



DARNELL FERGUSON



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BIOGRAPHY

Darnell SuperChef Ferguson is a celebrity chef, restaurateur, entrepreneur and Food Network star who believes that everyone has the ability to be an everyday superhero.

Darnell is the host of Food Network's *Superchef Grudge Match* where some long-standing personal and professional feuds are settled in one-round, one-dish winner-takes-all heavyweight battles. In each episode, Darnell stages two different battles between chefs who have beefs with each other to finally bury the hatchet and win \$10,000 cash, a prized knife from the losing chef and lifelong bragging rights over their food foe.

He also co-hosted Food Network's *Worst Cooks in America* (Season 25) alongside chef Anne Burrell. SuperChef also appeared on HGTV's *Hometown Takeover*, OWN's *The Big Holiday Food Fight*, as well as the Food Network's *Chopped*, *Supermarket Stakeout*, *Tiny Food Fight*, and *Guy's Grocery Games* and much more. Darnell is also a three-time contestant on Guy Fieri's "Tournament of Champions" and upon Darnell's victory over a legendary chef, Fieri told Darnell, "You just pulled off the biggest upset in culinary history."

He has been featured on *TODAY's* "Starting From Scratch" with Savannah Guthrie and *LIVE with Kelly and Ryan*, and many other national television programs. Darnell also hosted a six-episode TV cooking competition during 2021, titled "Cook That 'Ish," which aimed to help and inspire other aspiring chefs in partnership with WAVE 3 News. Darnell also cooked for Team USA at the 2008 Beijing Olympics.

While his accolades speak volumes, success hasn't always come easy to Darnell. Originally from Ohio, Darnell's love for cooking started from adolescence and continued as he graduated from Sullivan University in Kentucky with a degree in Culinary Arts. However, after taking a wrong turn along his journey, Darnell found himself on a self-destructive path, leaving him homeless, in and out of jail, and unemployed for nearly a year. Guided by faith, Darnell used the time to reflect on his past and to reassess his purpose and experienced a pivotal moment of clarity. Darnell recalled someone speaking about being a statistic and never recovering once you enter the system and did not want to be another statistic. Darnell knew the only way to get out of the system was to realign his focus and become serious about his talent and passion, which for him had always been cooking. To Darnell food can represent and change your life.

With relentless drive and newfound spirit, Darnell's best and brightest decision was to bring high-end fine dining to short-order cooking in Louisville, Kentucky. In 2012, Darnell began a series of pop-up restaurants serving breakfast within existing restaurants that only served lunch and dinner. This innovative approach along with his unique style of "Urban Eclectic" cooking that creatively blends traditional flavors in untraditional ways led Darnell to open his first 'SuperChefs' restaurant in 2015.

Unfortunately, just a few months into business, Darnell faced yet another life altering challenge when a fire broke out at SuperChefs that could not be controlled in time. The original SuperChefs was lost, but as Darnell explains, "The difference between where I was at and where God wanted me to be was based on my ability to patiently suffer. I went through it knowing I could come out the other side." The experience did not just open doors, it would 'open gateways,' as Darnell explains.

Soon after the restaurant burnt down, Darnell received an outpour of interest from celebrity chefs and television producers requesting he share his story with the world. The opportunities allowed Darnell to reopen SuperChefs and to share his gratitude by continuously giving back to the community. Darnell teaches kids, communities, and those in need how cooking can be a positive and creative outlet by employing teens, young adults, and those in need.



Long-Standing Food Feuds Are Settled in New Series Hosted by Superchef Darnell Ferguson



The food world is filled with rivalries and in the new series Superchef Grudge Match hosted by Darnell Ferguson, some long-standing personal and professional feuds are settled in one-round, one-dish winner-takes-all heavyweight battles. In each episode, Darnell stages two different battles between chefs who have beefs with each other to finally bury the hatchet and win \$10,000 cash, a prized knife from the losing chef and lifelong bragging rights over their food foe. From food competition rivalries and business partner squabbles to mentor vs. protégé grudges, sparks fly in and out of the kitchen in this one-hour series. Superchef Grudge Match premieres Tuesday February 7 at 9|8c on Food Network and streaming on discovery+.

