



PAULA SACHS
(South African Chef)

I am a South African qualified chef who has recently moved to Provence. With 12 years kitchen experience. Only using seasonal ingredients and have a market to table approach to cooking. Having being head chef to gastro pubs in United Kingdom to consulting restaurants in Cape Town. I studied at the Culinary Academy in the beautiful winelands of Cape Town. My style of food is that of Mediterranean, North African and Middle Eastern. I adore making food as nutritious and delicious using the freshest ingredients.

Also meeting all dietary requirements and experienced in cooking vegan food. I love foraging, flower arrangements and making a delightful ambiance to dine in, including table settings. Now situated in Provence to meet your catering needs. I can customize menus according to the occasion. If you require any further information please feel free to contact me.

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Kind Regards, Looking forward to hearing from you.













Thank-you for your time...