



# Bethany Kehdy

**Author, Food Writer, Presenter  
and Recipe Developer**

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# The Dirt on Bethany Kehdy

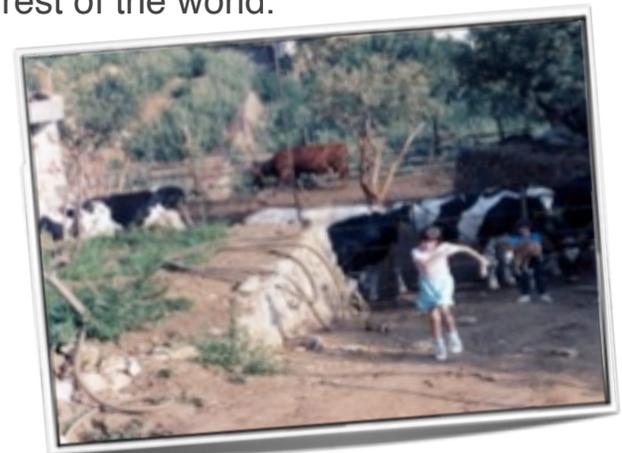
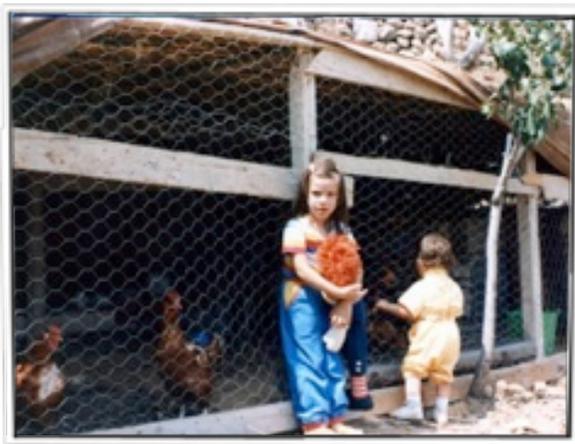
**Bethany Kehdy** is a Lebanese-American food explorer most notably known by her popular Middle Eastern food blog, **Dirty Kitchen Secrets**. Born in Houston, Texas to an American mother and a Lebanese father, Bethany grew up in Lebanon during the country's most volatile civil war years.

To shelter from the war, her family retreated to the mountains of Lebanon where her father set up an eclectic farm on the ancestral land. For a great part of her childhood, Bethany helped to water orchards, harvest fruits and vegetables, chase after chickens, make cheese, and even milk the odd cow.

After competing in Miss Lebanon 2001 and proudly representing Lebanon in Miss World 2002, Bethany traveled the world and built a career around her enthusiasm for Middle Eastern food. Bethany has spent the last 5 years heating up the kitchen and establishing herself as the most provocative Middle Eastern cook online, bringing together her childhood memories of traditional Middle Eastern cuisine and interpreting it in a fresh, modern approach, all the while incorporating her well-traveled palate.

Bethany's debut cookbook on Middle Eastern cuisine entitled [The Jewelled Kitchen](#) (Duncan Baird Publishing) was released on July 4th in Europe, the Middle East and Australia. It was selected as **Cookbook of the Week** by [The Telegraph](#) and featured in [The Times](#).

In 2010 Bethany launched **Taste Lebanon culinary journeys** across Lebanon and in 2009 founded **Food Blogger Connect**, the world's leading international food blogging conference. Bethany lives in the West Country of England with her British husband and splits her time between Lebanon, England and the rest of the world.



# Middle Eastern salads

Tabbouleh



Extracted from The Jewelled Kitchen ©

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### Cookbook of the week: The Jewelled Kitchen Kehdy

The Jewelled Kitchen is a tantalising collection of recipes inspired by North Africa.



# A Plate Full



How one blog is helping to demystify Middle Eastern cooking



**“Dirty Kitchen Secrets reads like a conversation with a witty friend who can offer you the perfect Levantine dish for any occasion.”**

The National Magazine, (UAE)

Bethany has appeared on several cookery shows in the UK, including the popular [Market Kitchen: Big Adventure](#) and [Perfect](#), and has cooked for and held live cooking demonstrations at [Foodies Festival](#) (Bristol & Battersea), [Balade Restaurant \(NYC\)](#), [Tawlet \(Beirut\)](#) & [L'atelier des Chefs](#) (London) hosted by [Wines of Lebanon](#). Bethany was selected by [Monocle Mediterraneo 2012](#) as one of the four ‘Mediterranean Food Ambassadors’, representing Lebanon and is the ambassador of [Freekehlicious](#) in their North American and UK Market.

Her work has been featured in many international publications including [The Times](#), [The Telegraph](#), [CNN Travel](#), [The Guardian](#), [Conde Nast Traveller \(IN\) Food & Travel Magazine](#), [Bon Appetit](#), [London Evening Standard](#), [Delicious Magazine \(NL\)](#), [Monocle Mediterraneo](#), [Olive Magazine](#), [Food Magazine](#), [Devon Life](#), [The Lady](#), [The National \(UAE\)](#), [BBC Good Food Middle East](#), [Fatafeat](#), [Aishti Magazine](#), [Fit n Style Magazine](#) and [Athens News](#) amongst others.



# Debut Middle Eastern Cook Book



# The Jewelled Kitchen

**The Jewelled Kitchen** takes you on an unforgettable adventure of Middle Eastern and North African cuisines. From Tuna Tartare with Chermoula and Sumac-Scented Chicken Parcels, to Cardamom-Scented Profiteroles and Ma'amoul Shortbread Cookies, it's full of mouth-watering dishes for you to try. Bethany's recipes stem from her childhood, as she mixes traditional country fare with cosmopolitan feasts, and adds contemporary twists, unveiling a culinary heritage that is as rich as it is diverse.

"Kehdy's cookbook is an inspired collection of classics and innovative dishes from a part of the world which, at the moment, is enjoying its overdue place in the sun. Her contribution is original, thoughtful and delicious. Go get it! - **Yotam Ottolenghi**

"Bethany's distinctive modern take on Middle Eastern classics is an absolute joy!" - **Greg Malouf**



# Revealing Middle Eastern Cuisine



Bethany founded **Dirty Kitchen Secrets** to help spread the word about the culture, history and importance behind the flavours and techniques of Middle Eastern cooking.

Dirty Kitchen Secrets has since helped to change perceptions that Middle Eastern food is complicated and laborious and has more people grappling their fear of the unknown with the cuisine.



# Intimate Food Treks



To further highlight Lebanon's culinary traditions, culture and people, Bethany founded **Taste Lebanon**, a boutique tourism collective providing an avenue for the international community to gain an honest insight and truly authentic and intimate experience as they travel across the different regions in Lebanon.

Following renowned success of the TL tours, Bethany now also leads press trips for the Lebanese Ministry of Tourism and local five star hotels. [A short film](#) following the April 2013 press trip was released on Youtube and received an astonishing response within a week reaching out to over 43,000 viewers and counting within the first 2 months.



# International Networking Events



World's leading international food blogging conference

Bethany also founded and organises **Food Blogger Connect**, the world's leading international food blogging conference which just celebrated its 5th year.

FBC connects the food industry with influential food bloggers through a three-day annual event bringing together award winning, star-profile guest speakers, celebrity chefs and food bloggers from across the world, providing powerful exposure opportunities for food brands. News of the last event reached over 23.4 million Twitter exposures!





Get to know  
Bethany  
Kehd.

