

# FOOD FOR THE SEASON

## RAZIA SABOUR

ACHI MAGAZINE'S COVER STAR

In her trademark black pumps and crisp white chef's coat, Chef Razia Sabour has catered to Hollywood's elite and fed groups in the name of philanthropy.

**S**he credits a peach tree, grapevine and fresh herbs in the front yard of her childhood home as the source of inspiration behind her culinary company. Growing up in Washington, D.C., Razia developed a passion for cooking at an early age. Preparing food and eating together was a staple in her home. Her family always prepared enough food for others in the community that became accustomed to their "unlocked door". Thus, feeding large numbers of people became a part of her philosophy. After giving birth to her first daughter, Sabour's desire for family

ACHI: What other ingredients do you love that really take dishes to the next level?

Chef Razia: I love fresh ginger and citrus (lemons, limes, tangerines).

ACHI: When you're eating day to day, are there certain things you avoid in your own diet? What do you replace them with?

Chef Razia: Well, I avoid starch and all grains because my body can not process the sugar in them (rice, pasta, potatoes, bread, etc). I also avoid anything with refined sugar.

ACHI: Do you have a signature dish and if so what makes this dish special?

Chef Razia: I believe one of my signature dishes is Baked Mac & Cheese because I'm asked to cook it most often. I think it's a very popular comfort food in the South or Soul Food culture.

ACHI: Can you give a recipe for a quick springtime dish?

Chef Razia: Kale Salad w/ Citrus Vinaigrette

1 bunch of Kale stems removed  
1/2c blackberries  
1/2c blueberries  
1/2c dates pitted & diced  
1 Gala Apple diced.  
1tsp olive oil.

Tear kale into bite-sized pieces and place into a mixing bowl. Massage kale with 1tsp olive oil for 30 seconds. Place remaining ingredients in mixing bowl and toss with kale.

Citrus Vinaigrette  
2 oranges zested and juiced  
1c rice wine vinegar  
1c olive oil  
1/2c honey  
1/8tsp sea salt  
1/8tsp black pepper

Combine all ingredients in a mason jar.



# ACHI COVER STORY

time ushered in the idea of starting a business doing what came naturally to her. She scored her first big shot via Tyler Perry Studios. This contract propelled FULLER Food to becoming the premiere catering company for Atlanta's film and TV industry; gaining projects with WEtv, Lifetime Movie Network, HBO Films, VH1, TBS, Bravo and a host of other production companies taping in Atlanta, GA. In a mere five years, she has surpassed her initial vision of intimate private catering to becoming the premiere chef for Atlanta's entertainment industry. ACHI Magazine was so excited to get the opportunity to ask the chef a few questions for our readers.

**ACHI:** How would you describe your approach to food?

**ChefRazia:** As a chef in the catering industry, my approach is service; I am most often selected to prepare food for special events so I think of my dishes as a treat, rather than a restricted diet.

**ACHI:** Do you avoid any foods?

**ChefRazia:** Frozen produce: fruits and veggies.

**ACHI:** What is your mission as a chef?

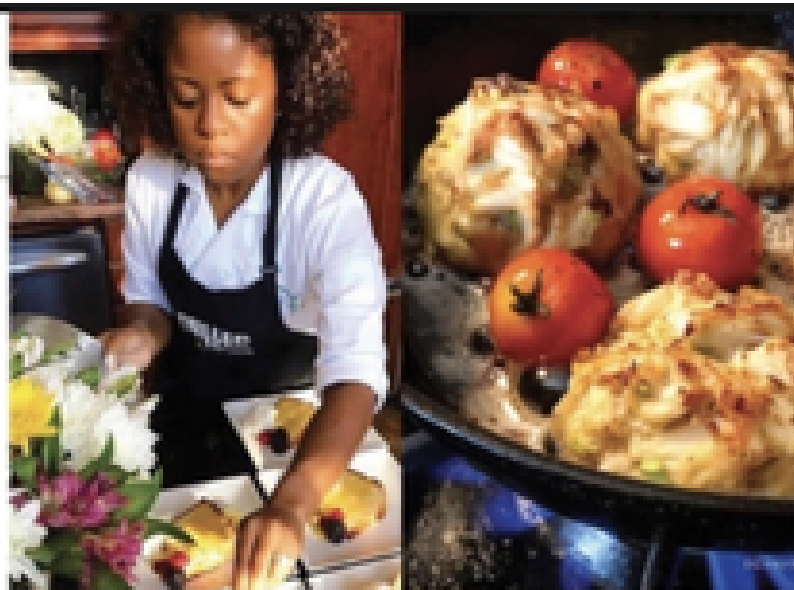
**ChefRazia:** My mission is to provide each client with their individual food desires; the best food quality and customer service possible.

**ACHI:** Have you had any celebrity clients and if so who?

**ChefRazia:** Stevie Wonder, Tyler Perry Studios, Steve & Marjorie Harvey, Queen Latifah, Gabrielle Union, Kandi Burruss, NeNe Leakes, Porsha Williams, Marlo Hampton.

**ACHI:** Have you worked on the set of any productions we might know and if so which ones?

**ChefRazia:** WEtv David Tutera's "Celebrations", Gabriel Union and her staff for BET's "Being Mary Jane" seasons 2 and 3, Queen Latifah (private chef) HBO Films' movie filming of "Bessie" 2014, Steve & Marjorie Harvey Foundation, BET's Sunday Best seasons 6 and 7, Kandi Burruss and The Kandi Factory, Mona Scott-Young/ Monami Entertainment, Bravo series "The New Atlanta", WEtv's "Braxton Family Values", Bravo series "Real Housewives of Atlanta", Bravo series "The Kandi Factory", Tyler Perry Studios/ Peachez Inc., VH1 "Love & Hip Hop Atlanta"



**ACHI:** What healthy yet indulgent dish do your clients request the most?

**ChefRazia:** My dishes are more indulgent savory treats rather than healthy. Clients contact me for specialty events; not food that they would typically eat daily. Southern food dishes are my specialty.

**ACHI:** Were there any healthy habits that you picked up as a child that you now try to instill in your day to day life?

**ChefRazia:** "Fresh Food is Fast Food" is my company's motto. Cooking with fresh local ingredients is my focus. Growing up, we had an herb and greens garden, a peach tree, citrus trees, and a grapevine. I still grow my own herbs and shop for other locally grown fresh ingredients.

**ACHI:** With late spring and summer coming up, what fruits, vegetables, and ingredients do you tend to favor?

**ChefRazia:** For Spring and Summer season, I like to use fresh berries and citrus. Watermelon and peaches are always best in Georgia during the Summer. My most requested Summer treat is Double Crusted Peach Cobbler. Fresh salads are great for Spring/ Summer because tomatoes and cucumbers are ripe and sweet!

**ACHI:** What are 3 things that are always in your kitchen?

**ChefRazia:**

1. Fresh herbs (cilantro, thyme, scallions) and spices (chili powder, cumin, coriander, star anise, cardamom).
2. High-quality cold pressed/ unfiltered oils (Olive Oil, Grapeseed Oil, Avacado Oil)
3. Fresh produce (fruits and veggies)