

THE WINNERS TOGETHER

VERONICA CANHA-HIBBERT GAËL CLAVIERE
GRANT MACPHERSON NOUEL OMAMALIN
RAY WONG NATE GREEN STEVEN SMALLEY
FEDERICO TERESI ROBERTO SEGURA
GLENN NOEL LUCA ROSATI JAVIER GUILLÉN
FRANCESCO ACQUAVIVA JÉRÔME JULIEN
ANA ROŠ LUIGI VESPERO CARLA PELLEGRINO
GIUSEPPE MOLARO SAMANTA BAKKER
MOHAMAD CHABCHOUL DANIEL NEGREIRA
JOHN BUENAVENTURA STEPHANIE CERONIO
FRANCESCO GUARRACINO ESZTER PALÁGYI
JAMES OAKLEY JEAN WINTER TIM NEWTON
JORGE RIVERO GIORGIO DIANA LI CHI WAI
NIC VANDERBEEKEN BALAZS ENZSOL
DWIYANTI CINTANINGRUM GIANLUCA RENZI
SALVO SARDO GARY FOULKES JOE BARZA
JOSÉ LUIS VICENTE GÓMEZ DAVID TOUTAIN
MANU BUFFARA REIF OTHMAN NIYATI RAO
MIKAEL SVENSSON CHRISTOPHE DEVOILLE
RYAN HARRIS VINEET BHATIA DANIEL CHAVEZ
TERESA CUTTER NIKO ROMITO CRAIG BEST
KONSTANTIN FILIPPOU GIUSEPPE IANNOTTI
ALFREDO RUSSO PACO PÉREZ SAM AISBETT
THOMAS BÜHNER ELENA ARZAK HEINZ BECK

THE WORLD'S
FINEST CHEFS

FLAVEL MONTEIRO
AWARD-WINNING AUTHOR

COLIN CLAGUE ANDONI LUIS ADURIZ
SEBASTIAN FRANK YOSHIHRO NARISAWA
VALENTINO CASSANELLI SILVIA BARACCHI
TANO SIMONATO JAMES KNIGHT PACHECO
TAMARA CHAVEZ TONI KOSTIAN LIZ STEVENSON
GREGORY CHRISMANT STEFANO BAIOTTO
SIMONE CANTAFIO ANTONIA KLUGMANN
RICCARDO CAMANINI MARCO MARTINI
MICHELANGELO MAMMOLITI BEL COELHO
SAVERIO MACRI JUNIOR NADJE OLIVIER ELZER
ADAM REID KARIME LÓPEZ OLI MARLOW



TERESA CUTTER

THE HEALTHY CHEF
SYDNEY, AUSTRALIA

Teresa's aunt and uncle were her biggest inspirations when she was young. They were highly aware of the value of fresh, whole-foods, and creating dishes that were straight from their garden. The day-old rye bread from the pantry was used to make a rye porridge for breakfast. This was as simple as breaking up chunks of bread into a bowl and pouring steaming hot milk and coffee over it—and she loved it! To this day, she continues to be inspired by their simplicity and how just a few ingredients can become something spectacular.

At only fourteen, Teresa got a part-time weekend job at the local bakery. Here she was inspired by the bakers and all the beautiful creations that came out of the oven. After leaving school, she trained for quite a few years while working under many great chefs in Perth. She then gained an apprenticeship with Neal Jackson in his five-star kitchen. Here she spent the next few years creating hot and cold entrees, main courses, desserts and cooking rich, French-style sauces and pastries. She was soon promoted to an assistant pastry chef and would go on to win a gold medal at Salon Culinnaire for her creation of a magnificent Indonesian layer cake designed to resemble an ancient bible.

In 2006, she opened her first café in Sydney, Australia named The Healthy Chef. She wanted the restaurant to emulate the feeling she experienced in her great aunt's home. It was one of the first cafés in Sydney to offer healthy, plant-based, delicious food that appealed to the masses. After selling it in 2012 amidst health challenges, Teresa decided to use her knowledge, experience, and passion to create a range of nutritional products made from clean, organic ingredients. Additionally, she developed a collection of cookbooks, whose research was designed to not only help with her own health but for others who are on a wellness journey.

A regular columnist with the prestigious TIME magazine (USA), and the author of several international award-winning cookbooks, Teresa is the founding director of The Healthy Chef Functional Food Range that consists of organically sourced proteins, superfoods, teas, and nutritional whole food products. The Healthy Chef is also a boutique media and publishing company producing quality, healthy cookbooks for the Australian and worldwide market.

She looks back at her great aunt and uncle. They had it right. There are fresh fruit and vegetables, there's protein, and there are healthy fats, nothing overcomplicated. Teresa believes getting the perfect harmony of flavours can just come from the use of straightforward, fresh whole-food ingredients, sticks to using fresh food and focus on plant-based ingredients, creating dishes that are naturally gluten-free, vegan, sugar-free, and most importantly, delicious.



