



Media Release



Take a tantalising culinary journey across the 'Island of the Gods'

Paradise Kitchen Bali with Lauren Camilleri premieres 21 September

Interviews available

Watch *Paradise Kitchen Bali* promo [here](#)
Screeners and images available [here](#)

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This September, get ready to discover Bali's vibrant culture, rich traditions and mouthwatering cuisine as Australian-Balinese chef and host **Lauren Camilleri** takes us on tantalising culinary journey through the tropical paradise island of her heritage. Ten-part series, ***Paradise Kitchen Bali with Lauren Camilleri*** premieres **Thursday, 21 September** on SBS Food and SBS On Demand.

Co-creator of Bali's globally renowned plant-based restaurant, Kynd, Lauren left Australia as an 18-year-old to reconnect with her Balinese heritage and on a mission to make a difference. Since opening her first café, Swich in Legian, she has pursued a passion to reshape people's perceptions of vegan food and showcase the sheer deliciousness of plant-based cuisine. Lauren brings her unwavering passion for food, connection and making a positive impact to brand new series, *Paradise Kitchen Bali*.

With a backdrop of lush landscapes and picturesque vistas, *Paradise Kitchen Bali* offers a captivating blend of exploration, cultural immersion, and delectable gastronomy in the tropical paradise of Bali.

Each episode focuses on a specific ingredient, revealing age-old recipes and innovative techniques, producing delicious dishes such a jackfruit-infused Rendang curry, coconut calamari, a sweet and spicy tofu Tahu Gejrot and mouthwatering banana flour sourdough bread. Lauren's passion for food and her Balinese heritage shine as she collaborates with local chefs to create flavourful dishes that transport viewers to a world where these ingredients reign supreme.



Emily Griggs, SBS Head of Food, says "*Paradise Kitchen Bali* is a delightful celebration of the wonderful cuisine and vibrant culture of Bali. At SBS Food we strive to highlight and celebrate cuisines from right across the globe and the incredible people who create them. Lauren is a passionate cook who creates dishes with heart, she is the perfect guide for a culinary journey to one of Australia's favourite travel destinations."

Chef and host, Lauren Camilleri, says "I am so excited *Paradise Kitchen Bali* is finally here. It's a unique opportunity to share my passion for Bali's culture and cuisine. Viewers can dive deep into the heart of Bali, discovering its soulful essence through the stories, food, rituals, and people who make it extraordinary. The series isn't just about recipes; it's about gaining a deeper connection with Bali's traditions and offerings, beyond the usual tourist experience. By showcasing the depth of this beautiful island, we aim to unite people and ignite a lasting love for Bali's goodness, creating a bridge between cultures through the shared joy of culinary exploration."

Paradise Kitchen Bali is a **Save Your Day Films** production in association with **Insight TV** and **SBS Food**.

Paradise Kitchen Bali will be available to stream on **SBS On Demand** with subtitling available in Simplified Chinese, Arabic, Korean, Vietnamese and Traditional Chinese.

***Paradise Kitchen Bali* will premiere Thursday, 21 September on SBS Food at 9.00pm and SBS On Demand earlier that day.**

Screeners and images available via [SBS Media Centre](#).

Recipes and more on ***Paradise Kitchen Bali*** available at [SBS Food Website](#).

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Lauren Camilleri

Lauren, affectionately known as Lol, grew up in the small coastal town of Gerringong in the South Coast of NSW. An innate desire to impact the world drove her, bypassing traditional education for a café dream, melding food, people, and creativity. She opened the doors to her first cafe Swich at the age of 18. The success from Swich introduced her to crafting menus and continue to create other venues. Lauren then met Corryn, her current business partner of the flourishing and popular restaurant Kynd located in Seminyak and Canggu. Kynd's mission is to define people's perceptions of plant-based food and spread 'kyndness' as far and wide as possible. Lauren's life mirrors her café's growth—dynamic, abundant, and conscious. Her passions extend beyond the kitchen—surfing, sports, CrossFit and nurturing her mind and body. Lauren's influence radiates from cafes and creating food, inspiring mindful eating and holistic living.