

FEATURE



PAUL Da Costa Greaves has forged a reputation for inventive cookery

Meet Paul...

...the good-looking, cheeky Scouser chef

Born in Liverpool Master Chef of Great Britain Paul Da Costa Greaves is a chef with a difference. Extraordinarily talented and inventive, he combines a magical approach to making and preparing food with great people skills. Colourful, funny and highly original, he brings the most everyday cooking experience to life. Paul has forged a reputation for inventive cookery and an influence from Zen Buddhism's principals of yin and yang, and 'sanuk!' which means 'to enjoy'. He uses local, regional, seasonal and organic fresh local produce. He is committed to helping young people in schools with practical demonstrations, learning about

nutrition, regional and local produce, and his national appearances in the media include a live demonstration to an audience, seen recently in association with ITV1, Skills for Chefs; and the BBC Good Food Show.

Paul is a young, lively, good looking, cheeky Scouser – elegant, stylish and down to earth, and is based in Topsham, Exeter, where he co-owns with partner Mark his Galley Fish & Seafood Restaurant, which is one of the most prized in the area, offering panoramic river views of the River Exe estuary. His specialities include seafood, vegetarian and Vegan food.

Paul says: 'I practice within my lifestyle Buddhist beliefs that balance my mind and spiritual energy.

This helps me to perform as a lifestyle chef, spiritual healer and alternative complimentary therapist.' Paul runs his kitchen under the guidance of Zen, and considers himself and his cooking to be an art form. Paul has also developed a range of retail products that are sold throughout independent delis, farm shops, and National Trust outlets, and has just signed export contracts for Russia, Ukraine, India and the USA. Feeding Your Imagination (FYI) was

launched in September 2006 and already it is an award-winning company – the products include a range of therapeutic organic chocolate bars which have been made to unique recipes and flavours using essential oils for that mood enhancing experience, Gourmet Seaweed Sauces and his legendary Chrimbo pud. For more information on Paul Da Costa Greaves, his Galley Restaurant and his Retail producing and manufacturing company please visit www.galleyrestaurant.co.uk; www.feeding-your-imagination.co.uk; www.celebritychefsuk.com and www.chrimbopud.co.uk