

RECIPE DEVELOPER

BAKER

TV PERSONALITY

Gavan Knox

Biography





About

Award-winning Irish-Canadian baker, chocolate aficionado and LGBTQ2S+ father of two, Gavan Knox is the only competitor from Eastern Canada to appear on the third season of Food Network Canada's The Great Chocolate Showdown, making it to the semi-finals. During his time competing he showcased his baking philosophy of taking point on using unexpected ingredients and flavours in familiar recipes.

Knox is the 2014 winner of The Guardian / Observer Food Monthly 'Best Reader Recipe' award with his [Smokin' Pig Licker Brownies](#)

Knox has been featured as resident baking expert on many daytime shows including The Social, The Marilyn Denis Show, and Your Morning. He has also appeared as a featured chef on GustoTV's live-to-tape cooking show "Blitz!"

Knox has also been featured in major publications such as Foodism Toronto, The Montreal Guardian, and Ming Pao Toronto & Vancouver. Internationally he has been featured in The Guardian, Delicious Magazine (UK), Gay Times and Attitude.

His early baking influencers include Mary Berry and Darina Allen, while his later influencers include Nigella Lawson; Nigel Slater and Julia Child.

FEATURED ON:

• The Social • The Marilyn Denis Show • Your Morning • Cityline • CP24 • CTV Calgary • CHCH • The Kelly Cutrara Show • Foodism Toronto • The Montreal Guardian • The Guardian • Delicious Magazine • Gay Times • Attitude • Gusto TV • Ming Pao Toronto and Vancouver

COLLABORATIONS:

• HexClad • Breville • Compliments/Sobeys • BakeGood Canada • Fleischmann's Yeast • Mazola Canola • Gay Lea • Cuisipro • Our Place • Egg Farmers of Ontario • Tre Stelle • Puddicombe Winery & Estate • TABASCO • Tia Maria • Cows Creamery • Enjoy Life • Ontario Veal



Background

Gavan Knox, award-winning Irish baker (residing in Canada since 2016), is an LGBTQ+ father of two with an enthusiasm for baking that began in his childhood. To him, the kitchen is the hub of family life - he loved spending much of his childhood at his mother's hip in the kitchen watching her and helping her bake, cook and create.

His mother, Anne O'Sullivan, ignited his passion for baking - she instinctively knew when cream was on the cusp of curdling and had an effortless knack for adding that "bit for the chef," subtleties that are felt more than learned. She taught Gavan the fundamentals of baking like traditional recipes, measurements and the need to be exacting - but also that, at the centre of it all, there's passion. Every time Gavan bakes, there's a little echo of her and those sentiments in his creations.

Gavan went on to pursue a career as an architecture technician spanning 15 years both in Ireland and the UK. His role was centred around creating workable, buildable drawings from lead architect's drawing and concepts, making sure they could actually be built on-site while complying to laws and regulations. In the later portion of his career, he refined his specialty to Building Specification Writing, detailing with words how construction is carried out and the laws to apply to, basically "writing a recipe for the building." Although he enjoyed his work, it became clear to Gavan that it wasn't his passion, so he decided to step away when he and his partner started a family to concentrate on his role as a new parent.

It was through Gavan's children, and bake sales at their schools, that he rekindled the fires of his love for food and baking. His role as a new parent began to mirror what he used to see in his mom, creating and baking in the kitchen. For some people, poetry or gifts is their expression of love, for Gavan, it's baking.



Gavan's philosophy with baking is that no ingredient is off-limits. His technical background in writing architectural specifications combined with the baking wisdom and passion imparted from his mother, provides him with the expertise to deconstruct classic recipes and explore what unexpected, off-limits ingredients can be added to elevate it. As a result, he's conceived creative and delicious combinations like Black Garlic Ice Cream Sandwiches, Badami Curry Macarons and more. He also has a love for spotlighting unusual vintage classics like Chocolate Vinegar Cake.

He always endeavours to think outside the box – both in terms of flavours and ingredients - and bring in the unexpected. Quirky, interesting flavours and ingredients are his signature, aiming to bring to life recipes which are more than just a sweet treat but also an exciting talking point.

Whilst Gavan's culinary vision may look to the future in creating new and unexpected combinations of flavours, his love for food, particularly baking, celebrates its roots in the history and provenance of ingredients and dishes. When presenting he always endeavours to highlight the history of the dish, not matter how mundane, as often seen on his television segments.

Today, Gavan resides in Toronto, Canada with his husband, Scott, and two children. Gavan loves the variety and accessibility of the Toronto food scene as well as the diversity of cultures and peoples. He can be regularly seen on CTV's The Social.



Additional Information

MEDIA & PRESS:

<https://crumbsinmybeard.ca/in-the-press/>

INSTAGRAM:

[@CRUMBSINMYBEARDYYZ](https://www.instagram.com/crumbsinmybeardyyz)

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