

**CHEF / AUTHOR
TV PRESENTER**



**PAUL
WEST**



PAUL WEST

Paul West is a passionate advocate of real food, community, regional living and sustainable agriculture. Paul was the host of four series of A River Cottage Australia which followed his journey to grow an abundance of farm-fresh food and then cook and share it with his local community. Paul travels Australia hosting cooking demonstrations and can be seen on A River Cottage, Catalyst, Gardening Australia and Back Roads. Paul regularly hosts cooking demonstrations at food festivals around Australia and can be seen as a guest presenter on Gardening Australia, Back Roads and Catalyst. He is a passionate supporter of many charities, including National Parks and Wildlife Foundation, OZ Harvest, Earth Hour, REAP, NEST and Cure Cancer.

Paul is trained as a chef and has worked in all areas of food production, from WWOOFing (Willing Workers on Organic Farms) around Australia, growing fruit and vegetables, to cooking in the bistro of Melbourne's renowned Vue de Monde – where Paul served his apprenticeship as a chef and met his wife, Alicia.

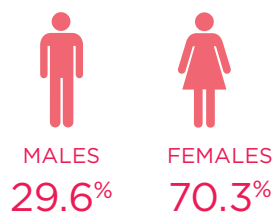
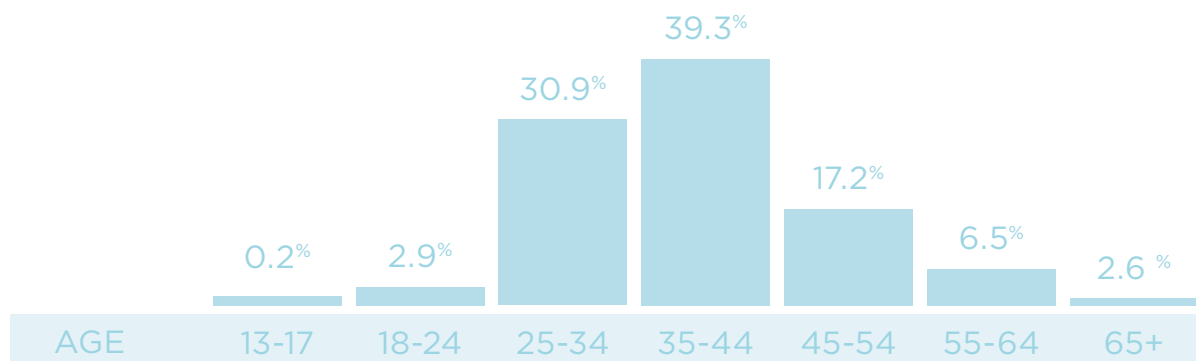
CHANNELS



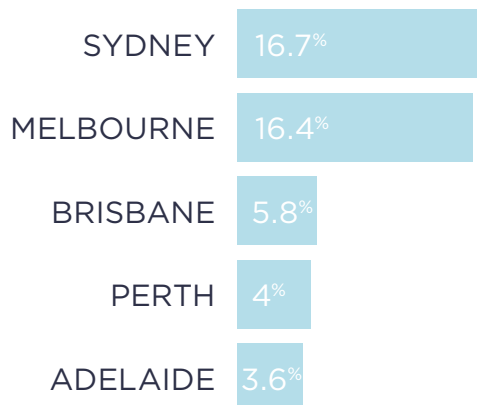
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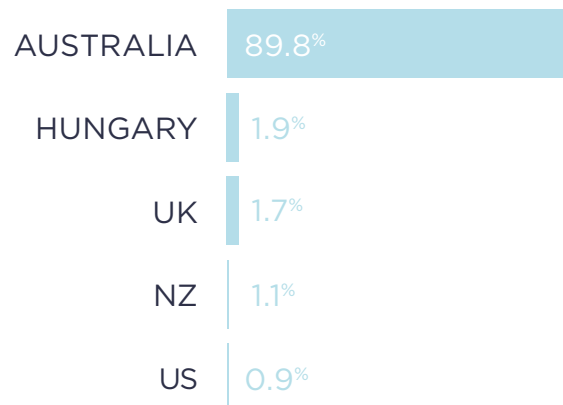
BY THE NUMBERS



DEMOGRAPHIC ON SOCIAL CHANNELS



TOP LOCATIONS
BY CITY



TOP LOCATIONS
BY COUNTRY

Information is correct as of MARCH 2022. For up-to-date numbers and information please get in-touch with us and we can provide you with a new media kit .