but it's like, it's hard, you know, it's really difficult, very tricky. It's very tricky. And. As much as we try to make carrots look like bacon or whatever, it doesn't

Anna: the vegan people who have deep bacon on camera.

Tricia: There

Anna: are a little bit of writing to the right in the writer's room where they're like, well, she's a vegan. Let's make her a bacon on camera.

Tricia: I feel like sometimes it's almost [00:35:00] like it's almost intentional like that. They do that. Like where it's like, they put the person in position where it's. Um, of course you give the person with the most dietary restrictions, the largest portion

Anna: you can eat from a big night, you have to eat that.

Tricia: Yeah. I do some kid shows and that's the best because they're so like they are ready to work. You know, little kids are like ready to work, ready to do what they're told. It's great. So I was doing the show and I made these waffles. So it was like, there are these vegan, gluten free, you know, like whatever, like everybody could eat them.

So like this one little girl had to eat them in every take and she ate the entire. Section like, it was like a quarter of a waffle, every take where like she ate nine waffles. We added them up. I was like, I am still going. I'm like, oh my gosh. I'm like, you

Anna: can serve as not a cutaway for her to do spit bucket.

Tricia: Nope, we, yes. We had a spit [00:36:00] bucket for her, but I'm going to do it. I'm going to do it. By the afternoon. She was like, I don't

Anna: feel so. No, you don't honey. I mean, I'm

Tricia: like, yeah. We told you to stop eating those, like the third one in, but you know, she was like, I'm going to do it. It was so

Anna: cute. But you were telling me on Thanksgiving a specific moment too, which probably will really relate to my audience.

'cause I always think like, oh, I get to shoot something where I get to eat a cake. I never eat cake. And so that would be, and you were talking about, there was a specific incident described that where the actor had gone low carb

Tricia: and the actor had lost. A person and a half, like, I mean, like 150, he had lost entire like person in weight and was trying to maintain it.

I think he probably had some, [00:37:00] you know, health risk, you know, that he was like, you know, not much to

Anna: lose. Yeah. Major healing on your body.

Tricia: It's still a big guy, but it was like, you know, Trying his best. And of course, like they asked him to eat a cake, like, like large amounts of cake, like a quarter of a cake at a time.

They're like, oh yeah, it's funny. And so like, they pushed it. And so we would make these cakes, which I call, you know, I was like Frankenstein cakes. So it was like, you know, they're like no sugar, but they use sugar, alcohol, you know, it's like all the stuff that would

Anna: make him sick.

Tricia: That's what I'm saying.

We all know what happens when you eat a few. I

Anna: call them the OSAs, the the dextro what's the other one, not valueless, the talls, the xylitol, the maltitol, the Aritha tall. And then Monkfruit and they mix them together to that. They're not as egregious on the gut and they're [00:38:00] horrible. And if you have to do that over and over again, you'll die.

Tricia: I would feel like, and the cup putting this actor in this position, it was like, I felt for him. I was like, I was like, I couldn't eat that. I can't really eat those types of, um, sugar substitutes. I have him in the bathroom and

Anna: I

Tricia: don't know why. I don't know who eats it. Like, I know people like that swear by it and like, Hey, if it works for you, but I have a really processing processing even a little bit.

I think I was telling you on, I mean, I have trouble with those like soda waters. If they have any kind of. Essence, certainly the chemical flavors of the natural flavors. I don't know. What's natural about some of that because I'm like, uh, do you know that the

Anna: people that you source natural flavors from don't even know what the ingredients are in natural like that the actual, they source it from somebody else and they won't divulge what it is.

And there's an issue with food labeling where they don't have to divulge it because it's such a small [00:39:00] percentage and there's FDA loophole that you don't really have to divulge it. So if you were to call LaCroix Waterloo, Yeah, whatever. And then that's why, like, at least Spindrift is honest about what's in there.

You know what I mean? But a lot. Oh, what are you drinking?

Tricia: Um, I made a little mix there. It's like, um, Aperol and grapefruit with a soda water. Dammit. God dammit. I mean, it's a nighttime interview, so I know I

Anna: meant to make a drink and then I got caught up. I needed it. Um, because you're on a new show. I know you can't tell us any details, but you can tell us the name of it.

Tricia: Yes. It's called the big brunch and it's, um, uh, Dan levy project. Everybody knows Dan levy from Schitt's Creek, and this is his first step into non-scripted television. And we're really trying to create a show that, um, you know, embraces people from all walks of life and really, you know, takes them through a culinary journey to their [00:40:00] dreams.

