

FREDERICK FORSTER

Agent: [Sophie Laurimore](#)



Freddy Forster is a professional chef and lover of all things food. His passion for cooking started as a child, when he would cook with his mother who is of West African heritage. He is currently the Head Chef of Read's Restaurant in Kent, whose widespread reputation is founded on the distinctive cooking of Michelin-starred chef David Pitchford.

Freddy has worked with many great chefs, all around the world, from Dubai and Barbados to South Africa and London. He has held senior positions in some of the most revered culinary establishments, including working as the Head Chef of the Ritz Hotel in London, as well as the Sandy Lane Hotel in Barbados.

Other notable achievements include time at Le Manoir aux Quat'Saisons with Raymond Blanc, Le Gavroche with Michael Roux JNR and Aubergine with Gordon Ramsay.

Over the years, he has gathered a number of awards for his cooking. These include the Roux Scholarship in 2000, the National Chef of the Year award in 2011 and the Master of Culinary Arts in 2014. He is one of only 2 chefs in the UK to have won these three awards.

When not in the kitchen, Freddy can be found playing basketball and spending time with his two children.

CREDITS

TV:

Tesco Food recipes, 2021

Steph's Packed Lunch, 2020-21 (Channel 4)

Saturday Kitchen, 2020 (BBC One)

Beat the Chef, 2019 (Channel 4)