

# INSIDER

## 15 chefs share their favorite comfort foods

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Food is powerful — it can revive old memories, make us feel sentimental, and even connect us to other people. No one knows this better than chefs and they have certain dishes that bring them comfort, just like the rest of us.

INSIDER spoke to several chefs about their absolute favorite comfort food. Here's what they had to say.

### **Executive Chef Philippe Chow of [Philippe Chow](#) said his go-to comfort food is pulled noodles**

"My favorite comfort food has to be pulled noodles," Chow told INSIDER. "They are easy to make, don't require a lot of ingredients, and [can be topped] with virtually any sauce your heart desires."