You know, like opening restaurants. Or whatever it is, it's centered around brunch centered around brunch. I love it. Yeah. There's going to be, I'm going to smell like bacon for like three months. That's my favorite scent. I know. I love it too much. I laugh because I'm from Virginia, which you are too. And I was like, Willy will eat pig three meals a week.

I'll start off with bacon. Then I moved to a ham sandwich and we'll have pork chops for dinner. I mean, that is not

Anna: that unusual. Oren said to me. And this is a man from Pittsburgh who literally eats. Anything put in front of him. Yeah. What's wrong with you? You eat, you've had like seven different kinds of four products in one day.

Tricia: So I'm going home next week. And I'm going to take a picture of the ham case at the grocery store. And I say cam case, because I think they were within the deli case. There's just a section of ham and there's about seven

different varieties of, of slices. There's him off the bone, him [00:41:00] sweet ham. You know, it's like seven different.

At the local groceries advice.

Anna: Smithfield

Tricia: hilarious. Right? Yeah. It's, it's hilarious. But as a sponsor, I don't think my parents even realize how much they eat it. Like they've really tapped the pump, the brakes on the bacon, because my dad's like health, but otherwise they're like, they're, they're still hog people, you know,

Anna: listen, it's not the bacon.

That's the problem. That's what I've been saying. It's the process carbohydrates. If people would just eat more bacon, occasional cream tart, I feel like the cream chart can work.

Tricia: It's meaning fits into any diet. I don't know. Yeah. I mean, I love bacon. Like my mom's like, well, don't worry. We'll have bait.

Cause she was like, we've cut it back. I mean, you got to remember the scale of cut it back. Okay. Cause that doesn't mean they're not eating it every [00:42:00] week. That means not eating every day. So it's like, well, we've cut back because my dad's on new medication. So it's like he has to watch certain like things.

Anna: So we're at the age now where all of us are having this conversation with our parents and trying to decide like, is it worth the fight? Probably not. They're going to do what they're gonna do. Yeah.

Tricia: I mean, they'll say that. And then she's like, well, we did eat this, you know, there's always like a, you can't have every, you know,

Anna: huh.

I have that. I feel like people could, they have to tell me too, because they find out I'm the no sugars, no grains gal and, or the, the celiac gal. And they have to tell me all the time, like the things that they eat, no need. I'm like, I don't care. I like hearing about what other people eat. Like it's exciting to me.

And, and so it's always funny. I'm like, you don't have to, I don't, I don't judge. I think it's fine. And, um, but recently I was talking with some friends and they were just like, oh no, we never, we never have gluten the house. We just never have it. And I'm like, [00:43:00] oh, okay. And then, and then later onto the dinners, like we had that avocado toast the other day.

And then I got that loaf of bread from the thing. And I'm like, yeah, it's you don't have anything approved to me.

Tricia: I have to say when we went to see you, um, Lauren do stand up one time when we were sitting at the table with Vinnie. Yes. I'll have a

Anna: look, but he does that to him. They're afraid to order stuff.

Vinny does not care.

Tricia: And it was fine. Like, I'll have the tacos, like I just have to suck it up and do it. Cause I'm like, that's what I'm going to eat. You're like making the

Anna: lady on the other side, like

Tricia: exactly.

Anna: I want the tacos with

Tricia: salad with the taco one time. I know I just laugh because it's like you do have that kind of like, uh, No guilt.

I feel like everything's about balance, you know, I

Anna: totally agree. I totally agree. And I work with a lot of folks who really have to remain [00:44:00] pretty strict about it because there's food, addiction issues and all that stuff. And I totally get that and respect it. I think one of the main reasons I get one star reviews on my book are because I have recipes with actual sugar in them, in the dessert chapter, because I don't believe in using artificial sweeteners.

And I don't believe in cutting out the dessert chapter altogether because. I have found over the past 10 years, working with literally hundreds of thousands of people that. 100% of them eat sugar again. And so, because we're going to live our lives, we're going to have a cream, sorry.

Tricia: And I've, you know, everyone's had different relationship with food over the years, but like the way I look at it as like, this is a life style choice, it's not just a diet, the whole idea of diet.

