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Speakers

- Sanaa Abourezk | Chef and Restaurateur, Sanaa's Gourmet Mediterranean
- José Andrés | Humanitarian, Culinary Innovator, Educator and New York Times Bestselling Author
- Sanjeev Kapoor | 2025 Top Agri-food Pioneer, Culinary Icon, Humanitarian and Entrepreneur
- Ty Newnham | Chef, The Chefs' Manifesto

Transcript
Sanjeev Kapoor:

Good afternoon. Lovely, fantastic, such good looking people around me. And actually, I have cooked all my life. And I was asked that we have this big event, and the highlight of that is that there's a cooking demonstration.

And I said, yes. And suddenly they said, no, we have people better than you who can cook. We have Sanaa and we have Ty. Thank you for doing this. Thank you.

Sanaa Abourezk:

Thank you for having me.

Sanjeev Kapoor:

Thank you. And look at this, look at this. Gorgeous Sanaa, you've You told me that your first love affair was with Bean.

Sanaa Abourezk:

And still.

Sanjeev Kapoor:

And still. Tell me about it.

Sanaa Abourezk:

Even after I got married, Beans was still number one in the house.

Sanjeev Kapoor:

Look at that. And you are still not 18.

Ty Newnham:

No, I turn 18 tomorrow.

Sanjeev Kapoor:

Oh, do you? Big round of applause then. Wow. Didn't know that. Didn't know that.

Oh my god. Okay, that's Ty all the way from Melbourne, Australia. Big round of applause. And she bowled me over with a bean, and your dad actually has a tattoo of a bean?

Ty Newnham:

He does.

Sanjeev Kapoor:

Paul, where are you? Where is Paul? Stand up, please. Take a bow. Having a bean on your arm.

Anyway, let's not count our beans here. We are here to have some delicious food cooked by these brilliant chefs, and they're all prepped up. And normally in a scene like this, when everyone is prepped, I just swap them. How's that? No, I'm not going to do that today.

We'll do it half way, right? No. Just having fun? Okay, what we are going to do, since we have a clock ticking, and actually, normally there's one, there are four now. All these sessions, we only had one clock.

They said no, chefs don't know their time, let's put four clocks. So we will keep the time. Okay. And will you just start cooking whatever you want to do? We don't want to know what you're cooking.

Sanaa Abourezk:

That's the idea.

Sanjeev Kapoor:

Yeah, that's the idea, right?

Ty Newnham:

Yep. If they can guess.

Sanjeev Kapoor:

Let's let's Actually, do you don't have their recipes, do you? No. No, very good. Normally in a show like this, please start. Whatever you have to do, go on, start.

Start? Yeah, start. See whenever a session like this is there, if you are given recipe in advance, you're looking at that recipe, oh, he did not do it like this, she did not do it like this. So you are at a freedom to do anything. Tell me what are you doing?

Sanaa Abourezk:

So I'm doing bulgur pilaf. The idea is, even in my restaurant, I use very sustainable, very inexpensive, healthy ingredients. So we're doing bulgur, it's native to, it's very popular in the East Mediterranean, and then I'm doing millet, because you recommended it, and I'm doing millet salad Mediterranean way.

Sanjeev Kapoor:

Amazing, millet salad Mediterranean way? Yep. So you talked about your restaurant, tell me more about that restaurant.

Sanaa Abourezk:

So I opened my restaurant twenty three years, in November would be twenty three years ago, and it's mostly vegan, mostly beans, mostly grains. And everybody gave me six months. My husband agreed for me to open the restaurant because I was nagging him, I wanna go back to DC and board the whole thing. So he said, let her get out of your system, let her cook, and then maybe, you know, she changed her mind about South Dakota. So even my husband wasn't really very hopeful about me succeeding. And that's the best thing you can do for me or any woman, tell them that you cannot do it.

That was twenty three years ago, and we're still going, and we are almost now even selling our products in stores, and hopefully going nationally.

Sanjeev Kapoor:

Amazing. Big round of applause. Ty, what is your story? Is it cool to be a chef in Australia?

Ty Newnham:

It is. To a certain extent.

José Andrés:

How many girlfriends do you have?

Ty Newnham:

Only the one.

Sanjeev Kapoor:

Only the one. Good one.

Ty Newnham:

When I was younger, we used to travel a lot.

Sanjeev Kapoor:

You were still younger? You're so young, my friend. You are so young. Okay. Go on

Ty Newnham:

But no. When I was younger, we used to travel a lot, and my mom said to me, only one girlfriend at a time. Now my response was one in each country.

Sanjeev Kapoor:

I'm going there. I've been with one wife for last thirty three years. Yeah, last thirty three years. Okay. So we know what she's cooking.

She's doing pilaf with bulgar and millets, You are doing something, I talked of millets, right?

Sanaa Abourezk:

You told me to try millets, and I took it.

Sanjeev Kapoor:

Thanks. Thank you for honoring me with that millet. Okay. And this must be Beans. Yeah, dedicated to your father.

Ty Newnham:

It's on his arm.

Sanjeev Kapoor:

That's on his arm. Okay, lovely. Okay, tell me what are you up to, what are you doing?

Ty Newnham:

I'm making a carrot top and butter bean pesti. Uh-huh. So it's not a pesto because I've got no nuts, no cheese. It's vegan. Carrot tops are super high in nutrients, and they're a great filler.

So why not put it into your pesto? And then I'm also making a chickpea panisse. So it's a South France dish using chickpea flour, water and oil.

Sanjeev Kapoor:

Wow, lovely. We use a lot of chickpea flour back in India.

Ty Newnham:

Really?

Sanjeev Kapoor:

Yeah, lots, lots. We'll talk about that. Yeah, you can start and

Sanaa Abourezk:

Sorry, I think it's not working.

Sanjeev Kapoor:

Okay, this is not working. That is how it is planned. We have four clocks and one induction plate. That's what happens when you create a kitchen. Okay, there must be a switch.

