

SALT

THE CONSCIOUS COOKS

Mauritius' much-loved SALT of Palmar launches a guest chef series with eco-conscious cooks



In 2020, progressive Mauritian boutique hotel [SALT of Palmar](#) will launch a guest chef series with a line-up of well-known, sustainably-minded cooks who will collaborate with the resort's local chefs to create one-off events and specialist dishes. To begin the year, they will welcome two experts from the UK including serial dinner party host [Alexandra Dudley](#) and celebrity chef [Ruby Bhogal](#) who will offer guests the chance to explore local produce, whilst learning their whizzy, pro-techniques.

On **Thursday 23rd January**, [Alexandra Dudley](#) will host a **zero waste cocktails & canapes workshop** welcoming in-house guests. Guests will be shown how to prepare **pre-dinner zero waste cocktails** such as martinis made with carrot and orange peelings paired with spirits, and a **series of canapes using fresh, seasonal ingredients** from nearby community gardens. Alexandra is a true entertainer known for her popular 'Come Dine with Me' podcast, and will gently weave in informative tips on **zero-waste table dressing** and **menu planning** whilst delighting guests with demonstrations on creating conscious canapes. After learning how to perfect the sustainable snacks, guests will have the chance to enjoy tasting everything they have prepared.

In March, **celebrity chef** and **British Bake Off finalist**, [Ruby Bhogal](#), will visit the resort to share her expertise with foodie enthusiasts. Influenced by her Indian roots, Ruby specialises in creating exotic twists and experimental flavours within her cuisine. On **Wednesday 25th March**, guests will join Ruby to a **visit to a nearby local market**, sourcing seasonal ingredients before they partake in a **cooking workshop**. Celebrating Ruby's heritage and the heavy Indian influence on Mauritian cooking, guests will learn to make delicious Indian dishes which will be subject to the fresh produce available that day. That afternoon, they will join a group lunch with Ruby to **taste the dishes** that they have learnt to prepare whilst she continues to share her insights on sustainable cooking. On **Friday 27th March**, Ruby will also **takeover SALT's very own bakery**, where guests can sample her

tempting pastries. Ruby's magic will be recreated by resident chefs over the course of a week through her **very own pop up menu** that will remain available at the main restaurant.

SALT of Palmar's expert-in-residence series will **perfectly compliment the resort's existing food philosophy**: fresh, seasonal, local and zero-waste. The Conscious Cooks series will leave guests feeling connected to a progressive food culture that is closely intertwined with the local community.

To register, email reservations@saltresorts.com or call +230 698 22 22.

-ends-

For media enquiries, please contact BIRD - hello@birdtravelpr.com / 020 7112 8824

Editors Notes:

About SALT Resorts

SALT is a humanistic approach to hospitality created by The Lux Collective in September 2018, connecting modern explorers with meaningful travel experiences. Spearheaded by hospitality visionary and CEO of The Lux Collective, Paul Jones, SALT introduces a new breed of hospitality for the culturally curious. Devoted to the wonder of all things local and sustainable, SALT resorts take guests to people - not just places. It reveals to guests the beating heart of destinations and their communities and get them out there exploring it - the SALT way.