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Celebrity chef Rocco DiSpirito joins Morning Joe to discuss his new book 'Cook Your Butt Off,' which helps readers burn calories and lose weight while they cook.

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Rocco dispirito: cook your butt off - los angeles

He's back, Rocco DiSpirito is here with his eleventh cookbook, Cook Your Butt Off'. This one turns your kitchen into a gym, burning calories and losing weight

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Cook Your Butt Off. Once the pan is hot, gently slide the patty into the pan. Cook the patty until the bottom is browned and it has started to firm

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