

+ CHEF SELWYN

The Art of Cooking



Award winning executive chef and food stylist, Selwyn Richards has been creating, presenting, and cooking delicious food with artistic flare since 1985.

It's all about food for Chef Richards, whose career spans more than 30 years in the hospitality and food services industry. Alumni of George Brown College Toronto - Culinary Management, his journey began as a kitchen manager with Culture's Food Service. His reputation includes working at a variety of prestigious restaurants in and around Toronto, including the Skyline Hotel, The Island Yacht Club, the CN Tower (as a sous chef), and The Earl Of Whitchurch-Stouffville. He also played a crucial role in the opening of the SkyDome (Rogers Centre), where he managed his own department as head chef.

His passion for cooking has been consistent throughout his career, making him sought after for his creativity and the energetic presence he brings to the stage and camera. In January 2014 Chef Richards was featured at Marché Restaurant Toronto - Spirit and Spice Festival and also appeared on the Celebrity Chef Stage at the Canadian National Exhibition (CNE) in 2013 and 2014. At the Food & Wine Show in 1987 (sponsored by the Escofier Society of Toronto), one food critic hailed "Chef Richards creates a feast for the eyes as well as the taste buds"! He was recognized for a high standard of excellence in the culinary arts, and was awarded two silver medals and one bronze medal.

In August 2010 when Grace Kennedy celebrated its 25th year in the province of Ontario, Chef Selwyn Richards was enlisted to collaborate with the dean of hospitality at Centennial College to create a culinary extravaganza infused with Grace products as their featured ingredient.

Richards joined forces with the culinary department to present an assortment of delicious dishes to more than 600 guests. The event, noted as one of Grace Kennedy's most successful culinary showcase raised Chef Richards profile as a master food stylist. Since then he has held the prestigious role of Corporate Chef for the company where he continues to play a vital role in the transforming products through his culinary creations.

Chef Richards broad experience, coupled with talent and enthusiasm for restaurant excellence motivated him to open and manage his own upscale Caribbean restaurant, *Pepperpot Café* for 5 years. Recognizing a niche market for stellar catering and food services in Toronto, he turned his attention to creating *The Art of Catering in 2000*. Today he oversees the company as CEO and Executive Chef, with brothers Lennox and Travis as his partners. *The Art of Catering* has since established itself as providing top-notch food and service and highly sought after for providing a great dining experience for clients, across the Caribbean, North America and Europe.



An avid community builder, Chef Selwyn Richards sets aside time to participate in numerous non-profits events, school functions, and public speaking engagements. A diabetic, he incorporates healthy cooking and food substitution as part of his platform when doing demo's and is known for being an advocate regarding this issue. In September 2013, he teamed up with United Way of Peel Region to participate in a Guinness Book World Record event for the largest number of people to make soup at one time. He was one of two master chefs enlisted for this undertaking. Over 700 volunteers and the Mayor of Mississauga Hazel McCallion braved the cold and came out at 5am to clean, chop, and wash vegetables, producing over 1600 liters of soup. At the end of the day, a hearty "stone soup" was donated to several shelters throughout Peel.

A resident of the City of Pickering, Richards and his team has been featured in a number of local newspapers and magazines and he has also appeared on City TV's Breakfast Television, CTV Canada AM, CBC TV, and Global News, and was the premier chef for the Jamaican 50th celebrations in Canada. An avid writer, his online newsletter *The Catering Bite* has a readership of 5000 plus and includes recipes, up-coming events, Chef's commentary and cooking tips that promote overall well-being. His new book *The Art of Cooking – Soul of the Caribbean* which launched in March 2014 chronicles Chef Richards' culinary career and features food from the Caribbean and the world. Richards is also a contributor to publications such as the Planet Africa Magazine, Wisdom, Pride, Extra, and Share Newspaper.

Chef Selwyn's "Celebrity Chef" status, has been the culmination of his life's work in the food industry, the launch of his new book and signature mango jerk sauce, and his many contributions to the film industry as a food stylist, and appearances. Chef Selwyn Richards has been featured on TV shows such as I Do...Let's Eat! (Food Network), Rich Bride, Poor Bride (Life Network), and Soul Food (BET Network/Showtime). The following are some of the film and TV productions that Chef Richards has contributed his expertise to in the past few years: Alphas – American Pie5: The Naked Mile – Copper – Horizon – Take This Waltz – Copper – Cheaper by the Dozen 2 – Covert Affairs – Nikita – The Bridge – Breakout Kings – Defiance – Poe – The Strain – Carrie – Home Again – Suits – Unnatural History.

Interviews and live radio broadcasts with Richards have also been heard in Toronto on G98.7 FM, Irie FM Jamaica, CIUT 89.5 FM, AM 640, and CHRY 105.5 FM, and in Buffalo on the Jamaica Diaspora Radio Show on Blog Talk Radio and WBLK 93.7 FM.

Chef Selwyn is a father of three and resides in Toronto, Canada.

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