Let's find that out. Okay, I need to go backstage, even this is

Ty Newnham:

Do you wanna take some?

Sanaa Abourezk:

Yeah. Can always do this. Actually I can make salad.

Sanjeev Kapoor:

No worries. Oh, lovely. Let's do that, don't worry.

Ty Newnham:

Yeah, I'll

Sanjeev Kapoor:

just Yeah.

Sanaa Abourezk:

All right, no problem.

Sanjeev Kapoor:

While we get this fixed. This is not Even plugged in. Never mind, we shall.

Sanjeev Kapoor:

Okay. This is called clockwork precision. Everything is precise.

Ty Newnham:

Yeah, I can’t do very much without the plug

Sanjeev Kapoor:

But that does not. So that's a chef. That's a chef.

That's what they do. When you have a large event, when there's a large hall, and your mic does not work, you raise your voice. So in this case, when that does not work, you raise your standard.

Ty Newnham:

Yeah, I'll do it with my hands.

Sanjeev Kapoor:

Yes, we'll do that. I'm sure that there is somebody who's working on it. Yeah? So you want to, do you need my help?

Ty Newnham:

You can do, yeah. Here's some gloves, you want to do it with your hands?

Sanjeev Kapoor:

Yeah. No, no, no, you're gonna.

Ty Newnham:

Get to use the knife.

Sanjeev Kapoor:

No, my God. That's what I love to use. My knife. Okay. What I'm going to do is get somebody to the electrician is here.

Thank you very much. Yeah. That's the most important person that we have. But while we are at it, the induction is not working. But since morning, the sound has been perfect.

Let's give a big round of applause to the person who did the sound here. I think great, great sound quality, great precision. The team that has been working here, I think I do lots of events all across the globe, but amazing. A big round of applause to all the great team at World Food Prize. Okay.

Do we have it? Lovely, we will get there. We will get there. So while we do this, let's get to this. So you have, you chose a dish based on, so you believe in no wastage.

Ty Newnham:

Yes.

Sanjeev Kapoor:

Right, that's just one girlfriend. Sorry about the ingredients, sorry. Right? Yeah?

Ty Newnham:

Yeah. No. In in a lot of commercial kitchens, I've worked in a few now, and you see a lot of things go to waste. Sorry. It just shouldn't be wasted. Sorry.

Sanjeev Kapoor:

You've worked in many professional kitchens.

Ty Newnham:

Commercial. Commercial. And I said a few.

Sanjeev Kapoor:

A few. In India, we call that as child labor. Is that even allowed?

Ty Newnham:

Yeah. You can work from fourteen to nine months.

Sanjeev Kapoor:

All right. Really? Oh, okay. Actually, and you get paid for it?

Ty Newnham:

No. No. No. It's free labor.

Sanjeev Kapoor:

Still child labor. Okay. Even worse. Okay. And twenty three years and going in a restaurant in Dakota?

Sanaa Abourezk:

Feeding people in South Dakota, meat and potato state. Yeah. Burger, beans, and all this stuff, and people will walk to my restaurant, especially men, and they will go, do you have a hamburger?

Sanjeev Kapoor:

Mhmm.

Sanaa Abourezk:

They say no. Do you have french fries? No. What I'm going to eat? And then we give them the food and taste it, and then we say, hell, if the food vegetarian tastes this good all the time, I'll eat it, you know.

So, that's how we convince them.

Sanjeev Kapoor:

Do you know, earlier on, I was on a session, which was on livestock, sustainability through that, and all of that I was to speak in that session. All my work is largely around vegetarian stuff that I do. Right, so it's okay. So I can relate to how are we going there. I'm sure it's no panic.

It's all good. It's all good.

Sanaa Abourezk:

I never felt so vertically challenged until I was cooking on this table. I feel so short.

Sanjeev Kapoor:

Yeah, that's

Sanaa Abourezk:

In my restaurant, we hired somebody actually, because my staff and myself were all short, so we had to cut the table. So we're otherwise, we were cooking like this and chopping like this.

Sanjeev Kapoor:

No. Now you're asking for too much. We are not going to chop the table today. I think we will get you the electricity, and that's it. We will not chop the table today.

You tried, though. You tried. Okay. That is

Sanaa Abourezk:

It's working. Yay.

Sanjeev Kapoor:

Big round of applause. Lovely.

Sanjeev Kapoor:

And good thing is, you don't get any extra time. We are because you have two extra hands. We're ready. Ready. We'll be

Sanjeev Kapoor:

Don't look at my hand.

Sanaa Abourezk:

He'll be okay.

Sanjeev Kapoor:

Yeah. If you need any help, ask him. He's much younger.

Sanaa Abourezk:

Yeah? Yep. You always help your elderly. Right? You always help your elderly here.

Ty Newnham:

Of course. What can I do for you? Oh, I'm just going to You don't need my help. Okay.

Sanjeev Kapoor:

Such such a sweet person. Wish they made chefs like him when we were learning. When we were learning, when we were chefs, there was nobody to teach us. There was no sharing. There was, and that's the reason I started to share whatever I learned, was because nobody was sharing anything.

Nothing. They kept all the recipes, everything close to their heart. There was no sharing at all. But it's so good to see you. So it's so good to see the way you work.

And you've got something going. So tell me what all is there.

Ty Newnham:

Basically, I've just got a little bit of oil, garlic and spinach right now. So carrot tops can go really stringy. Right. And they'll wrap around the motor of the Vitamix and can't use it anymore.

Sanjeev Kapoor:

Oh you mean to say you need a better mixer now?

Ty Newnham:

I read a lot about it actually.

Sanjeev Kapoor:

Yeah? Actually, see this is where back home in India. We don't sell our mixers here. So it's no point me integrating my brand of mixers here. Right?

