



PAUL SHUFELT

Paul Shufelt followed his mom around the kitchen as a child but you could say his true culinary education began at 16, when he took a job as a dishwasher. After a short stint working in Montreal, Paul enrolled in the culinary apprenticeship program at the Northern Alberta Institute of Technology, while he worked under Chef Thomas Neukom at the Buffalo Mountain Lodge in Banff, AB. Upon completion of the program in 2001, Paul traveled to Switzerland to hone his craft, working with Chef Urs Thommen at Gasthof Baren Utzenstorf.

With his Swiss experience providing a strong foundation, Paul moved to Edmonton, AB where he is now business partner and executive chef of Century Hospitality Group's eight unique restaurants. Paul oversees all of the kitchens, and a staff of over 120 cooks and chefs, while providing his own unique and creative spin on the menus. Paul draws inspiration from his travels to influence the dishes he creates. His "comfort food with a contemporary twist" approach has earned him several awards, the most recent being a gold medal in Edmonton's Golden Plates Competition.

When Chef Paul isn't in the kitchen he keeps busy by writing his weekly column for the Edmonton Sun where he provides mouth-watering and stress-free recipes for the modern family. Along with sharing his love and knowledge of anything food related, Chef Paul enjoys giving back to the community. Some of his most recent charitable work includes raising money for the Annual Bacon Day Dinner for Youth Empowerment & Support Services and fundraising for the Canadian Olympic Athletes. His Delux Celebrity Chef program has raised over \$30000.00 for various local charities and shows no sign of slowing down.

Chef Paul is in demand across the country. He has recently appeared on City TV, CTV, and Global News nation wide. He regularly contributes to the Huffington Post Canada and Food Network Online. Over the next year, Chef Paul will be taking part in various national home and garden shows and will be leading a fundraiser for the Canadian Culinary fund. In addition, Chef Paul will be working with the Edmonton Oilers Rookie Development camp to teach their young athletes about cooking healthy meals.

Although Paul is a chef at large, his favourite role is as dad. When he is not cooking, Paul enjoys spending time with his wife and children. On weekends he can be found playing golf and cheering on the Montreal Canadiens.

Keep up to date on all things Chef Paul Shufelt by following him on Twitter and Facebook.