The Ultimate Grilled Cheese—with Cajun Shrimp!

by Darnell Ferguson 07:00 AM, February 03, 2023



We first met [Darnell Ferguson](#) seven years ago when he shared his story of going from living in his car to becoming a successful working chef and restaurant owner of SuperChefs. Since then, he's appeared on countless shows and is now the host of his own show on Food Network, "Superchef Grudge Match!" Darnell has also bulked up, gaining forty pounds of muscle thanks to regular gym workouts. (He also credits tacos.)

Here, he shares his "ultimate" grilled cheese sandwich, made with sautéed Cajun-seasoned shrimp, two types of cheese (Boursin and American) and focaccia. It's outrageously good and keeps this father of eight going!

EBONY



FOOD NETWORK'S DARNELL FERGUSON SHARES THE PERFECT VALENTINE'S DAY DISH

By DeAnna Taylor | February 3, 2023

What are your Valentine's Day dinner plans? Are you the type to make a reservation at the trendiest fine dining establishment in your area? Or do you prefer to impress your significant other with an amazing meal at home? If you're the former, Chef Darnell Ferguson of Food Network's Superchef Grudge Match has you covered.

"I didn't know what I wanted to be, I just knew what I didn't want to be or the things around me. I started watching Lagasse on TV, and I was intrigued by the chef coat and the uniformity," Ferguson shares. "At the time, I was doing bad in high school, and I had a friend in vocational school for culinary arts. So, I decided to enroll as well for my eleventh grade year."

Chef Darnell Ferguson's Meatloaf Cupcakes



EXCLUSIVE

Game Time! 'Superchef Grudge Match' Host Darnell Ferguson Makes the Perfect Wings

By Kaitlin Simpson February 4, 2023



Getting ready for the big game! *Superchef Grudge Match* host **Darnell Ferguson** has the perfect wings recipe that will be the most valuable dish for your Super Bowl party spread.

"Wings are a staple," the chef, 35, exclusively shares in the latest issue of *Us Weekly* adding that his twist on the **beloved finger food** will earn big points with your party guests.

'Worst Cooks in America: Viral Sensations' Coming to Food Network in January With Anne Burrell and Darnell Ferguson (Exclusive)



Anne Burrell and Darnell Ferguson in "Worst Cooks in America: Viral Sensations" (Food Network)

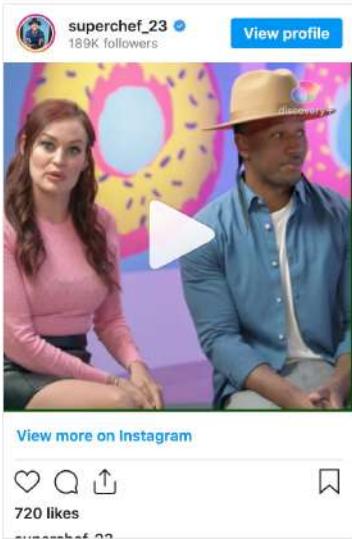
Anne and Darnell welcome the 12 social media-savvy, but culinary challenged recruits to boot camp. Before picking teams, Anne and Darnell kick off the competition by having the recruits make their baseline signature dish to show off their skills, or lack thereof, in the kitchen. Then in the main dish challenge, the recruits learn a unique way to cook chicken – under a brick! After assessing everyone's skills, teams are chosen and the competition heats up leading into weekly eliminations.

DISTRACTIFY

The Food on 'Tiny Food Fight' Will Leave the Judges Hungry for More — Literally



Not only do the competing chefs have to make tiny food, but they have to do it in small versions of real kitchens. They then plate the food and set it out on a mini table for judge and *Chopped* panelist Darnell "SuperChef" Ferguson. And yes, all of the food used in *Tiny Food Fight* is totally real.



