

The Amazing World of Chef Alex Silverfox

By Kat Brenda

Italian/Argentinian Celebrity Chef, Alex Silverfox is a man of many talents. He is a Chef, Photographer, Actor, Model, and an Overall Food Artist.

Exotic and Eccentric is how we can describe him and no one loves the Culinary Arts as Mr. Alex Silverfox. A man that fabricates beautiful pictures with his artistic food creations has made a huge buzz in the Florida Region and everywhere on the net. Alex Silverfox also known as Alex Manfredini has a love for art like anyone I was intrigued to interview. He became a food artist after he earned his degree at the prestigious L'Ecole due Hotelerie, a chef / culinary school in Nice, France and his passions exploded even further from then. He exhaled and inhaled his creative juices and started to photograph his creations from his garage. His latest book, "Keto Kitchen with Chef Silverfox," is out for purchase and ready to cause a huge stir on every book stand.

Chef Silverfox aka Alex Manfredini is also a talented glamour photographer. He focused on boudoir and beautiful photography of artistic nudes. He has been published in various books, and print magazines such as "Playboy" and in other published realms. His good looks and superstar personality made waves and he still makes headlines wherever he goes. Alex Silverfox was also awarded six Guru Awards at the Photoshop World Conference and Expo. He is a photoshop genius that teaches his amazing skills through workshops, youtube videos and personal tutoring.



His personal style and great looks has earned him another addition to his resume by being a model and actor. Alex claims his beautiful looks comes from dedication and being on the KETO Diet and Intermittent Fasting. Thus, inspiring his latest book. In our interview we asked him about his accomplishments, his passions and his beauty secrets. As we get close to learning more about Alex Silverfox aka Alex Manfredini; we can not help ourselves but to get personal. A man with artistic vision; we are proud to include Mr. Alex Silverfox in our Latin Connection Mag Family and can not wait to see where his next adventure will take us because we will be there to stalk him!

WE AT LATIN CONNECTION MAGAZINE WANT TO KNOW FIRSTHAND, WHEN DID YOU DISCOVER YOUR PASSION FOR PHOTOGRAPHY? WHEN DID THIS JOURNEY BEGIN?

This journey began as a digital artist a long time ago, more than I want to remember. It started with ideas planted as seeds in my brain, growing nonstop until converted



them into Artsy Digital Images. It was more than a passion; it was a need to express those images hold in my head.

YOU ALSO GO BY THE ALIAS NAME ALEX MANFREDINI AS WELL. ALEX MANFREDINI BEING A FABULOUS FASHION AND GLAMOUR PHOTOGRAPHER AND SILVERFOX IS THE NOTORIOUS FOOD PHOTOGRAPHER. WHEN DID CULINARY BECOME YOUR SECOND LOVE?

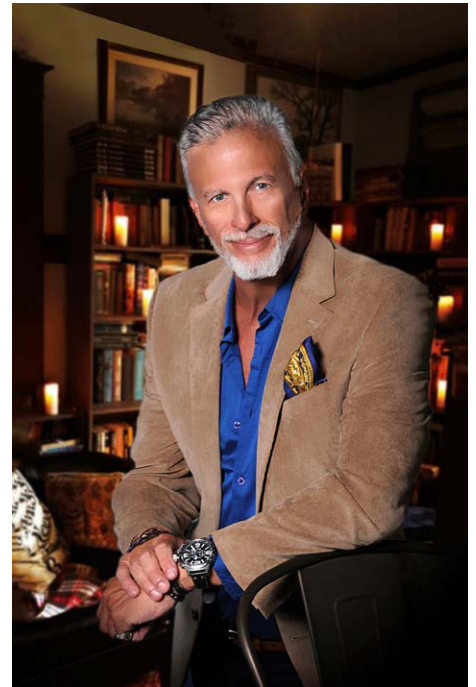
My love for food was present my whole life. It was also one of the reasons that I start my photographer career; as a food photographer, working for the food industry for more than a decade. Then my clients started to ask me to include models in my photos as well, and I discover myself with a natural talent for portraiture. The rest was a smooth transition but never abandoned my first love.

YOU WENT TO L'ECOLE D'HOTELERIE IN NICE, FRANCE TO STUDY CULINARY ARTS. AS THESE POSITIVE CHANGES GREW; YOU STARTED TO TAKE PICTURES OF YOUR CULINARY EXPRESSIONS THROUGH PHOTOS IN YOUR GARAGE, WHICH MADE YOU NOT ONLY A FAB CHEF BUT ALSO TOOK AMAZING FOOD PICTURES OF YOUR FOOD ART. WAS THIS AN INSPIRATION TO PUBLISH YOUR BOOK; KETO KITCHEN? WHEN DID THIS IDEA ARISE?

My inspiration to publish my book was to share my travel experience across 33 countries with you while cooking. Where I'm telling my adventures about all the different countries I was visiting, sharing my recipes inspired by those stories, and showing you a portfolio of my food photography. It's more a cooking book to read in the bed rather than in the kitchen. My book idea arose during covid.

WHY KETO?

