

Fave Foods of the Famous

'Apprentice 2' star Perdew likes to take command in the kitchen

BY GEOFF VAUGHN

It came as no surprise to viewers around the world when Kelly Perdew heard the words "You're hired!" from Donald Trump on *The Apprentice 2*. He was already recognized as an innovative leader in the business world, and winning the competition seemed a natural step in his remarkable life.

Kelly is a West Point graduate who completed U.S. Army Ranger and Airborne training, and holds multiple college degrees. His new book, "TAKE COMMAND: 10 Leadership Principles I Learned in the Military and Put to Work for Donald Trump," will be available in January.

Kelly will also be hosting *GI Factory*, a new show debuting on the Military Channel in March. For more details, visit www.kellyperdew.com

Give us a behind-the-scenes look at a meal during *The Apprentice* competition.

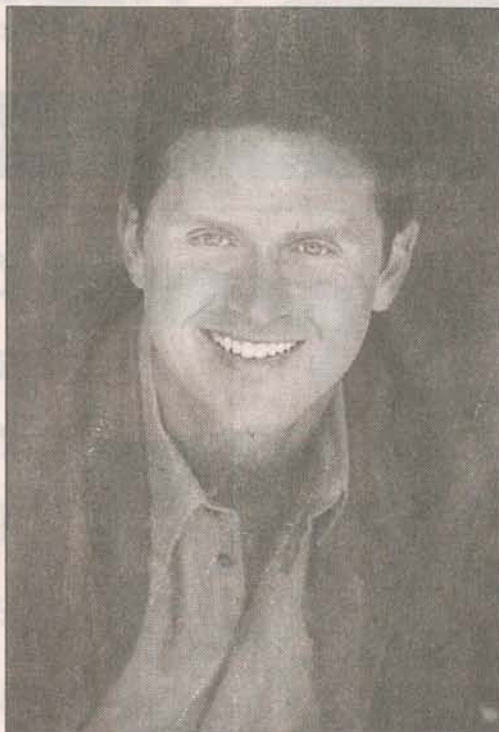
"Believe it or not, we had to prepare most of our own meals. Both Chris and Maria were great cooks. They came up with some really interesting and delicious dishes with the ingredients on-hand in the suite. However, my favorite meal was the seven-course spectacular dinner we ate while leaving New York Harbor on the *Queen Mary 2* after winning the Crest task. I can't remember how many lobster tails I ate!"

How was the food at West Point?

"I can definitely recommend the Barbecue Ribs McBurton at West Point. Delicious! I cannot recommend the biscuits and gravy for breakfast. The sausage in the gravy was reminiscent of super ball chunks."

Of all the restaurant chains, which one do you wish you could have started, and why?

"KFC! I was born in Kentucky and love fried



Contributed/Fave Foods of the Famous

Kelly Perdew was the winner of "The Apprentice 2."

chicken!"

Any "power" foods/snacks that you regularly enjoy? Any food superstitions?

"Apples, oranges and peanuts are favorites. Unfortunately, I also love Doritos. I can eat them with anything at any time. I think I'm addicted. I don't know if it's a superstition, but wild rice always makes me a little queasy. It looks like bugs crawling around. And I don't eat bugs after what we had to do in U.S. Army Ranger School."

What's your cooking style at home? Take charge or relaxed?

"Ha! The title of my new book is 'Take Command!' What do you think?"

CHICKEN CORDON BLUE (BACHELOR STYLE)

4 boneless/skinless

chicken breasts

1 can of Campbell's mushroom soup

4 slices Monterey Jack cheese

4 slices of cooked ham

8 toothpicks

Preheat oven to 375 degrees. Pound the breasts to get them flat and thin. Lay one slice of cheese and one slice of ham on top of each breast. Roll the breast up so that the cheese and ham are on the inside.

Use two toothpicks to keep the roll together. Place chicken in casserole dish. Pour undiluted mushroom soup over the chicken. Add fresh ground black pepper if desired. Bake for 40-50 minutes. Remove toothpicks and serve with Caesar salad, pasta with Alfredo sauce and toasted garlic bread.