



## RAFFAELE MANCINI

### *Profile*

Life must be nourished. Raffaele Mancini's Vegetarian, Vegan and Light Cuisine is an accredited art for a healthy life. The guiding thread of his menus leads him to nourish body and mind, in a wise experiential way that characterizes vegan and vegetarian cuisine with skill, sophistication and a healthy food balance.

His signature haute cuisine menus pair his dishes with fine Italian wines and a passion for cooking that he discovered at a very young age.

His professional career is unusual. He combines Italian traditions with his experiences abroad making him a more intriguing chef.

Born in Cagliari and Florentine by adoption, he remains deeply tied to the tradition and richness of an ancient and often forgotten Mediterranean cuisine. Its innovative, creative and light reinterpretation uses seasonal ingredients in combination with medicinal herbs and micro greens. He is present at ICIF as a professional Chef regarding lessons on vegan, vegetarian, light and healthy cuisine taking into account food intolerances.

Raffaele Mancini, *Strategic lines*, Milan - January 2014