I would have done that. A okay. While garlic, spinach and oil is going well there, there's a lot of cooking there. And to make matters worse, we have a vessel which is three meters high.

Sanaa Abourezk:

I might need step stool. Like, so

Sanjeev Kapoor:

I'll help you. I'll help you. I'll help you. Okay. That smells good.

Sanaa Abourezk:

Thank you.

Sanjeev Kapoor:

Whenever yeah.

Sanaa Abourezk:

It's already good. That's

Sanjeev Kapoor:

Yeah. It's it's it's looking good.

Sanaa Abourezk:

So we have time. So I'm going to eat five minutes until it's little bit golden, and then add my tomato and my bulgur garbanzo beans.

Sanjeev Kapoor:

Okay.

Sanaa Abourezk:

And then you have a delicious pilaf.

Sanjeev Kapoor:

Oh, nice. So some onions and tomatoes.

Sanaa Abourezk:

Yep. So, basically, when you have the grain and the beans together, they give you complete protein, and that's what a lot of countries know, you have the tacos, the fried beans. You have hummus and bread in the Middle East. So any bean and green, and that's how most countries get their complete protein.

Sanjeev Kapoor:

Of course. So the dish that I did, the biggest dish, it was a rice and a millet and a bean dish

Sanaa Abourezk:

Exactly.

Sanjeev Kapoor:

Which I created a world record with that. Okay. Thank you for securing that. Thank you very much. And, yeah, that that's looking, that's looking good.

And these carrot tops are these carrot leaves kind of a yeah? That that's

Ty Newnham:

Just try to fold the carrots for the marnite.

Sanjeev Kapoor:

Fantastic. Yeah. That's lovely. Looks green.

Looks Mhmm.
Ty Newnham:

Extremely healthy for you as well.

Sanjeev Kapoor:

Fantastic. Looks, actually very similar to cilantro leaf, coriander leaf, but the flavor is different.

Ty Newnham:

Would you like some cilantro then?

Sanjeev Kapoor:

I said cilantro and he produces cilantro. Are you a magician, Magician with food. I love fresh cilantro. Love fresh.

Okay. And we have

Sanaa Abourezk:

The salad is ready.

Sanjeev Kapoor:

Salad is ready.

Sanaa Abourezk:

You just let it now take all the flavor. We have terms in Syria, we called let the dish [Arabic]. You know, when you're tired, you go.

Sanjeev Kapoor:

Yeah. So let it rest.

Sanaa Abourezk:

Let it rest. So that's so the salad is now. Okay. Give it five minutes and you try it.

Sanjeev Kapoor:

So teach me one line. I know it in many languages.

Sanaa Abourezk:

Uh-huh.

Sanjeev Kapoor:

I do not understand Syrian.

Sanaa Abourezk:

Syrian?

Sanjeev Kapoor:

Yeah. If I were to say this in Syrian language.

Sanaa Abourezk: Oh you want to say I don't understand Syrian, so it's a complicated one. [Arabic]

Sanjeev Kapoor:

[Arabic]

Sanaa Abourezk:

But but everybody knows the language of food. So you don't have

Sanjeev Kapoor:

Everyone loves the language of food, knows the language of food. Exactly. Absolutely. Everyone. And as my dear friend Jose Andres says, you need bigger tables, and that bridges all the gaps in the world.

I think there are many things that divide the world, and food is one thing that unites. And that's what the World Food Prize is doing here, uniting the world here. World of food. So thank you World Food Prize for doing this, bringing the World of Food together. And look at this stunning venue.

People there smell coming from both sides, great side. There are many, many things that we enjoy in life. We enjoy music. We enjoy paintings. We enjoy many fine arts.

But look at food. It uses all five senses. How many art forms use five senses? Can you go and lick a painting? Yes.

Actually, nowadays you can. But can you music. You are hearing it. You can't smell it. Food, you smell it.

You taste it. You see it. You hear it. You touch it.

Sanaa Abourezk:

You touch it.

Sanjeev Kapoor:

Yeah? All five senses at play. All five senses.

Sanaa Abourezk:

You know, food is memories. You know, you like, for me, if when I eat dish, this is dish my grandmother used to make.

Sanjeev Kapoor:

Yes.

Sanaa Abourezk:

And so whenever I make it, I'm thinking my grandmother. It's you know, you walk in the neighborhood and somebody baking a bread, and it make you cry because, oh, I remember I was walking Damascus Street and somebody so it's also memory. It's yeah.

Sanjeev Kapoor:

Food is food is memory. Okay. How is it looking? Okay.

Oh, so this was something which you Chickpea. Chickpea. Chickpea. So you just cooked this, put it on a tray, cut it into pieces.

Ty Newnham:

Yeah. So it cooks kinda like grits

Sanjeev Kapoor:

Yeah.

Ty Newnham:

Or just cooking polenta. Uh-huh. Water, bring it to a rolling boil, and then slowly add in your chickpea flour. Some oil? Oil.

Mhmm. And salt. Well, this one I put a little bit of cumin in, just to compliment the dish.

Sanjeev Kapoor:

I I love cumin, the flavor of that. Okay. He's cooking for me. Yeah. Fantastic.

Sanaa Abourezk:

That's cheating. You're helping him.

Sanjeev Kapoor:

Oops. This this is I thought I helped you first.

Sanaa Abourezk:

You just stirred. Now you're just flipping over there.

Sanjeev Kapoor:

So now I'm looking also.

Sanaa Abourezk:

Isn't isn't that beautiful?

Sanjeev Kapoor:

Yeah. Yeah. It's look at the colors. So vibrant. Even that, I can feel the crunch there.

I can see all the vibrant colors here. The smell is so good. And and I also heard that you love your garlic. Yeah? And there cannot be enough garlic.

I heard that. Right?

Sanaa Abourezk:

Never enough garlic.

