

Hello! - my name is Sophia Kuchmistaya.

I love international cuisine & want to 'spread the love' of cooking authentic dishes from all over the world.

Born in the USSR (Kazakhstan), I've been exposed to variety of customs, religions and foods of Russia and Central Asia, and I look forward to sharing my experience with you.

I came as an exchange student to US (University of Kentucky) in 1993 & now live in Carmel, IN.