"You have such a small platform to work with, you obviously need steady hands, and you need to make sure you use vibrant flavors and ingredients that can pack enough of a punch that it won't get lost in such a small bite," he said.

OWN Gets in the Holiday Spirit with 3 Original Christmas Movies and a Cooking Competition Series



Appetizers, side dishes and desserts take center stage each week as the cooks are challenged to whip up their best family-favorite recipes to wow our accomplished judges, Gina Neely, Darnell "SuperChef" Ferguson and James Wright Chanel. At the end of each round, the panel of judges will decide who stays for the next round and who gets booted out in the cold.

Chef Darnell Ferguson Hits the Big Time

HE'S JOINED THE RANKS OF THE CELEBRITY CHEFS HE'S LONG ADMIRE.



DARNELL SUPERCHEF FERGUSON

At Superchefs, the eggs benedict is anchored by a pair of deep-fried cheese grit cakes.

"As soon as I watched Emeril, I knew that my destiny was to be on television," Ferguson says.

Today, Ferguson is the chef and owner of several restaurants, including breakfast concepts SuperChefs in Kentucky and Superhero Chefs in Alabama; seafood-centric Tha Drippin Crab in Kentucky; and sports-themed Stadium in Ohio. Over the years, he's also appeared on a number of showers, including "The Rachael Ray Show," "Beat Bobby Flay," and Guy Fieri's "Tournament of Champions," where he bested world-renowned chef Alex Guarnaschelli.



Louisville 'SuperChef' Darnell Ferguson To Appear On National TV Again, This Time As A Judge



Darnell Ferguson (center right) will be on "The Big Holiday Food Fight" this Tuesday.

Via OWN

Darnell Ferguson, who owns the seafood restaurant Tha Drippin Crab in Russell, was on TV just about a month ago as a competitor on "Guy's Grocery Games," a cooking competition show hosted by Guy Fieri. It marked his ninth appearance on the show, one of dozens of TV appearances in his career.

Tonight, Tuesday, Nov. 16 at 9 p.m., he'll be on "The Big Holiday Food Fight" on the Oprah Winfrey Network (OWN) as a judge, alongside chef Gina Neely and actor James Wright Chanel.



Savannah learns how to cook an American omelet, candied bacon and perfect pancakes



Savannah Guthrie is working hard to cultivate her cooking skills on her new TODAY All Day Series, Starting from Scratch. On this installment, chef Darnell Ferguson helps Savannah master the basics of breakfast. Together, they prepare the easy, cheesy ham omelet with veggies, crispy candied bacon and perfectly light and fluffy pancakes.



**Chef Darnell Ferguson
teaches Savannah how to
make an all-American
breakfast.**



Recipe Rewind: **Darnell "Superchef" Ferguson Makes Chili con Carne Lasagna**

Kelly and Ryan learn about the history of chili and Darnell "Superchef" Ferguson makes Chili con Carne.





Darnell Ferguson: No. 8 Seed, East Coast

Darnell may be the new kid on the block, but don't you dare underestimate him. With big wins on Guy's Grocery Games and Ultimate Thanksgiving Challenge behind him, he has his eyes on the TOC arena and is hellbent on making sure you remember him.



"YOU JUST PULLED OFF THE *BIGGEST UPSET* IN CULINARY HISTORY,"

Guy Fieri to Darnell SuperChef Ferguson, 2020.

Unforgettable Moments The Upset No One Predicted ■

Alex, a no. 1 seed, fell to Darnell, a no. 8 seed, in a heated battle. Needless to say, many fans' brackets are officially TOAST.





