

NY1 anchor Pat Kiernan says gourmet ice cream gives him the chills and shares his favorite food spots



NY1 Anchor Pat Kiernan eats most meals at home, but has favorite spots when he goes out. (MARCUS SANTOS)

Between his Mr. Nice Guy manner and nimble humor, NY1 anchorman Pat Kiernan gives off a feel-good vibe. He's like on-air comfort food. In "Meet the Regulars," a new book about Brooklyn residents' favorite places, he shares his love for The Meatball Shop, a casual eatery with a Williamsburg location that's all about comfort. "It's quick and easy, and it's tasty," notes Kiernan in the book by Joshua D. Fischer out May 24.

"I usually eat all three meals at home," Kiernan, 47, who's at the office from 4 a.m. to 10 a.m., tells the Daily News. But he does occasionally dine out. So where else does NYC's favorite early bird go to feed a craving? Here are five favorites.