



Accolades

- Winner BBC's 'Eating with the Enemy' (2008)
- 'Outstanding Female Entrepreneur' (ATL Business Link Yorkshire Enterprise & Diversity Awards 2008)
- Civic Award, Bradford City Council, 2009
- Founder 'Gita Mistry Food'

Biography

Award winning chef, expert in authentic Indian cuisine, business entrepreneur, volley ball champion, Bollywood dancer, passionate supporter of children in need; there are as many exotic twists to Gita Mistry as secret ingredients in her magic Spice Tins.

'Eating with the Enemy'



In 2008 Gita won BBC's 'Eating with the Enemy', a nationwide competition to find 'Britain's Best Home Cook', presented by celebrity TV chef James Martin.

Gita emerged the star of the show receiving a wealth of compliments from the judges who included some of Britain's best known and fiercest food critics. One went so far as to describe her cooking as "better than sex"!

Bradford Lass



Gita Mistry was born in Bradford, West Yorkshire, on April 23rd 1968 to Indian parents who came to the UK via Tanzania and who married when Gita's mother was just 13 and her father 20.

Still living in Bradford to this day, Gita is fiercely proud of her roots and the rich local dialect is evident in her down-to-earth vocabulary that made Gita such a favourite on 'Eating with the Enemy'.

Hindered by dyslexia at school, Gita was drawn to the arts (music and dance) and sports and although her parents could not afford the various tuition fees, which meant that learning the piano was not an option, she did learn to play tabla drums (a popular two piece percussion instrument, used in classical music of the Indian Sub continent) and went on to represent England in 1984 at the World Schools' Volleyball Championships.

Although she has little time for sports these days, music continues to inspire her in work and life.

Leaving school at 18, Gita embarked on a 20 year career in social services with Bradford City Council where she first encountered the issues facing disadvantaged children and the homeless that she continues to support today and one of the proudest days of her life was in February 2009 when the City of Bradford awarded her a civic reception to mark her achievements.

During this time Gita continued with her love of the arts and in 2001 she won the part of Carol in Willy Russell's 'Stags and Hens' at the Theatre in the Mill, Bradford, then the bright lights of London beckoned where she auditioned for a part in 'Bombay Dreams'.

It was following a spell performing at the Yorkshire Playhouse in four Bollywood dance pieces that Gita was spotted by the director of a pilot BBC3 movie and her career as a live presenter was born.

Passion for Food



Gita defines her cooking as 'New Generation Indian Cuisine', where traditional Indian techniques, ingredients and dishes are given a fresh, contemporary twist.

Some of her earliest memories are of her mother drying spices in the sun and grinding them together on a large silver plate before storing them in her special spice tins with their myriad of compartments and it wasn't long before a young Gita was borrowing her mother spice tins to prepare meals for neighboring families.

Through family and friends Gita has uncovered forgotten Garamasala recipes, best kept secrets and traditions handed down through the generations and has built up a wealth of knowledge and experience through experimenting, designing and creating honest home-cooked dishes that are true to her vision for a 'New Generation Indian Cuisine'.

Gita Mistry Food was launched in 2008 to promote her cooking demonstration and presentation skills and to provide private and corporate party event cuisine, based on her 'New Generation Indian Cuisine' recipes. Since winning 'Eating with Enemy' Gita has been much in demand at corporate functions with companies such as Deloitte and taking part in live food demonstrations alongside other top celebrity chefs. Her recipes have featured in national magazines and newspapers. She continues to develop new and exciting dishes, as well as planning to launch her own-brand range of spice tins and oils. Future plans include publishing her own cook book and ultimately a return to television as a food presenter.

Gita Mistry Food



Gita set up her own business, Gita Mistry Food, in 2008 to promote her cooking demonstration and presentation skills and to provide private and corporate party event catering, based on her 'New Generation Indian Cuisine' recipes.

Since winning 'Eating with Enemy' Gita has been much in demand making personal appearances at restaurants, supermarket launches, food fairs and corporate functions. Her recipes have featured in national magazines and newspapers.

She continues to develop new and exciting dishes, as well as planning her own-brand range of spice tins and oils for retail. Future plans include publishing a cook book, opening her own restaurant and ultimately a return to television as a food presenter.

Further information:

Bookings and Events:

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