Sanjeev Kapoor:

Actually That does not have

Sanaa Abourezk:

enough garlic. No. That one doesn't have garlic. This one also, mostly I sell it for lunch, and the last thing you want to do after you go out and you talk to somebody, then, you know, the garlic is more I think it's private. So at the restaurant, less garlic, then I go home and I mash 200 cloves of garlic, and I sit down, and I'm heaven.

Sanjeev Kapoor:

Do you know what is the antidote for garlic?

Sanaa Abourezk:

Parsley.

Sanjeev Kapoor:

No. Just you keep

José Andrés:

your mouth shut. That's it.

Sanaa Abourezk:

Okay.

Sanjeev Kapoor:

Don't don't need to go and look for parsley now. Just just just come. You don't need any

Sanaa Abourezk:

But that's why I eat it when I'm home. Yeah. Around me.

Sanjeev Kapoor:

Yeah. That that's that's so true. That's true. Okay. That that looks lovely.

That that's the consistency is good. Color is beautiful.

Ty Newnham:

Gotta use tops.

Sanjeev Kapoor:

Yeah. Beautiful. And and the olive oil, the flavor is so nice. It's very good quality olive oil. I can say that whoever sourced that olive oil, did you bring it with you?

Ty Newnham:

No, I did not.

Sanjeev Kapoor:

Okay, it sounds very good. So if there was something that you were to bring from Australia, Melbourne, Australia, what would you have brought here?

Ty Newnham:

I mean, did bring my own seasoning. Okay. I was gonna originally bring dukkah.

Sanjeev Kapoor:

Uh-huh.

Ty Newnham:

But I forgot to get it. Okay. Went to the cupboard, and I found a spice mix from a place called Spice Mountain in London. They sell a lot of spice mixes that they make themselves, and they all taste genuinely amazing.

Sanjeev Kapoor:

Oh, wow

Ty Newnham:

So that's my replacement.

Sanjeev Kapoor:

You just made a pit stop in London because you were in Des Moines, and you wanted dukkah, and okay, let's stop over in London. Wow. Amazing. That is some serious where did you stop for something special? No, nothing.

Sanaa Abourezk:

The spice market in London.

Sanjeev Kapoor:

I have something special for you guys. I have a big surprise. A big surprise waiting in the wings for all of you. A big, big surprise. Are you ready for the surprise?

Sanaa Abourezk:

You did? From India?

Sanjeev Kapoor:

Who knows? Who knows? There's a big surprise. Are you ready for the surprise?

Ty Newnham:

Depends on what it is.

Sanjeev Kapoor:

Depends on what it is. Okay. Let's see. If you were to be granted a wish, what surprise would you ask for? Your girlfriend is not here.

Ty Newnham:

I don't know.

José Andrés:

Any surprise you want.

Sanjeev Kapoor:

Any surprise that you want.

Ty Newnham:

I mean I could go with the really expected answer and say zero hunger in the world and it'd be, are you granting these surprises? Do you have the solution? You do? Yes. Would you like to share it?

Sanjeev Kapoor:

Yes, I will share.

Sanaa Abourezk:

You will share?

Sanjeev Kapoor

Yes.

Sanaa Abourezk:

So what would I ask for the surprise?

Sanjeev Kapoor:

Yes, you ask.

Sanaa Abourezk:

For me or for the world?

Sanjeev Kapoor:

For anything.

Sanaa Abourezk:

Honestly, for people to learn how to conserve water.

Sanjeev Kapoor:

How to conserve water. Okay. Let's let's have the surprise on stage, and let's see if that wish can be granted. Alright. If that wish can be granted.

Oh my god.

Look at what we have here. Who do we have here? Look at that. A big round of applause for one and only chef Jose Andres. Chef

José Andrés:

Sanaa, how are you?

Sanaa Abourezk:

How are you?

José Andrés:

Chef Ty. Yep. My friend, Sanjeev, my brother.

Sanjeev Kapoor:

So good.

José Andrés:

It's your birthday.

Ty Newnham:

Tomorrow. Yeah. Like today. Like today.

Ty Newnham:

Yeah. It is today in Australia!

Sanjeev Kapoor:

Yeah. It's today in Australia.

José Andrés:

Hello. So I think we need to celebrate.

All:

Happy birthday to you. Happy birthday to you. Happy birthday dear Ty. Happy birthday to you.

José Andrés:

Go. Alright. Amazing.

Sanjeev Kapoor:

Amazing. But you need to cut the cake, Ty. Don't worry about it.

Ty Newnham:

Okay. You can do that?

Sanjeev Kapoor:

Yeah. We can do that. Of course. That's why you have the commies.

Now the there's we have one more commie.

Ty Newnham:

One more guy.

Sanjeev Kapoor:

Usually still younger than me, but, yeah, a better one. Yeah. Okay.

José Andrés:

Oh my god.

Sanjeev Kapoor:

Shall we?

Ty Newnham:

How do you want it cut? How many pieces? Should we do one for

José Andrés:

This is so tasty.

Sanjeev Kapoor:

For the whole world.

Ty Newnham:

One for the whole world.

Sanjeev Kapoor:

Okay. Once again. Happy birthday to you. Happy birthday to you. Happy birthday dear Ty.

Happy birthday to you. Woah. Amazing.

José Andrés:

Good boy. Alright

Sanaa Abourezk:

So if I do my birthday, would you come to it?

José Andrés:

Anytime.

Sanaa Abourezk:

Okay. South Dakota, we come to have José Andrés.

José Andrés:

I'm on a diet. Yeah.

Sanjeev Kapoor:

Oh.

José Andrés:

I'm on a diet.

Ty Newnham:

Anyone want some cake?

José Andrés:

Who wants cake?

Sanjeev Kapoor:

He said, I'm on a diet, and I say die eating. Well,

Sanaa Abourezk:

My husband used to say, I'm on a seafood diet. I see food, I eat it.

Sanjeev Kapoor:

Yes.

