

MEET CHEF ELLEN PEREIRA DA ROCHA AT BROMLEY PARK CARE HOME

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By Adrian Silaghi (Head of Catering Services)

Ellen is a creative Chef with a fascinating personality; she comes from Brazil and as soon as you step into her kitchen you can feel a relaxed atmosphere. Always smiling and joking, Ellen has a close bond with her residents. Ellen has a genuine connection with food; not only is her food delicious, but she is great at using foods' natural colours to present her dishes beautifully.

Ellen's strength lies in accentuating the flavours in food, and she bakes amazing cakes. When I last visited Bromley Park, I was really impressed with her vegetarian lunch option of homemade tomato pasta; she had used fresh cherry tomatoes, olive oil, fresh basil and soy cubes for added protein.

They say the kitchen is the heart of the home, and Ellen is the soul of Bromley Park's heart – nourishing and delighting residents every day. Ellen is famed for her enticing cakes and desserts – especially when it comes to creating celebration cakes for her residents' birthdays.



This colourful creation was for The Great Nellsar Cake Off in October 2020



Ellen works with delicious fresh, colourful ingredients to create nutritious and enticing foods every day.