



Press Release

12 October 2011

Knife & Fork Food Limited, the group which operates Woods Brasserie, Cardiff Bay; The new Conway, Pontcanna; The old Swan Inn, Llantwit Major, The Knife & Fork Deli in Cowbridge & Knife & Fork Catering is delighted to announce a new appointment within their group. Stefan Nilsson has been promoted to Executive Chef, responsible for the food offering across all the groups venues.

Stefan has become locally famous amongst foodies for his creative flair and impressive culinary skills at The new Conway, where he will continue to be based. Stefan trained in his native Stockholm, learning his trade at restaurant school and gaining his experience in many Michelin starred establishments. At 19 he went to Paris for a year to sample French cuisine then returned to Sweden to work in the new Rolff K  k. Before coming to Wales and joining Woods Brasserie as Sous Chef, he spent a year in Barcelona at the newly opened fine dining restaurant Follia. Stefan's philosophy is to take classic dishes and tweak them with his own ideas to create 'traditional with a twist'.

The appointment of Stefan is part of a larger plan by Knife& Fork Food Ltd to strengthen its top management tier in preparation for further development, which involves an active expansion plan over the next five years. Sean Murphy& Serge Luceau remain as Managing Director and Operations Director respectively .