I think that keto had changed my life in a very positive way. Not only did I lose 75lb eating Keto, but the Keto diet also improved my overall health and sharpened my mind. I realize that it was also the way that I was eating in my early years as a child in Argentina and has the consistency that those



days I was the same healthy and shaped as I am today.

SOME PHOTOGRAPHERS STILL TRY TO LEARN THESE SECRETS EVEN WHILE BEING A PHOTOGRAPHER FOR AGES. HOW DO YOU INSPIRE YOURSELF TO CREATE SUCH ART? OR IS IT IN YOUR DNA?

It's totally true. Photoshop is a wonderful tool that can be used to create art instead of trying to fix what you didn't capture in the camera. For example, if we compare it with music, one thing is to play a music sheet, another one is to compose that music piece. The relationship between the instrument and the artist must be seamless so the artist can express exactly what comes to his mind. But practice makes perfect. If you only spend one hour per week practicing your instrument, is harder to express yourself properly. And, on the other hand, you can practice 24 hrs. a day, but if your imagination is limited, then there is not too much to express, even with immaculate technique.

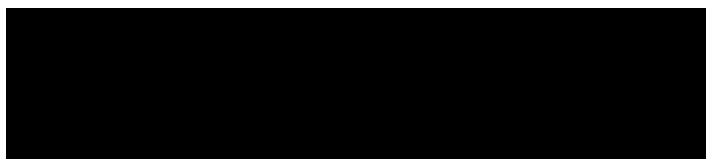
DO YOU HAVE WORKSHOPS IN MIAMI CURRENTLY FOR THOSE THAT ARE INTERESTED IN LEARNING SOME OF YOUR AWESOME SKILLS?

Yes, I do. I have several workshops, sharing my tricks from photography to edition and that can be done in person, via zoom, or by subscription. You can get all the information by visiting my website <https://alexmanfredini.com>

NOW ASIDE FROM YOUR TALENTS. YOU LOOK FANTASTIC! TELL US YOUR SKIN SECRETS IF ANY!

Thank you! I'm blessed with good genes and trying to live a healthy lifestyle. Good rest and less stress, and "let thy food be thy medicine and medicine be thy food, as Hippocrates said.

BEING A CHEF IT MUST BE GREAT TO COOK AND TASTE AT THE SAME TIME. SOME SAY AND STEREOTYPE THAT ALL CHEFS ARE OVERWEIGHT. HOW DO YOU KEEP YOUR BODY LOOKING



IMPECCABLE? LET US KNOW!

Thanks again. It's also true, but I think that stereotype is changing too. I also practice OMAD (one meal a day) as the perfect complement to a keto diet. Intermittent fasting combined with the right food prevents you from starving, letting your body maintain good health by itself.

WHAT DO YOU CONSIDER TO BE YOUR FAVORITE DISH TO COOK AND WHY?

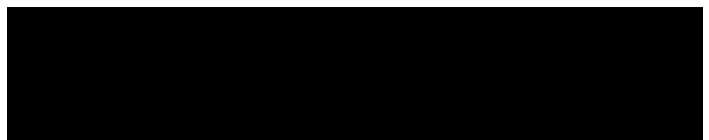
Depend on the mood, but I love to cook outdoors. I'm a caveman and I enjoy a nice ribeye steak. Grilling it at nature scapes always gives me pleasure moments starting from lighting the fire, to end up sharing it with good company.

WHAT DO YOU CONSIDER TO BE YOUR SECRET TO SUCCESS?

It's not about having the skills to do something. It's about having the will, the desire, and commitment to be your best. You will never be successful if your passion is not involved in it. And I'm very passionate about all that I do and stubborn to do it with excellence. I think success begins with dreams, which turn into desires, that become in actions that don't stop until you get results.

SOME ARE DISCOURAGED WHEN TRYING SOMETHING LIFE-CHANGING ESPECIALLY IN CAREER AND BUSINESS; WHAT ADVICE WOULD YOU GIVE ANYONE THAT IS DISCOURAGED IN CONTINUING TO PURSUE THEIR PASSION?

People think the grass is greener somewhere else. It's not true. The grass is greener where you water it. But people sometimes have fears to try different, and fears kill more dreams than failure ever did. Making mistakes does not mean you are a failure, it's a new chance to start over and rebuild what you want. There are no shortcuts: good decisions come from experience, and experience comes



from bad decisions.

WHERE CAN WE STALK YOU?

You can follow me at my FB page @ KetoKitchenwithCelebrityChefSilverfox and @ AlexManfrediniPhotography

NOW WE ARE GOING TO GET PERSONAL. IF THAT IS OKAY, OF COURSE! IF YOU HAD TO CHOOSE ONLY BETWEEN COOKING AND PHOTOGRAPHY, WHICH WOULD YOU CHOOSE AND WHY? YOU CAN ONLY CHOOSE ONE!

I feel very fortunate to do what I love and love what I do, and you put me in a tough decision. But if I have to choose one, I'll have to go for my first love of cooking delicious food and my second love with capturing each cooking moment through my lens.

We all have two lives. Your second life starts when you realize that you only have one. You can't go back to start with a new beginning, but you always can decide on a different ending. ■

