

BIO: CHRIS CAPRON

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Chris Capron is an accomplished Chef. He has worked his way up in the kitchen performing virtually every job along the way to becoming Executive Chef.

Chris has a long history involving art and the need to be "creating something." From a young age music became a passion. Chris honed his skills as a guitar player and eventually ended up performing in a band. The group toured the East Coast from Miami to playing at the legendary CBGB in New York. While living in Chapel Hill, NC., Chris had the fortune to work at Crook's Corner under the guidance of Chef Bill Smith. It quickly became clear that Chris was destined to lay down the guitar in favor of a chef's knife.

Chris moved back to his home, South Florida to attend Johnson & Wales University. Graduating in 1999, Chris worked with some of Miami's best Chefs, including, Cindy Hutson , Douglas Rodriguez, and Norman Van Aken. During his four years with Chef Van Aken, Chris rose to the level of Sous Chef. "Working at Norman's was like culinary school all over again, but the best thing I took from there was my wife of five years, now, Elena."

Drawn to North Carolina again, Chris served as Executive Chef of Panzanella Restaurant. During this time, he grew friendships with local farmers and purveyors. "It was a tremendous experience to buy products at the farmer's market and serve them the same night in the restaurant." Participating in many "Farm to Fork" dinners, Chef Capron became involved with "The Slow Food Movement."

After having their first child, Chris and Elena returned once again to South Florida.

Chris came to China Grill's Asia de Cuba outpost in Miami as the Executive Sous Chef. After opening the restaurant in the Mondrian hotel, and investing almost two years there, Chris was named Executive Chef of China Grill, FT. Lauderdale.

What Chef Capron brings with him is passion and drive. He strives to help his team succeed, and pass on the lessons he has learned through his years of service in this industry.