

# Lawrence Keogh

## BIOGRAPHY



**Lawrence Keogh** is a TV chef, a live event host, and an accomplished Head Chef who has created, opened and operated in the kitchens of some of London's most prestigious restaurants.

With more than 20 years' experience of the restaurant trade, **Lawrence** has previously held the position of Head Chef at all of the following London restaurants: *Roast*, *The Avenue*, *Bluebird*, *Quo Vadis* and *The Wolseley*. He has also cooked for a number of dignitaries and Royals.

As a consultant chef to British Airways, **Lawrence** also helped develop inflight meals on both routes for the unique First and Business Class only service, travelling from London City to New York.

In his capacity as a TV chef, **Lawrence** has appeared as a judge on CITV's *Munch Box*, and is a regular guest chef on BBC1's *Saturday Kitchen* and UKTV's *Market Kitchen*, and featured in the James Martin series' *Sweet Baby James*, *James Martin's Brittany*, and *James Martin's Champagne*. He also appeared as a guest on BBC Radio 2's *The Chris Evans Breakfast Show*, and *Bizarre Foods* on the Travel Channel USA with Andrew Zimmern.

**Lawrence** is a popular live host at consumer shows and food events around the UK, most recently presenting and cooking at *The Ideal Home Show*, *Saturday Kitchen Roadshow*, *BBC Good Food Show*, and *Summer Time Kitchen* at Hampton Court.

Following a kidney transplant at the age of just 35, **Lawrence** knows only too well the dietary restrictions that many dialysis patients face, and he highlights the plight of those suffering with kidney disease through his charity work as Patron of the National Kidney Federation.

**Lawrence** has written two books: *Food for Life*, from which all proceeds went to the National Kidney Federation, and *Rediscovering Food & Flavours: The Kidney Care Cookbook*, which is available both on the Kidney Research UK website and also on **Lawrence's** own website.

In 2013, **Lawrence** became an Academician member of the Royal Academy of Culinary Arts. Since joining, he has become actively involved in the Chefs Adopt a school Programme which brings a culinary insight into food technology to children under the age of 16.

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