



Just Sam filmed her finale performance of "Rise Up" by Andra Day from an apartment in West Hollywood while self-isolating during the coronavirus pandemic.

On the fast track

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moment on, I'm like, 'Wow, I guess I really can sing!'

It was around that time that Just Sam found her own stage on the subway. "I started with my sister Anabelle and my friend Tiffany," she says. "We would meet up after school . . . We made, like, \$100 one day, and we were like, 'What?!' " It didn't take long, though, before Just Sam wanted to break out and go solo.

"I started to sing by myself a couple months in, 'cause for me it became about not wanting to ask my grandmother for money," she says. "The 1 train was one of my go-to's. But then there's the C, the B. Honestly, you could catch me — or, you could have — on any line except for the 4, 5 and 6. And that's just because there was really no money there. Going on the train, it was, like, either too crowded or the people were too angry coming from work."

Growing up in Harlem, Sam would hear songs such as Marcia Griffiths' "Electric Boogie," but, she says, "We didn't really get to enjoy the neighborhood parties until we got old enough to stay out after the street lights went on."

Instead, she and her sister would take long walks out of Harlem with their grandmother. "We would go down to 42nd Street and 34th Street," she says. "We would literally walk from uptown all the way down to Burlington Coat Factory

downtown [at West 23rd Street] sometimes . . . We would go window-shopping, you know, 'cause we couldn't really afford anything."

Not having her parents in her life wasn't easy. "We had no mother. We had no father," she says. "So we were, like, teased for that. My mother, we would visit her [in prison] growing up. After she got out of prison, we did try to have a relationship, but that didn't work out."

Even throughout her "American Idol" journey, Just Sam has not had contact with either of her parents. "So I'm just waiting on Dr. Phil to help," she says.

But grit, determination and a love of music — "Listen" by Beyoncé, "Rolling in the Deep" by Adele and "Fading" by Rihanna were favorites — kept her performing on the trains and would eventually take her to preliminary auditions for "American Idol" at the Brooklyn Expo Center in July 2019.

"I've auditioned for 'The Voice' before and 'America's Got Talent' in hopes to make it on those shows, and that didn't happen," she says. "You know, God's plan. It was all in his timing."

Now, she reigns as the first LGBTQ champion of "American Idol." "I am a child of God, so that's always gonna be first. That's actually the only label that I ever want to have," she says. "But I like what I like, and that's just that, you know? And it's not men. Like, at all."

Hilariously horrible celeb chefs are here to make you feel better about your quarantine food fails

By **MARISA DELLATTO**

IN an episode of "The Real Housewives of New York City" that aired last month, Sonja Morgan left a vibrator to marinate in a plate of chicken cacciatore after a debauched night in the Hamptons.

Now, the reality-TV mainstay is on the Food Network getting schooled on how to make eye-popping dishes without sex toys — or help from staff.

"We actually learned how to fillet a whole fish," the socialite tells The Post. "I had a Philippine chef who used to do that for me."

Morgan, along with New York City cabaret comedian Bridget Everett, is competing on the latest season of "Worst Cooks in America: Celebrity Edition," led by pros Anne Burrell and Tyler Florence and airing Sunday nights.

In the premiere episode, Morgan actually attempts cooking both a rack of lamb and some haddock in a toaster oven. Bravo fans weren't surprised by this unconventional method: Morgan's been using toasters instead of real ovens for years. In her early "RHONY" days, she even contemplated putting out a toaster oven cookbook and line of appliances. Perhaps it's best she didn't — on the show, both of her dishes end up on the plate still raw inside.

Meanwhile, Everett makes cornflake ranch chicken, which she boils and submerges in an entire bottle of Hidden Valley ranch dressing. Neither judge is impressed.

"Stars who struggle in the kitchen" has become its own genre of quarantine entertainment. Earlier this month, Robert Pattinson



On the new season of "Worst Cooks in America: Celebrity Edition," "Real Housewife" Sonja Morgan (from left), "Riverdale" actress Robin Givens, "Bachelorette" contestant Wells Adams and comedian Bridget Everett try to improve in the kitchen.

went viral when he blew up his microwave during an interview with GQ while making pasta with cheese, cornflakes and sugar. And Everett's best friend Amy Schumer is also trying to get food-literate during self-isolation: She and her James Beard Award-winning chef-husband, Chris Fischer, premiered a show last week on the Food Network in which he tries to teach the comedian to cook.

Everett just might be the worst of the bunch.

"[I've served a] friend a medium-rare chicken breast by accident," Everett, 48, tells The Post. "There's been times when I've made some macaroni and cheese, and sort of taken a quick little nap and woken up to the smell of sulfur and the macaroni is melted into the pan."

Morgan, 56, has also had her share of fails. Once, when making bacon at her grandmother's house, she scorched the ceiling.

"The grease set on fire. I looked up and the whole ceiling had a snaking brown line following me around," she says. She has a similar accident on "Worst Cooks," while making a steak.

She admits she could use a little help — despite claiming that during her marriage to JPMorgan heir John Adams Morgan she cooked for a count in Venice and Winston Churchill's grandson at her home in France.

"Just because I have a repertoire of Italian recipes from when I lived in Italy, it doesn't mean I'm chef level," she says.

Being in "boot camp," the show's term for cooking class, "was one of the hardest things I've ever done," says Everett. "You're facing a fear, and I'm somebody who only likes to do things that I'm good at."

The first and most important lesson that the gals learned was how to correctly hold and use a chef's knife. "You pinch it between your thumb and forefinger, three fingers downtown," instructs Burrell on the show.

Knife lessons "changed my life," says Everett. "I didn't know how to dice an onion, and I know that sounds so basic. But it keeps you from doing so much in the kitchen, when you don't know how to chop or cut a vegetable."

Morgan, on the other hand, enjoyed testing her slicing skills for a

NY Post photo composite



Jennifer Lawrence's roast chicken recipe contains a lot of fat, but a top chef says it's fab.

J.Law's bird gets roasted

By **MARISA DELLATTO**

FANS are calling fowl on J.Law's roasted chicken recipe.

On Monday night's episode of "Amy Schumer Learns To Cook," the comedian calls up her "homegirl," Oscar winner Jennifer Lawrence, to get the skinny on her poultry recipe, which calls for 2 cups of olive oil and 1½ sticks of butter.

"I like to get it bone dry. Pat it down, baby," says Lawrence. "Lots of olive oil,

butter, lemon. And then I put the lemon in the cavity, and then I put it around the pan to start to make the jus."

Lawrence also adds thyme and a generous pour of dry white wine, which she doesn't usually sip because drinking white wine "is mainly for sluts," she says.

Unfortunately, the recipe that accompanies Lawrence's signature dish has the Internet scratching its head — and playing hunger games. "Two cups of oil? Is this a fried chicken?" one Instagram user comments on Schumer's post spotlight-