

CHEF SIMIYON – COOK OUT OF PASSION



Having undergone a classical chef education, Simiyon was not really able to make use of the Ayurvedic cuisine. Neither his previous jobs, nor the award that he received as a chef were of any real help to him in the beginning of his Somatheeram career. Three Ayurvedic body constitutions, so many limitations and eventually the goal to set up a delicious, varied buffet three times a day! It was a rough start for the new Somatheeram chef!

Chef Simiyon was born in 1987 in Tamil Nadu, South India. He graduated from S.R.M Hotel Management School in Chennai and completed his MBA next to a full-time job. Working his way up for the last 5 years, he has held several positions in various star hotels in India, Dubai and Singapore, until he joined Somatheeram Ayurvedic Health Resort in September 2013. He even received the “Excellent South Indian Food Award” from the City Height Hotel in Trivandrum. But none of this prepared him for the challenge that he had to face in the Ayurveda center.

He knew all his recipes and also how to run a kitchen but Ayurvedic cooking was completely new for him. Even though Ayurveda is a matter of common knowledge among Indian families, Chef Simiyon did not know the medical effects of all the spices and ingredients that he uses in the kitchen and had to learn how to implement his knowledge and skills to the Ayurvedic cuisine. Restructuring his own recipes in order to meet the constitution requirements, he constantly aimed at providing a balanced diet through the vegetarian Ayurvedic cuisine, with e.g. enough protein intake.

Interaction and consultation with the Somatheeram doctors was on his daily schedule, especially in the beginning of his career in the resort. By now Chef Simiyon is an expert in the field of Ayurvedic cuisine and loves experimenting with new recipes and innovating existing ones. With his passion and talent he has not only restructured the kitchen operations but he also refined the Somatheeram cuisine and led the dishes to the next level.



TEN TIMES AWARDED AS
“THE BEST AYURVEDIC CENTRE”
BY THE GOVERNMENT OF KERALA



SOMATHEERAM **AYURVEDIC HEALTH RESORT**