

Chef Ben Pallett is one of the valley's familiar top chefs and now he can be found cooking away at Courses Restaurant at the Shannon Lake Golf Course.

He is looking forward to reconnecting with the straight forward food he loves to eat and bringing a little of his farm-to-table, from-scratch style.

During his formative years his father taught him how to garden and fostered a strong connection to food, while his mother developed his culinary foundation in the kitchen. From that foundation he worked his way up from dishwasher to head chef throughout prestigious Alberta and B.C. restaurants, picking up culinary arts and restaurant management diplomas as he went.

On the off-season Chef Ben can be found with his family, travelling and hunting.