

BRETT HUMPHRIES



Cherries in a Bowl, 23 x 28cm, £4,950

Brett Humphries might be the only painter who can simultaneously boggle your mind, addle your brain and rumble your tummy. Yes, you get a full body workout when you visit a Brett Humphries exhibition. Why is this? Well, first there's the ultra realistic technique, which offers a treat for the cerebral cortex. You look at the unerring clarity on display and your mind asks: how does he do that?

Then there's the subject matter. Brett applies his hi-res virtuosity to cheese, wine, cocktails, chocolates, fruit and more. They're all rendered in vivid mouth-watering detail. You feast your eyes on the work and your stomach wonders: when's dinner?

Brett explains that this is exactly the impact he is aiming for. "I'll do whatever I can to make the illusion as strong as possible" he says. "I want the eyes and the brain to be in conflict. I want viewers to salivate even though they know what they are looking at is not real."

Fans of Brett Humphries know this effect very well. Brett is one of the UK's most celebrated photo-realist painters. His 20 year journey to master the technique began when he studied Scientific and Natural History Illustration at Lancaster University. He later studied computer-aided art as a designer and 3D sculptor at a CGI studio. He became a full time painter in 2006.

Today, Brett is so comfortable with his technique that the bigger challenge is less 'how' and more 'what' to paint. He says his choices ultimately come down to personal taste. "I admire the greats of still life painting," he says. "But they don't inspire me. I can only paint what I am interested in. It's the best way to keep my work fresh and original."

Brett's new collection for the Catto includes some familiar subjects. There are four cocktail paintings, for example. Brett explains why he keeps coming back to this source. "To me, cocktails are like little jewels of light – a bundle of connotations wrapped up in a perfect little package. I am completely fascinated by them," he says. The quartet he has painted for the new show are outstanding. Check out 'Old Fashioned' with its sumptuous glacé cherry and orange peel. It's hard to imagine Brett has ever executed anything more perfect than the polished wood table featured in this painting.

In other works, Brett tries something new. He's pleased with the 'crunchy' quality of the crisps he achieved in 'Beer & Crisps." But most of all, he's delighted with 'Egg & Asparagus Dippers.' He says: "I painted a few different egg paintings before and wanted to try something a bit different. I had seen a recipe for smoked bacon wrapped asparagus and thought that sounded pretty tasty. I knew I had a winner for a painting – and I had found a new breakfast favourite too."

Brett's family frequently get to eat what he paints. But before they can tuck in, they have to wait for him to arrange and photograph his subject matter first – moving things around until the balance (and the natural light) is perfect. This can take hours. The paintings themselves can take up to a month to complete.

How long can Brett keep this up? Good question. He is currently exploring a concept that blends photo-realism with abstraction. Sounds amazing. But that's for the future. For now, let your head scramble and your stomach growl to the Brett Humphries of 2026.

Front Cover: Decanter & Cheese, 53 x 78cm, £11,950

All paintings are Oil on Panel



Clementines, 29 x 41cm, £6,950



Coffee & Ginger Biscuits, 26 x 45cm, £6,950



Old Fashioned, 26 x 22cm, £4,950



Daiquiri, 30 x 27cm, £5,200



Jug & Figs, 26 x 36cm, £5,750



Strawberries & Cream, 27 x 33cm, £5,500



Aperol Spritz, 32 x 25cm, £5,200



Pina Colada, 32 x 20cm, £4,950



Cheese & White Wine, 37 x 44cm, £6,950



Egg & Asparagus Dippers, 25 x 29cm, £5,100



Chocolates, 28 x 36cm, £6,500



Beer & Crisps, 36 x 33cm, £6,950



Mixed Olives, 33 x 27cm, £5,500

Back Cover: Mulled Wine, 24 x 29cm, £4,950



CATTO GALLERY

100 Heath Street • Hampstead • London NW3 1DP
Tel: +44 (0)20 7435 6660 • www.cattogallery.co.uk • art@cattogallery.co.uk
Opening times: 10am - 5.30pm Mon – Sat • 12 - 5pm Sunday • and by appointment

Exhibition Dates: 26th November – 17th December

Opening Night Thursday 26th November from 5.30 – 8.00pm