Robin Shea Show

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A Bowling Green woman who was on a mission to reclaim her family’s dinner table thirteen years ago is still sharing her message, but to a much wider audience.

Amy Bingham previews a new national cooking show being produced at WKYU in this week’s View from the Hill.

Robin Shea’s message hasn’t changed. Eat healthy 80 percent of the time and you can indulge the other 20 percent. It’s a concept she now shares with a national audience, but the idea was born around her family’s dinner table.

“The first thing I had to do was reclaim my family’s dinner hour. The second thing I did was start elevating all my recipes and cleaning them up.”

This was nearly 13 years ago. Robin Shea not only committed to her family’s dinner hour, but began sharing her recipes on local television.

“I always knew that the local opportunity I had on WBKO was perfect because it allowed me to be with my children, be everything I wanted to be for the kids but at the same time I had a creative outlet.”

Those kids aren’t so little anymore. The youngest is almost fifteen. And all four have helped out on mom’s new show.

“The mix up is nice cause I get to interact with the kids and show people this is doable. These are teenage boys. These are the hardest mustangs to wrangle out of the fast food world.”

Five years ago, Shea began pursuing a national platform and was asked to write a pilot for PBS. For the next three years she taped shows in New York City but that proved to be too much.

“I spent an Easter away from the family and that’s when I called my husband from the hotel room and I said this is not working for me.”

Soon after that Robin met with WKYU-PBS and everything came full circle. Plans fell into place to build a kitchen set and shoot the cooking show on campus.

“This program brings an opportunity for us to produce a program that has national distribution right here in Bowling Green, it also brings an opportunity for our students.”

“I love having the talent of these young students that are so ambitious, so willing to be creative and contribute.”

Shea also has the contributions of another southern chef. Paula Deen taped two episodes earlier this summer. The two have known each other since Shea reached out after hearing she was diagnosed with diabetes.

“I called her publicist and I said you know I have an 80/20 concept that I really think could help her cross over to a healthier approach without abandoning some of her favorite southern dishes.”

A friendship led to a partnership and soon Robin will be serving up these southern dishes on both PBS and the Paula Deen Network.

“Cooking 80/20 with Robin Shea” will premiere on WKYU August 15th with four back to back episodes. With this week’s View from the Hill, I’m Amy Bingham.

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