



Samira's KITCHEN

The nation's first cooking show featuring the fresh, mouth-watering goodness of Middle Eastern food.

Samira's Kitchen is watched each week by a global audience numbering in the tens of thousands. The show explores the simple joys of Middle Eastern cuisine adored by people around the globe.

"It has been a lifelong dream to become a TV chef," says Samira, who began filming a thirty-minute show for a cable channel in Detroit this year. She is now hoping to connect with a bigger, national production company whose principals see the wisdom in launching **the nation's FIRST** Middle Eastern cooking show.

"Our food is based on fresh ingredients - vegetables, herbs, fruits, meats, only the finest quality," says Samira. "With the growing population of Americans with roots in the Middle East, it makes sense that this culinary path would become well-traveled in cookbooks, and in cooking shows."

Samira's Kitchen currently airs on MEA-TV & Radio every Thursday at 7 p.m. & Sunday at 2 p.m.

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Contact:
your:PEOPLE
yourppl.com

Lynne Meredith Schreiber
(248) 376-0406
lynne@yourppl.com
www.yourppl.com

Samira's KITCHEN

Samira Cholagh's weekly cable show –
a critically-acclaimed and entertaining
how-to for the home chef.



Consider this DVD sampler
of *Samira's Kitchen*.

**Samira Cholagh is looking
for a high-level production
company to take her TV
show to the next level.
Could that be YOU?**

Showcasing only the freshest fruits and vegetables, aromatic spices and wholesome ingredients, **Samira's Kitchen** is watched each week by a global audience numbering in the tens of thousands. The show explores the simple joys of Middle Eastern cuisine adored by people around the globe.

As food trend-watchers predict an ever-increasing return to the American kitchen for those seeking healthy flavors and home-side entertainment, **Samira Cholagh's** unique, yet accessible approach to home cooking is a perfect American story: immigrant talent taking the community by storm. **It is, perhaps, THE quintessential American story.**

"This is the first cooking show to teach the richness of traditional Middle Eastern food," says Samira. "Mediterranean cooking is so much fun to watch because we use unique steps and methods that are not found in any other type of cooking."

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As a young girl, making tea and sweets for her family during their traditional afternoon rest in Iraq, Samira learned the power of food – the ways people connect over it, how it becomes a symbol of love, and a beacon of health, goodness and community. As an adult who has built a life and a family in the United States, Samira has built friendships, nurtured emotions and sustained those in her community through her fresh, flavorful food.

Building on a lifelong love of feeding and satiating people with the fresh flavors of her original recipes, Samira Cholagh has become a TV chef while proudly awaiting the arrival of her brand-new cookbook, ***A Baking Journey: From Samira's Kitchen To Yours***.

Samira's third cookbook will be released in early 2011. Filled with simple, easy-to-follow recipes – 550 in total, all original to Samira – this tome empowers anyone to create delectable, home-baked treats. ***A Baking Journey*** is a wonderful complement to Samira's weekly cable show, ***Samira's Kitchen***, a critically-acclaimed and entertaining how-to for the home chef.



Watch **Samira's Kitchen**
on MEA-TV & Radio
every Thursday at 7 p.m.
& Sunday at 2 p.m.

Samira Cholagh is a mother of three adult children and new grandmother as well as a leader in the metro Detroit Chaldean community, where she is often asked to demonstrate recipes on television, at festivals and for local publications.

Her first cookbook, ***Mukhtarat Min Finon Al Tabekh***, or ***Selections From the Art of Cooking***, was an effort to teach Iraqi immigrants the American recipes their children requested. Samira's second cookbook, ***Treasured Middle Eastern Cookbook***, was created for the American-born children of those same immigrants, who longed to learn the native flavors of their ancestors.