

## **RAK PATEL**

Founding member of the Asian Cooking Academy, content creator and owner of MySpiceTin. Specialising in authentic, hand blended high quality Garam masala & Chai masala spice blends passed down from his late Grandmother.

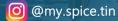
She was the biggest influence in his culinary journey and inspired him from an early age, making food a central part of his life.

This is where he learnt the foundations to his recipes which he has then evolved over the years. Specialising in authentic Indian & fusion cuisine with his own twist. He loves teaching people to cook authentic Indian dishes with fresh ingredients and aromatic spices in a fun and entertaining way.



Rak and wife, Rosh Patel

Follow Rak on his social media:





www.myspicetin.co.uk



@asian.cooking.academy

The state of the s

@asiancookingacademy2024