José Andrés:

That's a good diet.

Sanaa Abourezk:

Yeah. Exactly. Yes. I yep.

José Andrés:

That's a great diet.

Sanaa Abourezk:

I think it's good for everyone.

José Andrés:

So I'm here with friends. I mean, really.

Sanaa Abourezk:

Yes.

José Andrés:

I mean, the chef manifesto you did, that was amazing. Sanaa here, besides everything else she does, she's in the World Central Kitchen Food Corps. I am in the World Central Kitchen Food Corpse.

Sanaa Abourezk:

Yep. And I'm honored. I'm honored.

José Andrés:

Sanjeev. You know, about Sanjeev, I have to say something, people. But Sanjeev, I mean, nobody knows the most known chef in the history of mankind, that's Sanjeev Kapoor. I mean, for the ones of you, if you go India, if you go Pakistan, if you go anywhere around the world, I mean, you cannot walk with him anywhere, absolutely anywhere. Not only because he's a talented chef and has one of the most watched TV shows of chefs ever in the history of mankind.

Sorry, Gordon Ramsay. But it's true. All of these chefs, like Sanaa herself, Chef Sanjeev Chef Sanjeev, for example, in India, when clean cooking has to be the way to provide, especially families and women, a source of clean cooking so they can feed their families, saving money and in the proper way. Sanjeev was right and center making sure that more people in India were having access to clean cooking. But it doesn't end only there.

During the pandemic, I visit Sanjeev in India and he single handed put together a system to be feeding people in many places in India, but especially in the middle of the pandemic, 100 hospitals across India were eating because the system that Sanjeev put to feed every nurse, to feed every doctor and to feed every person. These are the type of people that you have here on the stage.

Sanjeev Kapoor:

Jose, we don't need to say this. You are such a big inspiration for all the chefs across the world.

Sanaa Abourezk:

Thank you.

Sanjeev Kapoor:

Seriously. No, seriously. I think

José Andrés:

Yeah, I'm sorry, I don't look serious, but shit.

Sanjeev Kapoor:

Oh no, he's

José Andrés:

I mean, this is so good.

Sanjeev Kapoor:

It is, it is.

No, but you don't know how many chefs you have inspired all across the globe.

Sanaa Abourezk:

That's true, that's very true.

Sanjeev Kapoor:

So thank you for doing that.

Sanaa Abourezk:

Absolutely.

Sanjeev Kapoor:

To the chefs community at large, thank you for doing that Jose. I think many years ago when I met you to now, honestly, I'm not just so lucky to call you my friend.

Think there's every day I wake up that, my God, there's somebody that I can look up to you. So thank you my friend, thank you very much. But you're not going.

José Andrés:

What are you doing now?

Sanjeev Kapoor:

No, we have to make sure that

José Andrés:

Okay, watch. Yeah. I wanna learn.

Sanjeev Kapoor:

Okay. We have to

Sanaa Abourezk:

Thank you for giving us mission, honestly.

Sanjeev Kapoor:

Yeah, so we have Ty here, oh, look at the beauty.

José Andrés:

Is this an Iron Chef competition? Who is doing the best, or it's competition?

Sanjeev Kapoor:

No, no, no. Well The competition's already over, we have the winner, Jose Andres, that's it.

Ty Newnham:

Yeah.

Sanjeev Kapoor:

That's it.

José Andrés:

Because this wine people is so good.

Sanaa Abourezk:

But you see, I counted. You already had five

José Andrés:

Oh my god. Couscous, oh my! And they are not eating anything. And you are not complaining? Yeah. People, if you are hungry, you have to speak up.

Yeah. You're gonna be here watching, salivating, and nobody's feeding you, and here this pot is full. You know how we're gonna be ending hunger? When we raise our voices to say, no children should be hungry ever, ever again, anywhere in the world. People, that's the way to do it.

Sanjeev Kapoor:

That is so true. That is so true. Okay. So how's that? You have not tasted that yet.

José Andrés:

Well, he didn't offer me.

Ty Newnham:

Would you like some?

José Andrés:

I mean, she was, I arrived there and she gave me a fork. I'm here and I'm still waiting.

Ty Newnham:

It's self-service here.

José Andrés:

I'm not complaining. I'm only stating the facts. It smells so good.

Sanjeev Kapoor:

Yeah, it smells very good.

José Andrés:

Come here.

Sanjeev Kapoor:

Smells very good. Okay.

José Andrés:

Okay.

Ty Newnham:

Oh, you have some sodium?

José Andrés:

No, you don't have. Do you have a camera?

Ty Newnham:

There is a camera.

José Andrés:

Oh, it's a camera.

Sanjeev Kapoor:

Yeah.

José Andrés:

Hi. Hello. Oh my god. They can see my bald. Yeah.

Okay. What is this?

Ty Newnham:

Chickpea panis.

José Andrés:

Do we plate it?

Ty Newnham:

Oh, would you like to plate it for me?

José Andrés:

Can I?

Ty Newnham:

If you would like.

José Andrés:

You have a funny accent.

Ty Newnham:

I do. I grew up in a lot of countries.

José Andrés:

I don't have an accent.

Sanjeev Kapoor:

Oh, no. You don't. No. Not at all. Not at all.

You're just Spanish.

Ty Newnham:

You teach me how to plate. I'm an apprentice.

José Andrés:

Okay. Is this also that's Yes. Yes. There's pesto. Oh, it's a pesto.

Yeah. Okay. How do we do it?

Ty Newnham:

You tell me. You're meant to be teaching me.

José Andrés:

Oh my god. Don't be mean to me now. Okay. I feel I'm gonna be fire.

Ty Newnham:

There's some smaller tongs down there.

José Andrés:

Oh my god. Look at this thing.

José Andrés:

God. Yeah. The tongues are easier. Yeah. It's so funny.