SuperChef Darnell Ferguson Made His Judging Debut on Season 50 of Chopped



Season 50, Episode 16

Shakes and Fries

Two diner favorites find a home in the ingredient baskets, and the competitors are challenged to make the most of milkshakes and French fries. First, they must make berry and basil work together in the appetizer round. A city's signature dish is part of the challenge in round two, and a toaster treat meets a fun fry variation in the dessert basket.

Men's Health®

Consistency and Tacos Helped This Chef Pack on 40 Pounds of Muscle

No gym, no problem. How Darnell 'SuperChef' Ferguson made it work.



Darnell Ferguson is the creator, owner, and mastermind behind SuperChefs, a noted Louisville, Kentucky restaurant specializing in breakfast and brunch. When the pandemic hit and he was out of work, he gave himself a challenge. If you know anything about Ferguson, which you may from his appearances on the Rachael Ray Show, Beat Bobby Flay, and Guy Fieri's "Tournament of Champions," you know that Ferguson does not shy away from a challenge.

This time, he decided that he wanted to be a different person by the time Covid subsided and he and his staff were able to get back to work. He'd been working on his inner game for years—in his past, he'd lived out of his car and also lived in jail. He now teaches kids and communities how cooking can be a positive and creative outlet. With the pandemic pause, he says, "I used that time to work on myself in a lot of different ways—mentally, emotionally, spiritually. I felt like I was a powerful person, but my physical appearance didn't match it. I was super skinny—like 158 pounds. I didn't want people to think 'is this somebody who is just okay in life or is this somebody who's really trying in life?' I want my presence to be felt by people." By the end of a year, he'd packed on about 40 pounds of muscle, weighing in about 200 now. "I'm like the poster child for skinny guys," he says.

DARNELL 'SUPERCHEF' FERGUSON DRIVEN BY HUNGER ... From Homeless to Owning 5 Restaurants!!!

EXCLUSIVE

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9/17/2021 1:29 PM PT

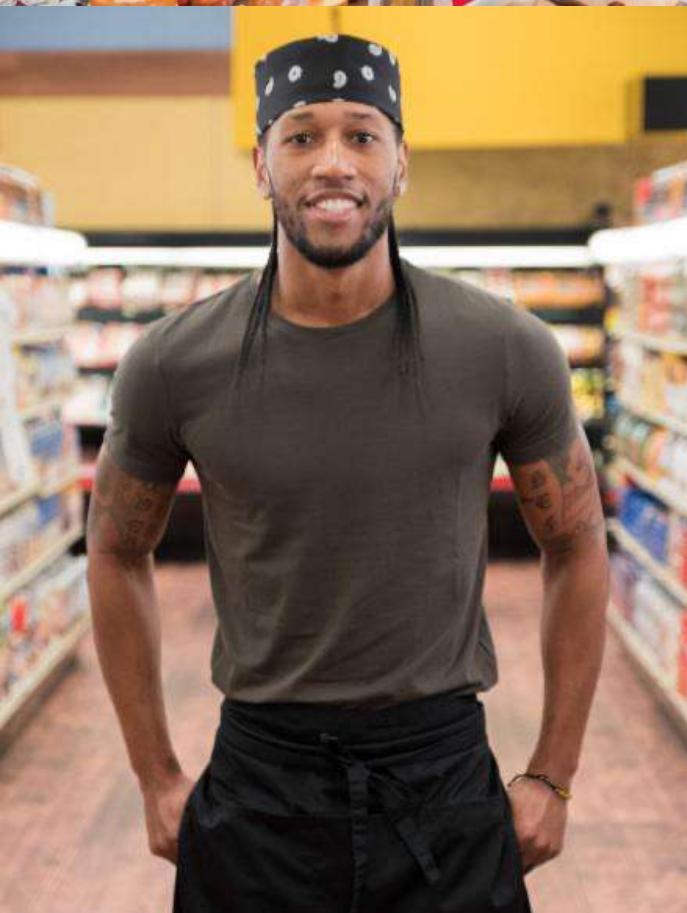
TMZ had the chance to interview SuperChef Darnell Ferguson to discuss his long road to success. Ferguson dove into his past and how he completely turned his life around in the matter of ten years. He went from living in his car to owning five restaurants and he accredits holding himself accountable as one of the biggest steps in turning his life around.

