



Bini Sharman was born in England and grew up in Germany. She is a certified chef and holistic food coach.

Her keen interest in food already started in her childhood. She loved watching and helping her German Granny and Great-Auntie - twin sisters that shared a household - while they were cooking, stewing, pickling, canning, bottling and baking with fresh ingredients from the garden.

After a detour of studying law in Liverpool and working at Christie's auction house in London, Bini returned to her passion for food in 1999. Since then her passion has taken her through many kitchens in Europe and North-America.

Bini followed chef training in Germany to develop her technical and decorative skills. Although she highly enjoys using and transferring these skills, there is obviously more to food than technique and decoration. Food also has nutritional, emotional and social dimensions - amongst others. As a holistic food coach Bini works with all these dimensions to encourage health and well-being.

She has completed her first Diploma course as a Macrobiotic Cook and Health Adviser in April 2013 and is currently studying to complete her second diploma as a Healing Cook and Counselor. She is also doing a professional training course to become a Shiatsu Practitioner.