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Belkys Nerey supersizes her WSVN food show 'Bite with Belkys'



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Belkys Nerey is a *machine*.

Let's just say: The WSVN7 anchor really maximizes her time.

Nerey is expanding her popular "Bite with Belkys" twice weekly segment, which started at just two minutes in 1999, to a 30 minute, quarterly special.

And the two-time Emmy winner isn't slacking on other duties: The former "Deco Drive" personality will still be sliding into the chair next to **Craig Stevens** every night for the newscasts on crime, car crashes, and, naturally, the latest on President Donald Trump.

Nerey's longer "Bite with Belkys" will air at 5:30 p.m. March 25. It will shoot from a new home: The kitchen at the Miami Culinary Institute at Miami Dade College. The format will be a little different — with actual themes, guests, and a wide variety of cuisines and recipes.

The first episode's theme is party food. The guest will be the chef from Tuyo, **Victor Santos**.

But Nerey stresses that "30 Minute Meals" this is not.

"I wouldn't compare myself to anyone out there like Rachael Ray," she says. "She's not a chef, but she had a food background. I really don't. I just like cooking. I like looking at a recipe and saying, 'Hmm. I wonder if I could make this at home.'"

Nerey has learned a lot on the job, though.

"Over the years, I've watched a lot of professional chefs and paid attention," says the Hialeah native. "It started rubbing off on me. I don't make anything hard, though. No homemade foie gras or anything with foam. If I can do it, you can do it. It's kindergarten cooking class."

Regular programming of "Bite with Belkys" will remain the same — the TV vet will keep on keeping on, visiting hip, high-end eateries as well as the mom and pop joints in strip malls.

"We try to be equal opportunity with that," says Nerey, who started as a general assignment reporter at Channel 7 in 1994.

OK, so the workload is growing. Where's all this energy coming from, girl?

"I have no idea!" laughs Nerey, who received a degree in broadcasting from Florida International University in 1990. "Good question."

Jokes aside: Both food and hard news are her passions.

"My motto is 'I'll sleep when I'm dead.' You only get one life. Max it out. And I love my viewers. I am grateful to Channel 7 and to South Florida."

Nerey also wants locals to see the lighter aspect to her, more often.

"When I went back to the main news desk [in 2003], I had to get serious again, and it's a scary world out there," she says. "I think people miss seeing the fun Belkys. Though I still love both paths. People get to see different sides of me."



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