The road to Ferguson's success was long and difficult but he always knew that there was a light at the end of the tunnel. Ferguson went into depth about how much he grew from his experiences. "As much as I worked on my career and my craft, I worked on my character." said Ferguson. He emphasized the importance of his personal development as his life being to shift onto a different path. Ferguson pushed himself until he landed exactly where he wanted to be.





Craziest Day in Flavortown



Proving that anything can happen in Flavortown, four all-star chefs are wearing body cams for Guy Fieri's craziest competition ever, with appearances from rocker Bret Michaels and the Six Million Dollar Man, actor Lee Majors. First, the chefs search frantically for grocery carts containing the ingredients and cash they need to make a fried appetizer and a mystery entree. Then, a special birthday surprise comes with a catch as the chefs encounter yet another crazy twist. Guy's son Hunter steps in to judge the dishes to help determine which chef conquered these crazy games for a chance to win \$20,000.

Going to the grocery store could be worth \$20,000 for one chef in each episode of this competition series. Four chefs compete in three elimination challenges testing their culinary skills as they make their way through the store's aisles. Each challenge features a theme -- such as using only items from frozen foods -- and is judged by a rotating list of guest judges who determine which contestant is eliminated. The chef who makes it through all three challenges then has two minutes to go through the aisles collecting items on a shopping list. Each item on the list is worth \$2,000 and if the chef gets every item, the \$20,000 grand prize is awarded. Popular Food Network personality Guy Fieri hosts the competition.



TOURNAMENT OF CHAMPIONS

Beyond the Battle: The Bracket Begins

Guy Fieri, Simon Majumdar and Justin Warner break down the insanity of the Tournament of Champions big bracket kickoff. They go over each battle, check out the Randomizer categories, analyze the judges' comments and share their thoughts with the TOC Hot List. They also welcome a special chef via video to get the inside scoop on what went down.



A Supersized Tournament

For the first time ever, Guy is bringing together a whopping 32 of the greatest culinary masterminds in the world for a chance to earn the largest prize in tournament history: \$100,000.

More Round 1 Rivalries

Guy Fieri continues the first round with four more jaw-dropping head-to-head sudden death battles.

Ultimately, four chefs will conquer the randomizer, wow the judges and move on to the Super 16, while four chefs will be eliminated and head home.





If you are looking for the ultimate portion control cooking show, you've come to the right place. The new tiny food trend has grown so much that a new cooking competition has been dubbed Tiny Food Fight.

Discovery Plus is premiering its new cooking show *Tiny Food Fight* on September 16, 2021. You Deserve a Drink host Mamrie Hart will host the show alongside judge Darnell "Superchef" Ferguson.

The show will consist of three chefs who will fight to win over the judges based on their less-than bite-sized dishes.



OWN
for the **Holidays**

THE
BIG HOLIDAY
FOOD FIGHT

Oprah Winfrey Network launched "The Big Holiday Food Fight" in November 2021. In the holiday-themed cooking competition series, chefs must make their most creative family-favorite meals to win the judges over. Comedian and actress Kym Whitley hosts the show alongside an outstanding panel of judges including Darnell SuperChef Ferguson, James Wright Chanel and Gina Neely. At the end of each week, one home chef will remain and leave with \$5,000.





Tournament of Champions: East Coast Mock Bracket



The premiere of **Tournament of Champions 2** is quickly approaching and foodies everywhere are placing their bets regarding how the brackets will play out. For those who love **food television**, this is our very own version of March Madness and we love every minute of it.

