

Arun Kapil

BIOGRAPHY



Arun Kapil is an Anglo-Indian chef, food entrepreneur, spice expert, and founder of *Green Saffron* – multi-award-winning purveyors of the finest spices, rice, sauces and spice blends you'll ever experience.

Arun worked in London before going to Ireland in September 2004 for the Ballymaloe Cookery Course. He went on to work at Ballymaloe House, as a chef and while working there came up with the idea for *Green Saffron* - importing spices to create authentic Indian blends, accompanied by simple to follow, delicious tasting recipes.

In August 2014 *Green Saffron* received 2 stars for 'Curry Sauce - The Medium, Tomatoey One!' and 1 star for the 'Tantalizing Tikka' sauce in the Great Taste Awards 2014.

His passion for the science of spice, flavour combination and achieving the best from his raw product is second to none. **Arun** may appear unassuming, but he's a ball of energy, endlessly inspired by everything he encounters. His ridiculously infectious enthusiasm makes **Arun** the ideal spokesman for all kinds of spicy matters. No matter how conservative the customer, he manages to encourage everyone he meets to embark on their very own culinary adventures.

Arun regularly appears on Irish television including TV3's *Late Lunch Live*, and RTE 1's top rated afternoon show, *Four Live*. He has also appeared on Channel 4's 2011 programme *Cookery School*, *Market Kitchen* on UKTV and is a regular on Irish national radio. A recent BBC television appearance on Paul Hollywood's *Pies & Puds* allowed **Arun** to introduce the presenter to some wonderfully esoteric wares, and share some of his surprising ways with spice.

His skills with spice are in hot demand with top chefs the world over – **Arun** roves the globe to share his knowledge and help develop dishes that completely redefine diners' ideas about spice, developing new products with retailers and restaurants, and experimenting at *Green Saffron*'s own 'Centre for Spice Innovation'.

As a noted spice authority, **Arun** boasts an ever-expanding encyclopaedic knowledge of his subject. He can capture a crowd's imagination within a few seconds, and retain their interest for hours. He is a favourite for talks and food demonstrations at events such as the annual Abergavenny Food Festival and often teaches at cookery schools including the Village at Lyons, and Cloughjordan House in Tipperary.

His first cookbook, **Fresh Spice**, published by Pavilion in October 2014, will introduce readers to an entirely new way of thinking about spices, and is tipped as a tome with potential to revolutionise popular perceptions on the topic, with praise from fellow food writer Simon Hopkinson: "This Tiggerish man of spice has been a quietly fizzing fire-cracker for far too long, now. So, thank heavens he has finally exploded with this exciting and colourful book."

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