

ARTIS

G A L L E R Y

NICOLA BENNETT
b. 1976

Originally from the UK, Nicola has established a successful art practice in New Zealand.

Nicola Bennett is an abstract painter based in Alexandra, in Central Otago, New Zealand. Her work is about the pleasure and energy that comes from immersing ourselves in the exploration of sensory knowledge. She begins with the everyday natural ingredients that we cook with – like asparagus, lemons, aubergines, avocados, – and gradually builds her understanding of them through conversations and collaborations with specialist growers and chefs.

Gathering this knowledge is the groundwork for her personal journey of discovery into these ingredients through touch, taste, smell, sound and sight, whilst cooking with them in her own kitchen. Only after all that does she move into her studio.

Her approach intertwines colour with flavour, intertwining the sensory experiences of cooking and painting. She harmonises colours by intuitively mixing them, often painting directly on ingredients to capture their essence. Her process is organic, allowing paintings to evolve naturally, sometimes diverging from initial expectations.

Drawing inspiration from the likes of chef Ottolenghi, local farms and local chefs, her works are an exploration of synesthesia - where multiple stimuli merge into one painting. In this way, when her kitchen and painting studio converge, it becomes a space where ingredients inspire both culinary creations and vibrant abstract paintings.

Bennett has been represented at ARTIS since 2023.

ACADEMIC:

BFA (Hons) Leeds University, United Kingdom
MFA First Class Hons, Whitecliffe College of Arts & Design, Auckland, NZ

SELECTED EXHIBITIONS:

2025	<i>THE COLOUR OF FLAVOUR</i>	ARTIS Gallery, Auckland, NZ
2025	Aotearoa Art Fair	ARTIS Gallery, Auckland, NZ
2024	<i>SAVOUR</i>	ARTIS Gallery, Auckland, NZ
2024	Aotearoa Art Fair	ARTIS Gallery, Auckland, NZ