So we figured why not look at who will be competing and try to come up with our own mock bracket and see how close we can get? We'll probably be wrong but why



GRILL OF VICTORY

GRILL OF VICTORY: A DAY ON THE GRILL



Sabin Lomac challenges three meat masters to battle it out in three fierce rounds of grilling challenges. A rotating panel of judges including, Susie Bulloch, Darnell Ferguson, Tregaye Fraser, and Christian Petroni will help determine who grilled their way to the top to win a brand new custom outdoor kitchen.

A Day on the Grill: Three amateur backyard grillers are challenged to cook breakfast, lunch and dinner on the grill, which includes a salad trio and a stuffed entree, in order to impress the judges, including Darnell "SuperChef" Ferguson, in hopes to earn the customizable outdoor kitchen.

How Emeril Inspired One Man to Change His Life

by The Rachael Ray Staff 12:00 PM, February 05, 2016

Darnell Ferguson went from living life on the streets to becoming a successful working chef and restaurant owner of 'SuperChef's.' In addition to running 'SuperChef's' he tries to inspire and motivate others to be the best they can, and he attributes his success to our pal Emeril. "It all started with me watching him on TV and him living out who he was first," explains Darnell. "If he didn't do that I may not be where I was at today." We've got a huge surprise in store for Darnell – check out the video above to hear all about it!



Chef Who Was Once Homeless Gets 'Emeril-ized' in New Orleans

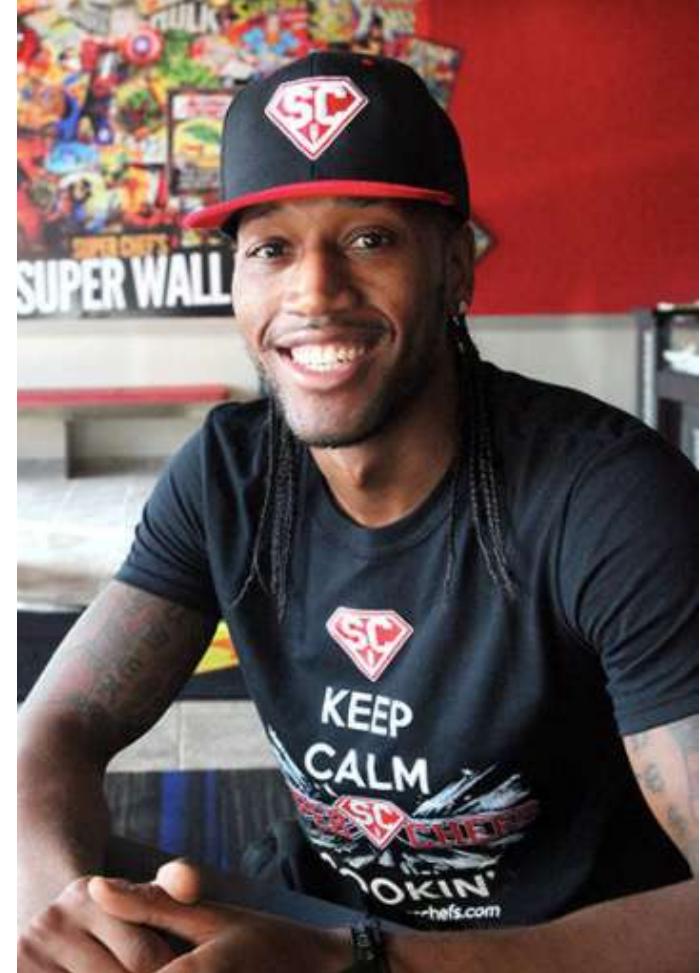
by The Rachael Ray Staff 12:00 PM, August 24, 2016

Darnell, who was once homeless, was inspired by Emeril Lagasse to go to cooking school and pursue a culinary career. Now he gets the trip of a lifetime as his role model takes him on a tour of his hometown of New Orleans. Watch to see him get "Emeril-ized" on an epic trip to the Big Easy!

