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SYNOPSIS

Being born of British parents in Portugal in a country known for its wholesome cuisine and good wine, my love of food started very young. At the age of five on holiday in the Swiss Alps, the kind hotel owners took me into their kitchen and dressed me up in a chef's hat and apron together with a large wooden spoon to create chaos!

At sixteen, I started my apprenticeship at "The Dorchester Hotel" on Park Lane which had 10 different kitchens. It was an ideal place to hone my skills to a high level of cuisine, ranging from a simple breakfast to classical Italian.

Later, whilst at the "Fat Duck" I was lucky enough to work under Heston Blumenthal (this restaurant in 2005 was voted the "Best in the World" by professional critics). He taught me a real understanding of the way to approach food and how he constructed his dishes by placing the strong importance on the balance of the food you eat. Also with his open-minded approach to new cooking techniques, I was able to learn the science behind obtaining perfect results from the ingredients.

At "Zuma", with its celebrity draw, it provided the opportunity to learn first-hand about Japanese Cuisine. It also showed me how it is possible to run a restaurant to a very high standard, being very profitable, and at the same time to cater for a large number of diners.

Anton Bonnet, at the "Greenhouse" spent many years working for the famous Michel Bras. His food majored on the ingredients you use and how nature can inspire the food that you prepare.

Working with Eric Chavot at the "Capital" is where I learnt how to insert real flavour into my cuisine with an extremely high level of professionalism. This kitchen has also taught me a considerable amount about organisation and people management.

Whilst being solely responsible for the Weston's dietary requirements, I travelled with them to Vero Beach in Florida, Toronto, London and Windsor, adapting the food to each environment and the needs of the family. This gave me insight into how many ingredients and dishes are interpreted in different parts of the world. As a Private Chef, it also gave me a new perspective on food and how to approach dinning on a simpler, more domestic level, while maintaining professionalism to create impressive results.

Having always a love for the food culture in Portugal it was only a natural course for me to be drawn back to the Algarve with the aim of finding a venture in which to apply all the knowledge and skills that I had acquired. Realising that this may take some and to broaden my business experience I set up an elite home catering service. This enabled me to expand my knowledge on people's food preferences in Portugal. At the same time I became involved in providing consultancy advice to local restaurants. This consisted of a wide range of services aiming to improve their level of cuisine, time management, staffing and profitability.

In March of 2012 I was approached by the lady owner of a local restaurant, 'O Leão de Porches Restaurant', to run her kitchen after splitting with her previous chef /partner. After seeing the restaurant and the conditions in the kitchen I realised that it had the right potential to showcase my cooking.

To some greater extent I succeeded in this aim which is collaborated by viewing the comments on TripAdvisor in relation to the restaurant. Unfortunately, the owner was principally interested in attracting the tourist market and showed insufficient concern in the foreign residential segment. This divergence eventually brought to an end our working relationship in December 2012.

I have the firm belief that food has to be treated with great respect at every level, from the growing, sourcing, maintenance, preparation, to the cooking and serving, so to obtain the most pleasure from what you eat. With my opportunity to work with some of the worlds best chefs I have gained the knowledge and ability to make complex dishes that are essentially oriented on the combinations of individual flavours. Added to this factor, the importance of the presentation on the plate and the overall balance of a dish should always inspire you to want to eat the dish again.

In closing, it should now be evident that I am passionate about food and the fine art of its preparation and presentation. Nothing would give me greater pleasure than to be involved in developing a profitable restaurant to provide the highest level of food and service and providing the utmost enjoyment to a dining audience.