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# Flash-grilled: Ben Murphy

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**A protégé of Pierre Koffman, Ben Murphy is head chef at Kensington's Launceston Place where he serves a seasonal menu inspired by his cooking experiences in London and France.**

**What was your first job?**

A newspaper round.

**What is your guiltiest food pleasure?**

Chocolate eclairs or a strawberry trifle.

**What's the best restaurant meal you've ever had?**

The Ledbury.

**What industry figure do you most admire, and why?**

Gordon Ramsay. He has always been a highly respected chef with three Michelin. I'm a big fan of his Boiling Point videos as well as his philosophy on the industry.

**If you weren't in kitchens, what would you do?**

I think I would be travelling the world.

**What is your biggest regret?**

I don't think I have any regrets.

**Pet hate in the kitchen?**

Double dipping the same spoon.

**What's the oddest thing a customer has said to you?**

I have had customers ask for my number which is pretty odd.

**What's the dish you wish you'd thought of?**

Burnt Clementine from The Clove Club; it looks and tastes incredible

**Describe your cooking style in three words**

Fun, playful and tasty.

**Most overrated food?**

Caviar.

**Restaurant dictator for a day – what would you ban?**

Mobile phones.

**What's the worst review you've ever had?**

A customer complaining about portion size... forgetting the number of free extras we give.

**If you could cook for anyone in the world who would you pick, and why?**

Michel Guérard. I worked with him for a year and think he is a legend.

**What advice would you give someone starting out in the industry?**

Focus, stay determined and try to work for the chefs you aspire to be like.

**Which single item of kitchen equipment could you not live without?**

A spoon.

**What do you cook at home on your days off?**

I like simple food when I'm off, like pasta, pizza or a simple roast.

**What's your earliest food memory?**

My parents weren't adventurous in the kitchen, so my earliest memory is probably chicken dinosaurs and potato smiley faces.

**What's the best piece of advice you've ever been given?**

You should cook food you love to eat, otherwise what's the point?

**What's the closest you've ever come to death?**

I got jumped on the way home after work one evening.

**Where do you go when you want to let your hair down?**

Not really a specific place, I'm most happy when at work in the kitchen.

**What would you choose to eat for your last meal?**

Mac and cheese.