



GOVIND ARMSTRONG
Consultant Chef, North America

Raised in Los Angeles and on the Caribbean coast of Costa Rica, Chef Govind Armstrong is as unique a personality as he is a culinary talent. With his distinctive approach to cooking, easygoing style and trademark dreadlocks, he is quickly becoming one of the nation's brightest stars, both in the kitchen and in front of the camera.

At age 34, after spending his younger years establishing his name and talent among the best chefs and restaurants in Europe and Los Angeles, Armstrong found himself doing what every young chef dreams of — putting his ability and personal style to work for customers at his very own restaurant, the universally praised Table 8. From coast to coast, his inventive market-driven cuisine has received rave reviews and commercial success.

A charismatic proponent for the use of fresh, seasonal ingredients prepared without excessive saucing, complication or fusion, Armstrong has emerged as one of America's most influential young chefs and a leading figure in the continued evolution of California cuisine.

Among his many honors, Armstrong was selected by Market New Zealand to serve as a Culinary Ambassador to New Zealand and by Air New Zealand as the US chef consultant to their international premium class routes.

His talent has made him famous beyond the kitchen. On television, Armstrong has appeared on programs for the Fine Living Network, Lifetime, WE, E!'s Style Network, and such popular series as NBC's *The Today Show*, ABC's *The Great Domestic Showdown* and Food Networks' *Iron Chef America*, among others. In print, Chef Armstrong has been featured in such publications as *Gourmet*, *Bon Appetit*, *Food & Wine*, *O Magazine*, *Los Angeles Times*, *USA Today*, *Robb Report* and *Wall Street Journal* as well as the 2004 *People Magazine* "50 Most Beautiful People" issue.

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