



## Karen Dudley

Karen Dudley (born 1968) is a South African chef, food writer and restaurateur. She is best known for her restaurant, The Kitchen in Woodstock, Cape Town, which was visited by former First Lady Michelle Obama in June 2011. “If you’re a regular politician’s wife, you go to the Mount Nelson. But if you’re Michelle Obama, you’re looking to make the biggest impact. She understood the power of her endorsement.

We played our regular music. We were making sandwiches for her two girls, and she brought her mom. I think she was saying she was coming to Woodstock, a growing area, to a black woman-owned business. Locals have often stopped me in the street and said: did she really come to us?”

For Karen Dudley, food informs the family dynamic and her home is as multilayered and as delicious a delight as her colourful personality and cooking style. ‘When it comes to food and cooking, I learned from my mother how to make “nice” with what we feed the people we love and care about,’ says Karen Dudley, author, cook and creator of The Kitchen, the much-loved Woodstock dining destination that she opened in Cape Town in 2009. ‘We were the kind of family who would be sitting at the kitchen table in the middle of the night, eating her perfectly thin French crêpes, if repairs after an argument needed to be made.

Delicious food has always been her love language,’ she says. When news broke that The Kitchen would not be reopening in June after lockdown, people were shaken. Dudley has produced beautiful cookbooks, and is active on Instagram and YouTube. She believes her future will involve being an authority on food and recipes

### Areas of Expertise

- a. Chef
- b. Food Writer
- c. Restaurateur