



Ilde Ferrer

Chef de Cuisine, Essensia Restaurant & Lounge

As Chef de Cuisine for **Essensia Restaurant & Lounge** at The Palms Hotel & Spa, Ilde Ferrer is responsible for the creation of seasonal restaurant and bar menus, managing day-to-day kitchen operations, and sourcing ingredients for Essensia's ingredient focused farm-to-table concept.

Ferrer's culinary approach follows the "inspired by nature" philosophy at The Palms, which reflects a passion for healthful eating, sustainably sourced premium foods, and local seasonal ingredients. In addition to partnering with local Florida farms and specialty purveyors, Ferrer sources menu ingredients from The Palms' own onsite organic Chef's garden, utilizing its herbs and produce in the restaurant's cuisine.

"I believe the most flavorful cuisine is simply made by acquiring the best local ingredients, and by letting nature speak through culinary artistry," says Ferrer.

In Miami since 2005, Ferrer's fine dining restaurant experience includes two years as Chef de Cuisine at famed Caribbean concept restaurant 'Ortanique on the Mile', as well as two years inside the kitchen at Miami Beach's award-winning steakhouse 'The Forge'. On the hospitality side, Ilde's Miami based positions include The Ritz-Carlton South Beach, the Fontainebleau Resort and The Setai hotel.

Born in Venezuela, Ferrer grew up in New Rochelle in New York. His first job at the tender age of 16 years old was in Scarsdale, New York, at Trios Café, where he was a busboy – giving him his first taste of the working world – watching the line cooks delivering a non-stop series of Italian plates that grew his passion for a continental style of cuisine after working his way up in to the kitchen.

In 1996, he enrolled at the renowned French Culinary Institute in New York City, where he learned the fundamental techniques of cooking and the eloquent European and classic French methodologies that defined the genre. After earning his two-year associates diploma, he moved on to study at the New York Restaurant School for his bachelor's degree, during which he worked in the evenings as a prep cook at Le Bernadin, a French restaurant in Manhattan – enabling him to hone his own cooking techniques and adopt a style of his own.



Upon graduating, the university helped place him in their externship program at Union Square Café, where he worked alongside reputable chefs Michael Romano and Danny Meyer, who took him under their wing for the next three years.

Ferrer and his family moved to Miami in 2005.

About Essensia Restaurant & Lounge

Essensia follows a farm-to-table philosophy, offering a seasonal selection of natural gourmet cuisine with emphasis on premium local and sustainable ingredients. Working with local farmers and other carefully selected purveyors, Essensia's menus feature healthful and flavorful dishes made with produce, meats and seafood primarily sourced from within the State of Florida. Essensia has been named a "Snail of Approval" honoree by Slow Foods Miami. The exclusive wine list at Essensia is committed to being sustainable or organic and has been selected for sharing Essensia's mission to be good for you and the environment. The signature cocktails are made with premium craft and organic spirits and all-natural ingredients. Located inside The Palms Hotel & Spa, with large outdoor terraces overlooking the tropical gardens, Essensia is open 7 days a week for breakfast, lunch, dinner and Sunday brunch. For restaurant reservations, please call 305.908.5458 or visit www.essensiarestaurant.com. Located at 3025 Collins Avenue, Miami Beach, FL 33140.

ABOUT THE PALMS HOTEL & SPA

The Palms Hotel & Spa combines genuine service, laid-back sophistication and oceanfront serenity into a 251-room destination where complete wellness and environmental awareness are at the center of each experience. Privately owned and managed by The Krause family, who also own just a few blocks away the 97-room boutique-style Circa 39 Hotel on 3900 Collins Avenue in Miami Beach, The Palms sits along a wide stretch of beach at the northern end of the South Beach entertainment district. An AAA 4-diamond rated hotel, The Palms Hotel & Spa is a member of Preferred Hotels & Resorts, a collection of the finest independent luxury hotels around the world, and a TripAdvisor Silver Green Leader accredited property. For reservations or further information, please call 800.550.0505 or visit www.thepalmshotel.com. The Palms is located at 3025 Collins Avenue, Miami Beach, FL 33140.

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