

Paul Ainsworth

BIOGRAPHY



Paul Ainsworth is a TV chef, and owner of two restaurants and a boutique hotel in Padstow, Cornwall.

In 2008 **Paul** opened his first restaurant 'Paul Ainsworth At No.6', a Michelin star restaurant set in a quaint Georgian Townhouse in the heart of Padstow. The restaurant also has 4 AA rosettes and has been rated 7/10 by 'The Good Food Guide' since 2012.

In 2010 **Paul** opened his second restaurant 'Rojano's in the Square' just off Padstow's harbour. The bustling Mediterranean themed, family restaurant was a local favourite and had become quite an institution, so it was a dream come true for **Paul** to acquire.

In 2014 **Paul** and his wife Emma took on their biggest project yet by converting an 18th century townhouse hotel into six individually designed suites. 'Padstow Townhouse' opened in December 2015 and now completes **Paul's** Padstow experience. The beautiful Townhouse offers spacious suites with luxury bathrooms, Kitchen Pantry/honesty bar and in-room spa treatments, and has been awarded 5 star AA Gold.

Paul's profile has risen dramatically since his first TV appearance in 2011 when he competed in BBC 2's 'The Great British Menu'. He went on to win the iconic professional chef competition after impressing the judges with his nostalgic dessert 'A Taste of the Fairground', still a customer favourite at 'Paul Ainsworth At No.6'.

Currently he co-presents *Royal Recipes*, now in its second series on BBC One. His many guest appearances include *Saturday Kitchen* (BBC 1) *Sunday Brunch* (Channel 4) *This Morning* (ITV) *Country House Sunday* (ITV) *James Martin: Home Comforts* (BBC1), *Yes Chef* (BBC1), and *My Kitchen Rules* (Channel 4).

Paul's love of the hospitality industry began at an early age as he grew up in a Bed and Breakfast owned by his parents in Southampton. As a family they welcomed guests into their home with the breakfast shift beginning at 6am and drinks at the bar finishing very late. His parents both cooked, and through them he was exposed to two very different cuisines; his dad focused on hearty, traditional, British meals – "the biggest portions you'd ever seen" – such as shepherd's pie and corned beef hash, whereas his mum, who is from the Seychelles, made Creole dishes with fish, vegetables and spices, cooked with a little more flair.

After studying catering and hospitality at Southampton City College, **Paul's** career really began when he moved to London where he gained tremendous experience working for Gary Rhodes at 'Rhodes in the Square', Gordon Ramsay at the 3 Michelin star restaurant on Royal Hospital Road, and Marcus Wareing at 'Petrus' in The Berkeley hotel. In 2006 he ventured to Padstow with some friends to set up 'Paul Ainsworth at No.6' where he worked as Head Chef for two years before taking ownership with his wife in 2008.

Paul loves living in Cornwall, and when he is not working in the kitchen, he enjoys walking on the beach with his family and cheeky Border Terrier Flossie, fly-fishing and riding motor cycles.

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