

Chef Ilana Sadka

*International Chef Specializing in Contemporary Kosher Cuisine
Barcelona, Spain*

1. TECHNICAL SHEET / OFFICIAL BIOGRAPHY

Chef Ilana Sadka is an international chef based in Barcelona, recognized for her innovative approach to contemporary kosher gastronomy: combining millennia-old tradition with a global vision.

From a very young age, she felt the need to create, transform moments, and surprise others. After studying Advertising and Marketing at university, she discovered that her true passion lay in the kitchen: “among pans, cookbooks, spices, and condiments, where I imagined flavors and textures that would make people happy.” She left her advertising career behind to become a chef and offer unique, deeply satisfying gastronomic experiences.

Her signature phrase:

«I cook with heart, while respecting the ingredients and the diners.»

2. TRAINING AND INTERNATIONAL CAREER

Ilana Sadka has honed her skills in some of the world’s most demanding culinary environments:

- São Paulo (one of the world’s kosher gastronomy capitals)
- United States
- Italy
- Spain

Her training in key centers of kosher cuisine has given her a truly global perspective, which she now successfully applies in Barcelona. She masters both

ancient and modern techniques and accommodates all types of dietary preferences: strict kosher, vegan, and vegetarian.

3. IMPACT ON KOSHER GASTRONOMY IN SPAIN

Ilana Sadka represents a paradigm shift in Spanish Jewish cuisine. She is one of the country's leading kosher chefs thanks to her unique dual expertise:

- World-class technical haute cuisine
- Comprehensive halachic knowledge (she also works as a trainer for Mashgiach – kosher supervisors)

She does not rely on third parties to validate products or processes: she controls everything from supplier selection to Bishul Yisrael (the ritual lighting of the fires). Her “turnkey” model eliminates logistical, technical, and ritual complexities, allowing kosher cuisine to compete in aesthetics, flavor, and innovation with any non-kosher restaurant.

She currently serves as the lead chef for the Jewish Community of Barcelona (formerly Comunidad Israelita), where she is responsible for:

- Kitchen purchasing and logistics management
- Menu design
- Real-time supervision
- Cleaning protocols and regulatory compliance

She has collaborated with prestigious institutions such as the Beit Yaakov Synagogue and enjoys the support of both Sephardic and Ashkenazi rabbis.

4. CULINARY PHILOSOPHY

“Contemporary Kosher – Tradition with a global vision from Barcelona.”

Ilana masterfully adapts Mediterranean, Italian, Moroccan, and Brazilian cuisines to the strictest kosher standards through intelligent ingredient substitutions and rigorous management of critical processes.

Her cuisine brings together:

- Millennia-old Jewish tradition
- 21st-century sophistication
- Exclusivity and complete religious assurance for international audiences

5. PROFESSIONAL SERVICES

- Private chef and events
- Gastronomic consulting and training
- Menu planning and team training

- Events, gatherings, and parties (community or private)
- Custom-made kosher creations in Barcelona and nationwide

Her focus is on delivering exceptional experiences and high-level consulting.

6. GRAPHIC MATERIAL FOR PRESS (FREE USE)

All professional photographs of Chef Ilana Sadka are available without restriction for print, digital, radio, and television media.

- Free use with simple credit: **@ilanaSadka**
- High-resolution download: Official Flickr album

The images are the exclusive property of the chef and are optimized for articles, covers, interviews, and reports.

7. PRESS AND INTERVIEW CONTACT

- Direct contact form on the website: **ilanasadka.com/contacto**
- Barcelona, Spain
- Available for interviews, reports, live cooking sessions, collaborations, and radio/television appearances.

Note: On the website you can freely download her promotional song (ZIP file).

Chef Ilana Sadka is currently the leading reference for high-end kosher cuisine in Spain: a professional who combines passion, technical rigor, deep religious knowledge, and limitless creativity.

Ideal for editorial features on:

- Contemporary Jewish gastronomy
- Women in haute cuisine
- Kosher innovation in Europe
- Inclusive and cutting-edge culinary experiences

For more information, images, or to schedule an interview, please contact her directly through the official website contact form at **ilanasadka.com**.

Ilana Sadka – Cooking with heart, from Barcelona to the world.