It's a problem to me. So I'm like, cause this is something like, this is a lifetime journey. So it's like, am I going to ever do that? Yeah. I'm going to have to figure out a way to make that. Okay. Right. You know, and I'm like, there's certain things that naturally have kind of fallen off. Like I'm having a drink today.

I had one on Thanksgiving. [00:45:00] That's pretty much it, like, I don't really, I just saw, like, I don't feel that great. Yeah. I'm just like, girl, I like to get up at seven o'clock and work out. Like that's, you know, it's like life just changes like that,

Anna: but you told us that when we were 25, that like, you're going to get up at 7:00 AM and work out every day.

It'd be like, oh, you're so boring. What happens? You feel

Tricia: better. I know sometimes it's like, you know, you just exactly. I'm like starting the day early, kind of helps me, um, with the momentum through the day, you know, because especially if you're doing like a lot of zooms, like for work, a lot of people are kind of caged into smaller spaces right now.

You don't walk to lunch, you don't go anywhere. I'm like walking cases that way to pace that way. I'm like, I will go stir crazy. If I can't exercise, I'm going to

Anna: promote your Instagram. Yeah, do it. Trishy photos. I'll put it in the show notes, Trishy photos. This is going to be [00:46:00] on a exclusive on my sub stack.

Um, and I'm going to, this is the first of many interviews I have lined up. I'm very excited about this and I'm so glad that you spent time with me today. Trishy photos is when you feel like God, I want to, I want to bake something today, but I don't really eat sugars and grains that much. Don't worry. Go to Trishy photos and see what the fuck Trisha Clark has just made.

And you'll be like, first of all, you couldn't make it as good as she did anyway. Now, second of all, you're looking at a picture instead of actually eating it. So that's.

Tricia: Yeah, I don't. Um, because of the nature of television shows and the secrecy kind of behind everything, I don't post most things. I do, you know, because of the contracts that I signed.

So it's like, those are more personal shots for me that I'm like, Ugh, I made soup or whatever. It's like, I try to keep it fun.

Anna: I'm going to implore you to go ahead and take all the pictures. And then go and like six months later, start to post the stuff, because the stuff [00:47:00] that you send me that I get to see where like I'm making a croak on Bush, like, you know what I mean?

You're doing some fancy shit. It's pretty cool to

Tricia: watch. Yeah. Yeah. We'll do it. Um, yeah, I do. Sometimes I do like, if I, if like, especially if I made some bread or something and like it's really kind of seasonal, pretty like I'll, I'll save and repost it after the shows. Yeah, occasionally I do

Anna: a world of your creations.

Tricia: My dear. It's weird because you know, like I I've gotten opportunities, I've done a couple of Marvel movies, which is like super fun. Um, just for my nerdy self, you know? But, um, you sign these contracts that are like, they want to sample basically, right? Yeah. And you can't have a phone on, in there. You can't have a phone.

You can't have, I mean, it is. Uh, no fly zone. So it's like, oh, it's much. I'm like, oh right now, like, you know, Paul Rudd standing in a bathroom or whatever, my, this would be a great shot[00:48:00]

Anna: for my Instagram stories. Oh, you're fired. And you can never work in this town again. It's worth it for all. Uh, Tricia, I love you to pieces. Thank you so much for being here. Um, where can people find Trishy photos? Is that the best place to find

Tricia: you? Trishy photos.com. That's the best or not.com. That's a Trisha photos at Instagram.

I have a website, but I think Instagram is the best place to reach.

Anna: Well, I know that you've kept most of your career under the radar as well. Hollywood does, but I know too, you and I have talked when you're ready to go out into the public and, and do, uh, uh, the blog that I'm waiting for and your cookbook, we are going

to

Tricia: be here for definitely.

Yeah, I started it. So we'll see how that one, that takes a long time. I know, I know. I light a fire under. Yeah. I mean, I it's funny. Cause I write for other people and I'll turn, I'll re [00:49:00] I'll turn out 10 or 12 recipes in a week for somebody else. But for me,

Anna: girl, you don't gotta tell me for me

Tricia: though. It's like, what do I, oh God, I don't have any of the supplies at my house.

You know, it sets

Anna: every writer. That's Lauren like, you know, it takes them three years to write a script. That's a spec script, but the moment he gets called for a job, he's like turning it in like on time or. Yeah. That's every

Tricia: writer. I know. Well, good. Thank you my dear. I appreciate it. All right. All right.

Take care. Bye.