A Chef's Journey from Adversity to Success

Chef Darnell "SuperCef" Ferguson cooked at the 2008 Beijing Olympics and became a star chef on Food Network. But it was not always easy. Ferguson's early life took a wrong turn down a self-destructive path. He found his way back through faith, cooking and a supportive food community. The father of eight owns Superchefs and Tha Drippin Crab in Louisville, KY and Superhero Chefs in Tuscumbia, AL< with products and shows underway. His philanthropic work addresses food insecurity among children.

Ferguson discussed his upbringing and how he was always provided with everything he needed, but there were certain things he just wasn't prepared for. As a struggling college student, Ferguson could've used the wisdom he gained later on in life. That wisdom is partially due to his discovery of Maslow's Theory of Hierarchy. It is based around psychological needs, safety needs, love and belonging needs, esteem needs and self-actualization needs. This is exactly what the Superchef needed to learn in order to grow into the person he has become today.





WAVE 3 News partners with SuperChef Darnell Ferguson for six-episode TV cooking competition

'Cook That Ish' to debut in the summer

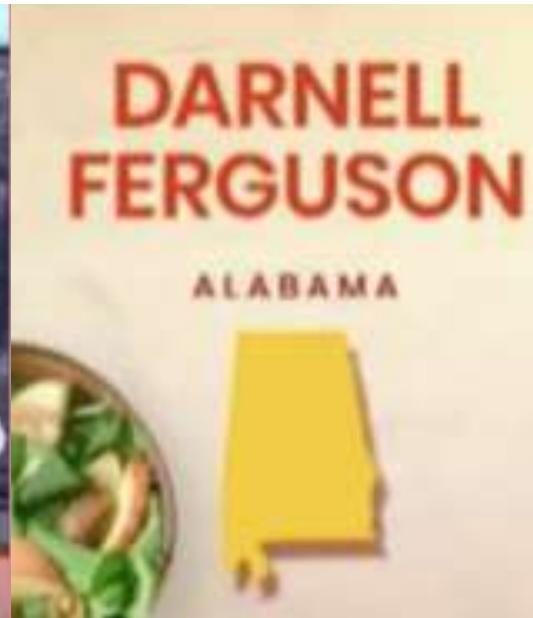
LOUISVILLE, Ky. (WAVE) - Louisville native and nationally-known restaurateur Darnell Ferguson will join forces with WAVE 3 News to produce a new cooking competition show.



Ferguson, the genius behind SuperChefs and several other local eateries, will host the series pitting two young, up-and-coming chefs each episode. Ferguson and WAVE 3 News will announce details on how to enter at a later date.

"Chef Ferguson has a super story and being able to showcase local, up-and-coming chef talent to help further their careers is an opportunity we could not pass up," WAVE 3 News General Sales Manager Steve Tomanchek said.

15 star chefs reveal their top Thanksgiving tips, tricks and techniques



Midwest Tips

Darnell Ferguson: Avoid overcooking with basting.

To avoid overcooking, baste turkey in soy sauce every 30 minutes.





SuperChef's Darnell Ferguson and UK alumni, NBA star Derek Anderson host Kings & Queens Unity March

Celebrity chef Darnell Ferguson, owner of Louisville restaurant SuperChefs, as well as NBA star and UK alumni Derek Anderson, will be in attendance for the Kings and Queens Unity March Sunday afternoon.

The march will organize and unite peacefully at the AMC Stonybrook 20 at 2745 South Hurstbourne Parkway at 2:30 p.m.

Organizers said the march is inspired by Martin Luther and encourages guests to be dressed in business formal attire and protest peacefully. The group hopes to bring awareness to racial injustice and educate others to take a stand for what is right.

The march will follow proper safety guidelines, encouraging guests to exhibit peaceful protest and to wear face masks to prevent spread.





