What's your job?
I'm a cook, TV producer, writer, host, and professional spy. Don't leave that last part out—it's important. Everything else is a cover.

What do you wear for that?
I wear a blazer almost every day. I own 10 or 12, but I don't go anywhere without this one. It's like wearable luggage. I've got small notebooks, a pocketknife, keys, pens, my phone.

Are those the original buttons?
I change out the buttons twice a year: summer buttons and winter buttons. These are antique mother-of-pearl. I always use a slightly different color of thread than the jacket, so they pop a bit.

You designed that tie, right?
Yes. It's a two-sided one I made for my collection with Hook & Albert. I love a bow tie: It doesn't get tangled up in stuff, you don't spill food on it, and if you're riding a motorcycle, it doesn't beat you in the face.

Do you wear a watch?
Yes, a no-name one worn for 40 years by my grandfather, who was a mechanic.

Why Nikes?
You never know in my business when you might have to run. One time I had to hide in the bathroom at Dylan's Candy Bar in New York for 30 minutes from a gaggle of middle school girls.

Anything else to add?
There's the under-wear I'm wearing, but I'm gonna leave that alone.

ALTON BROWN