

Smita has appeared on several prominent shows at both the local and national level, in addition to writing for several publications. She is an experienced instructor and a consumate people-person - providing intimate one-on-one instruction as well as performing captivating live demonstractions at many events and shows. Smita was also a guest speaker and cooking instructor at the prestigious Cornell University School of Hotel Management in Ithaca New York.

Smita has developed recipes for Patak's, Ontario Potato Board, Unilever, Kraft Canada, and The Heart and Stroke Foundation. She has been a guest chef and menu consultant for resturants, as well as a recipe tester for the Toronto Star, Toronto Star's Food Extra supplement and Desi Life Magazine. Smita's develops her recipes to suit Western kitchens and busy modern lifestyles. Her recipes are healthy, easy to follow, inspiring and use fresh ingredients.

Smita's talents go way beyond the kitchen. She has a degree in psychology, a master's degree in social work and a degree in communications. She has worked as a journalist in India, the US and Canada and has written over 100 by-lined articles. Her vast experience in multiple disciplines gives Smita the ability to understand the consumer, and articulate breakthrough strategies for the market.