If people were watching in my restaurant, me doing this, it's like, oh, Jose, you didn't forget how to cook. Okay. I put it here.

Ty Newnham:

Uh-huh.

José Andrés:

Oh, yeah. We are doing.

Ty Newnham:

Some architecture.

José Andrés:

Yeah. And now the sauce?

Ty Newnham:
Yes.

José Andrés:

I do it?

Ty Newnham:

Yeah. You do it. It's all you.

José Andrés:

Okay. So what?

Ty Newnham:

I'm not gonna say

José Andrés:

Oh my god. How do we do it?

Ty Newnham:

It's a runny pesto.

José Andrés:

It's a great pesto. I mean, you are from Australia? Australia.

Ty Newnham:

Australia. Australia's home.

José Andrés:

Home now is what?

Ty Newnham:

Australia's home.

José Andrés:

So that Pesto was invented in Australia, people.

Ty Newnham:

Neither of these dishes are Australian.

José Andrés:

This is Australian to me.

Sanjeev Kapoor:

My god. All senses at play. Oh. That is false

José Andrés:

Oh. Oh, one, two, three. Oh.

People, you are not awake.

Sanaa Abourezk:

They're hungry.

José Andrés:

That was nasty. Yeah. Okay. We put some cilantro.

Sanjeev Kapoor:

Yeah.

José Andrés:

Yeah. Oh my god. Look at this thing. The cilantro is kind of

Sanjeev Kapoor:

Yeah. Little.

José Andrés:

I think Iowa doesn't produce a lot of cilantro.

Ty Newnham:

Yeah. You gotta really pick through.

José Andrés:

Oh my god. Take a look at this. What did they do?

Sanjeev Kapoor:

They'll put off.

José Andrés:

Okay. Oh my god. How I'm doing?

Ty Newnham:

I'll tell you at the end. Oh, shit.

Sanjeev Kapoor:

Oh my god.

José Andrés:

I'm about to I have some salt. Yeah. Oh my god. Well, that's not some salt. That's the sea, ocean into the plate.

Sanaa Abourezk:

Yeah. You pass.

Sanjeev Kapoor:

Okay. Here you are.

José Andrés:

Oh my god.

Sanjeev Kapoor:

That looks stunning. That looks so good.

Ty Newnham:

Good Job.

José Andrés:

How did I do?

Sanjeev Kapoor:

Come here. Come here. Come here. Come here. Own this.

Jose, now you get to eat.

Ty Newnham:

I thought you were on a diet.

José Andrés:

Oh my god.

Sanjeev Kapoor:

Yeah.

José Andrés:

This is so good.

Sanjeev Kapoor:

Yeah. We, okay. Would you like to plate the other one also then?

Sanaa Abourezk:

Oh, I'm actually, I cook like a grandmother. You bring your pot. You bring your plate.

Sanjeev Kapoor:

You still have kids around.

Sanaa Abourezk:

You have the pots.

Sanjeev Kapoor:

We will still have kids around.

Sanaa Abourezk:

I know. But you know, it's eating dishes. You get your plate, you have the pot, you serve yourself, enjoy the food.

José Andrés:

Oh my god, what is this?

Sanaa Abourezk:

I'm going to try it now, I'm curious.

José Andrés:

This is like goodness on the mouth, they're like, oh my god.

Sanjeev Kapoor:

But, Sanaa, let me tell you.

Sanaa Abourezk:

Mhmm.

Sanjeev Kapoor:

This is my first year of learning when I went to culinary school, and I'm learning I would come home and I would cook new dishes and everything. And, one day, after a few weeks, I asked my mom. I said, what do you think of my cooking? I said, oh, you cook very well. But for one dish, why do you take five dishes?

Why do you ruin five pots?

Sanaa Abourezk:

Exactly.

Sanjeev Kapoor:

So since then I've started to behave like your grandmother.

Sanaa Abourezk:

Yeah. You know, I'll show you what? Because if you have extra dishes, you're going to waste more water washing for all presentations, just grab your plate, there is the pot, help yourself enjoy the food.

José Andrés:

Simple.

Sanjeev Kapoor:

Simple.

José Andrés:

Big problems have very simple solutions.

Sanjeev Kapoor:

That is so true. That is so true. Yep. That's

Sanaa Abourezk:

The food what counts. Yeah. Is Not how the, you know, the whole thing. If the food looks fantastic, and you have a bite, and ehh

Sanjeev Kapoor:

Oh. Yeah. Yeah. Yeah. But

Sanaa Abourezk:

Nothing. No comment or anything. I'm just saying.

José Andrés:

Yeah. Yeah. You can say whatever you want.

Sanjeev Kapoor:

Whatever you want. Yeah. But

José Andrés:

You got the power.

Sanjeev Kapoor:
Yeah. Yeah. Of course. No. Who has the power?

José Andrés:

Women have the power.

Sanjeev Kapoor:

Of course. Woman with mic have bigger power. So many people. Women with mic. Anyone who has the mic has bigger power.

José Andrés:

Even they don't need the mic. Because when women are in action anywhere in the world, you know things happen.

Sanaa Abourezk:

That's true.

José Andrés:

Yeah?

Sanaa Abourezk:

That's very true. Okay.

José Andrés:

At the end, who feeds the world are women everywhere feeding people anywhere. That's who's feeding the world. Women in every corner of the world.

Sanjeev Kapoor:

That is so true.

José Andrés:

I mean, chefs like Sanjeev, they have the TV shows. And me, a little bit TV show. Yeah. And then this woman like her who feeds the world. And that's the reality of the situation.

That's why we need to be supporting women above all, all the time, everywhere, anywhere.

Sanjeev Kapoor:

Okay. So we have. but, should we not get some people to taste also?

José Andrés:

I mean, I told them to speak up, and they are still silent.

Sanjeev Kapoor:

Okay. I I I need

José Andrés:

How are we going to feed the world if you stay silent, people?

