

## Food Hero, Seamus Mullen

***Hero Food*** by Seamus Mullen is one of those cookbooks that comes along once in a while that makes you feel really inspired. Seamus is a wonderful chef, heavily inspired by his time living in Spain, beautiful ingredients and his health (he has managed to get off his rheumatoid arthritis medication by changing his diet). I caught up with him at his super delish restaurant **Tertulia** in NYC's Greenwich Village and asked him about his process for the book and his approach to healthy eating, and got him to give up some recipes! See below.

Love,  
gp

**Q:** Your new book is genius. I love that the chapters are categorized by region. What inspired you to organize it this way?

