

Brian Henson earns top chef medal

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Big Rock Chophouse executive chef Brian Henson returned home with a silver medal from the American Culinary Federation's Regional Chef of the Year competition held in Little Rock, Ark.

After being named 2012 Chef of the Year by the American Culinary Federation's Michigan Chefs de Cuisine Association, Henson advanced to the next level of this regional competition. He was one of four finalists selected to represent the Central Region consisting of 15 states: Arkansas, Indiana, Illinois, Iowa, Kansas, Louisiana, Michigan, Minnesota, Missouri, North Dakota, Nebraska, Oklahoma, South Dakota, Texas and Wisconsin.

Henson was judged on cooking skills, menu taste and professionalism. The dish he prepared for the competition was Prosciutto Wrapped Rabbit, Rabbit Stuffed Polenta, Morel Rabbit Ragout, Collard Greens, Carrot Puree and English Peas.

"We're so proud of our very talented chef Brian and the silver medal he brought home," Big Rock owner Norman LePage said. "This award exemplifies chef Brian's continuous efforts for culinary excellence here at Big Rock Chophouse and also on a regional stage."

Blending together more than 20 years of experience at several renowned restaurants, Henson is suited for the atmosphere at Birmingham's Big Rock Chophouse. He was named executive chef at the restaurant in August 2008. He oversees a staff of 25 and is responsible for all aspects of the kitchen including training, purchasing, special events and creating the restaurant's four-star, award-winning menu.

In 2010, he received the Level 1 Sommelier distinction, from the Court of Master Sommeliers. Henson also serves as treasurer for the ACF Michigan Chefs de Cuisine.