Sanjeev Kapoor:

So I need some tasters. I need some tasters. Can we? Oh my god, we have some tasters. Oh my god

José Andrés:

Yes. I'm sorry. But you should come.

Sanjeev Kapoor:

What's your name?

Joy Kitchens:

Joy.

Sanjeev Kapoor:

Joy? Yes. That's your real name Joy?

Joy Kitchens:

Yes. That is my real name.

Sanjeev Kapoor:

Okay. Full name?

Joy Kitchens:

Joy Catherine Kitchens.

Sanjeev Kapoor:

Joy Kitchens? Yes. Is that your real name?

Joy Kitchens:

Yes.

Sanjeev Kapoor:

You just made it up?

José Andrés:

Hold on.

José Andrés:

Hold on. Hold on. Her name is Joy Kitchen? Yes. Oh my god. You're like a goddess. This is beautiful name

Sanjeev Kapoor:

Yeah. Okay. Come here, my boy.

What is your name?

Blessed Chalo:
Blessed Chalo.

Sanjeev Kapoor:
Blessed? Blessed Charlo. Jose?

Blessed. Joy I I don't want to know your names. I I I I just no. But tell me your name. Maria, lovely.

Alison Huang:

I'm Alison Huang.

Sanjeev Kapoor:

Alison, thank you very much.

José Andrés:

Hi, Alison.

Sanaa Abourezk:

Sanaa.

Sanjeev Kapoor:
Sanaa is a beautiful name, but we want you to taste these dishes, and then you will have the, you are the judges today. Not just the tasters, right? So you have to judge.

How's that?

Sanaa Abourezk:

Be kind, be kind.

Sanjeev Kapoor:

Lovely. Be kind.

José Andrés:

Hold on, it's a competition?

Sanjeev Kapoor:

Yes, of course.

José Andrés:

You're gonna make them do like Gordon Ramsay does? They're gonna have to choose the winner?

Sanjeev Kapoor:

This is the second time.

José Andrés:

Oh my god. You're so mean, Sanjeev. I thought you had that with heart. Why does life has to be a competition?

Sanjeev Kapoor:

Because you you said that name twice. We worked together many years ago. So now you have

José Andrés:

let you do your show. I follow. I'm not gonna be opinionated. Okay. No, I already ate three plates. I'm gonna die.

Sanjeev Kapoor:

Okay. So here's your plate. Here's your plate. And you don't judge. Okay?

Judgment need not be. Okay. So let me tell you, I'm invited to many places to eat, to taste, to judge, and I have a very simple rule. I never, never find fault in food unless I'm paid to do so. Yeah. Isn't that a great rule, right?

José Andrés:

Especially on Thanksgiving. Yeah. Eats a dry turkey, but everybody says, how was your turkey? The best one I ever had. You are a liar. It's so dry.

Sanjeev Kapoor:

Okay. Here's

Sanaa Abourezk:

You have millet salad, and you have

José Andrés:

Okay. Let me serve.

Sanjeev Kapoor:

Yeah. You can start to serve them. You can start here. Yeah. Lovely.

Alright. That smells so good.

José Andrés:

Okay. Both?

Sanaa Abourezk:

That's Bulgur and Okay. Bulgur and Yeah. Yep.

Sanjeev Kapoor:

Perfect. Next.

José Andrés:

Let's go, Joy. Joy Kitchen. Joy Kitchen. I mean, listen to me. Every single company that does food or kitchen appliances is gonna hire you.

Yeah. And what is your name, Joy Kitchen? You're the best. Look at this man.

Sanjeev Kapoor:

And and Chefs' Manifesto, Paul, you knew it, you had everything going, and you named him Ty? Why would you tie him? This is where my daughter say dad jokes. And I say dad bad?

José Andrés:

Okay.

Sanjeev Kapoor:

Okay. Oh, that looks good. Yeah. Amazing. Now, all the plates are done?

Yeah. Perfect.

José Andrés:

Four. Okay. Can I put more pesto, because this pesto is so good? My god. This pesto is so good.

Ty Newnham:

Wait. Wait. Wait. Just let me just take the spoon.

José Andrés:

Oh, yeah. I didn't leave. I didn't. The spoon was so happy that the spoon decided to go inside the pot. I mean, you imagine a jacuzzi instead of water with pesto? My god.

Sanaa Abourezk:

You want some?

José Andrés:

It'll be the new spa, pesto spa. More sauce? Is pesto so good? More sauce? More sauce?

Alright. So now you're gonna have 500 people watching you eat. And they are going to be saying, why are they eating and they are not feeding us? Why? Because they are here and you're not.

Sanjeev Kapoor:

Okay. Some, yes.

José Andrés:

Okay, okay. And you didn't taste it yet?

Sanjeev Kapoor:

No, I didn't.

José Andrés:

You've been here all this time and you didn't taste it yet.

Sanjeev Kapoor:

I know.

José Andrés:

Oh my god, I ate three plates already.

Sanjeev Kapoor:

Yeah, we had a big surprise.

Sanaa Abourezk:

Do you like some more?

José Andrés:

Huh?

Sanaa Abourezk:

You like some more?

José Andrés:

I'm on a diet.

Sanaa Abourezk:

Okay.

Sanjeev Kapoor:

Yeah. We can see that.

José Andrés:

Hey, hey, hey, hey, don't be sarcastic, okay?

Sanjeev Kapoor:

If you would rather have Patricia here?

Ty Newnham:

Take more, I'm sure.

Sanaa Abourezk:

It's good.

Sanjeev Kapoor:

To say, tell you that? Where's Lucia?

José Andrés:

You can eat that. We don't charge for eating.

Sanjeev Kapoor:

Oh, that's so good.

José Andrés:

Wait. You can use a table. I mean, guys, give them some service. Poor guys. Use the play.

Use the table if you want. Use the table. Guys, use the table.

Sanaa Abourezk:

Thank you so much.

