SEQUOIA GROVE



Spencer Conaty
Executive Chef

Spencer Conaty is a highly accomplished, passionate chef who brings far-reaching experience from some of the Bay Area's most decorated restaurants to his role as Executive Chef at Sequoia Grove Winery in Napa Valley.

His culinary journey began with formal training at Le Cordon Bleu Culinary School in Sacramento. Conaty went on to hone his skills under the guidance of celebrated Chef Masaharu Morimoto for four years at Morimoto Napa, immersing himself in the intricacies of Japanese cuisine and its emphasis on exacting technique.

His pursuit of culinary excellence continued as he worked alongside award-winning Chef Dominique Crenn at the Michelin-starred Atelier Crenn in San Francisco. He further solidified his reputation for innovation and attention to locally sourced ingredients during his time at the three-Michelin-star Saison.

Before joining Sequoia Grove, Conaty gained valuable experience in the Napa Valley wine and food scene while serving as Executive Chef at Brian Arden Winery and Sous Chef at Silver Oak Cellars. These roles further equipped him with an in-depth understanding of curated wine and food pairings, event catering, and managing culinary gardens and livestock.

At Sequoia Grove, Conaty draws inspiration from the winery's diverse, versatile Cabernets to highlight the year-round bounty of Northern California. His formative work with Japanese cuisine has carried through to his approach today, where he uses the depth of Sequoia Grove's red wines as a pairing partner to umami-layered dishes like Pan-Seared King Salmon with Yogurt Ponzu, Daikon and Shiso. Conaty's creative incorporation of ingredients like dashi, miso, and other delicate flavors brings new balance and nuance to the hospitality offerings.

When not in the kitchen, Conaty enjoys tending to his culinary garden and spending time with his wife, young son, three dogs, and six goats.