



Douglas Apicella
Private chef and
culinary enthusiast

Owner
Shells & Bones
Est. March 2018.

Le Cordon Bleu –
Paris Cuisine
Diploma
December 2017

Le Cordon Bleu –
Paris, Certificat De
Participation Wine
Initiation
November 2017

Institute Of
Culinary Education
(ICE) – N.Y.
Intro. to Culinary
Arts January 2017

Certified Food
Safety Manager

Member of the
United States
Personal Chef
Association

Insured to cook in
your home

I love to cook! I love the joyful sounds they make after tasting the first few bites of something I cooked for them. This makes me very happy.

I learned about cooking in childhood by watching my mother prepare dinner and holiday meals which fascinated me, most notably when I saw her peel the skin off the squid which became 'stuffed calamari in tomato sauce' on Christmas Eve. Inspired, I would regularly climb up on a chair to reach random spices in the closet and blend them with the more accessible items in the refrigerator, adding a little food coloring, and voilà! produce a novel but inedible creation. My older sisters encouraged this creativity and affectionately called these experiments "Doug's concoctions".

In June 2017 I became what is commonly referred to as 'a career changer'. In my case that meant leaving the chemicals industry where I had worked for more than 30 years in various engineering, sales, marketing and management roles. I packed my bags for Paris and entered Le Cordon Bleu Culinary program where I graduated with a Diplome de Cuisine.

Upon returning to the States I jumped into anything and everything in the industry, gaining experience in restaurants, catering, personal cheffing, cooking instruction and even working as an apprentice baker.

In 2018 I focused my passion for creating great food and started my personal chef services business called 'Shells & Bones'. The phrase originates from an epiphany I had in Culinary school that developing intense and delicious flavors in sauces and soups comes from the technique of reducing stocks which were based on the simple ingredients of water, aromatics and shells and bones.

Our goal for Shells & Bones is to provide delicious food as a Private Chef for a wonderful family and to provide chef services for dinner parties, special events, planned weekly meals, tastings, and demonstrations.