José Andrés:

Here.

Sanaa Abourezk:

Thank you.

José Andrés:

Right. Okay. Don't show too much emotion. Don't give up who you think is best. We want everybody to win.

Sanjeev Kapoor:

Some of the nuttiness and crunch in your salad and the acidity, it's just perfect.

Sanaa Abourezk:

Thank you.

Sanjeev Kapoor:

Amazing.

Sanaa Abourezk:

I have a principle. I always tell people when they serve something so mushy, I said, you have the teeth for a reason. So you need to add textures to your dishes. So that's why.

Sanjeev Kapoor:

Yeah. It's simple, but it's standing out. The colors are so vibrant, so colorful, and the contrast. Actually, the beauty is that we created few dishes on two counters, but there was one plate which looked beautiful, complete in all senses. The dishes that you did and what you did

Sanaa Abourezk:

The complete.

Sanjeev Kapoor:

Sanaa and Ty, I think really tied in together. And it needed might of Jose Andres to bring everything together, and might of that cake.

Ty Newnham:

I am gonna eat that once I go off stage, just letting you know. Yeah. Did you make that personally?

José Andrés:

Yeah, we go. I mean, if we have to share this piece of cake with everybody, yeah, this is how we're going to make America hungry again. I mean, it's a very little cake for so many people. But maybe we can slice it for all. How many people?

Who wants cake? Okay. You are too far away.

Sanaa Abourezk:

I'm sorry.

Sanjeev Kapoor:

Yeah. I don't know about this place. I remember, was it that this was in London? I was in Wembley Arena. There was a huge crowd, and I was doing a live cooking demo.

José Andrés:

Yeah. Because Sanjeev Kapoor only cooks at Wembley Arena.

Sanjeev Kapoor:

No. Because there are too many Indians there. I can't help.

José Andrés:

Because there's more Indians in England than it's British in England. Yeah. We know.

Sanjeev Kapoor:

So anyway, so we did that, and I I cooked a lot, so I invited some people. I said, come up five people from here, five from here. Maybe 15 people come up and we'll give you to taste. As they were coming, there were 10 security guards who came in and stopped everyone. No, you cannot.

José Andrés:

You cannot what?

Sanjeev Kapoor:

Eat, go to the stage. I said, why is it a security risk? No, no, the hygiene department has not cleared tasting of demo food.

José Andrés:

The hygiene department?

Sanjeev Kapoor:

Yeah, that was the rule then. We don't think about these, but they actually have rules.

José Andrés:

And you were not able to feed anybody?

Sanjeev Kapoor:

No. I did that backstage then.

José Andrés:

So you broke the rules?

Sanjeev Kapoor:

No, I did not. I just took the food backstage, they broke the rules.

José Andrés:

But sometimes to feed the world, we're gonna have to break some rules.

Sanjeev Kapoor:

Break that's. I think food does not need rules.

José Andrés:

Because if the rules we have right now are not helping us feed the world, means we need to break the rules, and write new ones. If the recipes of the past are not helping us to feed the world, means that I'm tired of the recipes and that's why we must write new recipes to feed the world.

Sanaa Abourezk:

Agreed.

José Andrés:

That's what you're telling me.

Sanjeev Kapoor:

And we have the future of the world, younger children, Joy, Blessed, come this side, Maria and Alicia. Allison. Allison. Allison. My fault.

Allison, come here.

José Andrés:

What do want? Move forward.

Sanjeev Kapoor:

Move Move forward. Forward. Forward. Forward.

José Andrés:

Yeah. Yeah.

Sanjeev Kapoor:

Big round of applause for tasting the food. And now, you take the bow. Take the bow. Very good. And we all clap for them.

Thank you. Thank you very much. What a brilliant session. And if anyone wants to taste this food, there is next year, there would be this. Give us your name.

José Andrés:

But here in Des Moines, we don't have the hygiene police.

Sanjeev Kapoor:

Oh, yeah. So, you mean to say that we can

José Andrés:

We can feed some of the people.

Sanjeev Kapoor:

We can, we should. We should. Yeah.

José Andrés:

Okay. Now? I don't see you're very excited. Yeah. Especially Yeah.

I mean, of everybody, that crowd over there is the best crowd. Yeah. Okay. We'll make something happen. I don't know how.

But if I don't feed you today, maybe next year.

Ty Newnham:

I can cook some stuff.

Sanjeev Kapoor:

Okay. But, thank you very much, big round of applause to all four. Thank you very much. Thank you, Ty. It was brilliant.

What you did was so good. Before you leave, any last minute comments that you want to have, any serious comments because we've had so much fun, but no, seriously, what you do, we're proud of you, anything you would like to share.

Ty Newnham:

Thanks for having me. Thanks for that section of the crowd for being a great audience.

Sanjeev Kapoor:

And, Sanaa, any last words?

Sanaa Abourezk:

Eat your beans.

Sanjeev Kapoor:

Thank you. A great sport. Last words.

José Andrés:

You know what I realized, Chef Sanjeev? That maybe we were not ready to feed everybody. But if you allow me

Sanaa Abourezk:

Absolutely.

José Andrés:

I put together both of your dishes. Please. You know, Sanjeev, how we can do it?

Sanjeev Kapoor:

Yes.

José Andrés:

You know how you start feeding the world?

Maybe today you cannot feed everyone because still the policies or the people or the food is not there in place.

Sanaa Abourezk:

Very nice to meet you.

José Andrés:

But the way to feed the world is this.

Ty Newnham:

Good stuff.

José Andrés:

You start feeding one person.

And from there, you can dream that you can feed humanity. That's how you start feeding the world. One person at a time.

Sanjeev Kapoor:

One plate. One plate, one person, one world. Thank very much for a great session. And you've been the best audience that has ever been for such a show because there has never been such a show. Thanks to great chefs here.

Thank you very much. Thank you.