EXCLUSIVE INTERVIEW

SuperChef Darnell Ferguson Reveals How To Spice Up Your Traditional Thanksgiving Menu

The winner of Giada De Laurentiis' Ultimate Thanksgiving Challenge, Darnell Ferguson spoke to HollywoodLife.com about his unique approach to the holiday that surrounds his forté — food — and gave some tips for how you can add your own SuperChef twist on your Thanksgiving meal this year!



Forbes



8 Gumbo Dishes To Enjoy For National Gumbo Day

Chef Darnell Ferguson of SuperChefs, based in Louisville, Kentucky, created a Gumbo Shrimp Pot Pie by mixing two classic dishes into one. He uses a pan and stovetop in lieu of an oven traditionally used when making pot pies. Darnell blends together seasoned shrimp with gruyere cheese and sauteed carrots, celery, and onion and serves it in a parmesan encrusted bowl. "It is my interpretation of what a gumbo could be if you were never raised around gumbo. By nature I'm not a fan of gumbo or a pot pie, but they each have things I do like...for gumbo it's the seafood and for pot pie it's the crust," said chef Darnell Ferguson.

Large crowd holds peaceful march along Hurstbourne Parkway in Jeffersontown

1 of 4



"This is a march about unity," Darnell "Superchef" Ferguson, who was one of the event organizers, said. "It's about making sure we all come together to give a voice to the voiceless."

The voices of about 200 people were unified as one, sending a message against hate and racism.

"When it's just one of us, no one listens," Ferguson said. "But when it's a whole lot of us, everybody's looking so we want to make sure that we speak for everybody."

NEWS

Star Sightings: Jennifer Aniston Takes the Mic, Sam Smith Does Vegas Right and More!



Speaking of chefs, **Darnell "SuperChef" Ferguson** attended the launch of the *BELLA Magazine* Fashion Issue at Hotel Hendricks in New York City on Sept. 26, which was hosted by fashion designers, Nicole Miller, Jill Martin, Marc Bouwer and CD Greene.



Fun breakfast recipes: Loaded pancakes and triple-strawberry waffles

Chef Darnell Ferguson steered his life from curb to kitchen to fulfill his dreams of becoming a culinary success. The formerly incarcerated cook's tale of redemption has resulted in him founding, owning and operating his own chain of restaurants, Super Chef's Breakfast and More. He is joining TODAY to share a few of his favorite breakfast recipes. He shows us how to make loaded pancakes with candied bacon and triple-strawberry waffles.





BEAT BOBBY FLAY



Season 13, Episode 8

8/24/18

Feathered and Fried

It's the king of fried food versus the king of brunch, as chef Thomas Boemer sizes up against chef Darnell Ferguson to take Bobby Flay's crown. With Worst Cooks in America's Anne Burrell and resident Chopped judge Marc Murphy, these chefs have all support they need to take the throne.





How Darnell Ferguson Went From Being Homeless and Incarcerated, To Owning 3 Successful Restaurants



Twenty-nine year old Darnell Ferguson's journey started in high school, when he was transferred out of his school to a vocational school that offered culinary arts courses. According to Ferguson, "I was failing out of high school, then I ended up switching high schools to a vocational school. So I went to vocational school for culinary arts and thought that if I don't like it, at least I'll be able to eat good... That was also at the time when Emeril [TV celebrity chef] was huge and I

liked what he was doing, so that was one thing that really caught my eye... I liked the uniforms, the professionalism, I liked everything that wasn't like what I was used to."

LOUISVILLE BUSINESS FIRST

After three years on the road, superhero-themed restaurant finds a permanent lair in St. Matthews



After fighting hunger in various locations across the city, superhero-themed SuperChefs has set up its home base at 106 Fairfax Ave. near Trinity High School in St. Matthews.

Sullivan University graduate and chef Darnell Ferguson, 28, started the for-profit concept called SuperChefs about three years ago. Ferguson and three or four employees would host pop-up meals in different restaurants across Louisville that he subleased for short periods of time. This model sometimes made SuperChefs hard to find.



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