

# The Chiappas

*Italian / Welsh Cooks, Entrepreneurs & Presenters of Channel 4's  
Simply Italian*



## BIOGRAPHY

Michela (Mik), Emanuela (Emi) and Romina are three sisters that have grown up with Italian parents in the Welsh Valleys. Surrounded by Italian grandparents, aunts and cousins, the girls were brought up in the kitchen learning traditional Italian recipes as soon they could walk. The love of Italy, the family and food are values that have been ingrained into the girls and this unique close-knit Italian network meant that in 2012 the girls were approached by Channel 4 to present a four part cooking series on fresh pasta called *Simply Italian*, which aired in August 2012.

The three girls may have been brought up in a very traditional environment but at heart they are modern girls. All three were educated in the UK and have careers so they have found ways to adapt their family values to a modern lifestyle. Michela is a sports marketing consultant so is often on the road all week; she has become an expert at whipping up quick fix recipes (especially pastas or risottos) from basic store cupboard ingredients after a long day on the road. She refuses to succumb to processed pre-bought meals and has found ways to adapt recipes to quick fix solutions. Emi is a full time nanny who lives in the US. Having more time at home, Emi is the technical expert as she is able to experiment with some of the more time consuming recipes handed down from her nonna (grandmother). Romina is the youngest and last single Chiappa sister, working for a luxury fashion brand in London. Romina loves to work hard and play hard so spends her weekends baking and entertaining friends with regular parties and foodie feasts.

Alongside *Simply Italian* on C4, the girls wrote a book also named *Simply Italian*, full of their family and traditional recipes handed down the generations. The girls had to decipher a lot of the recipes from their grandma's old handwritten scrapbooks which feature lots of local dishes from their home region, Emilia Romagna, in Italy. The girls also have a new book named *Baby At The Table* which presents the Italian way to weaning, which enables one's children to be eating solid food by the time they are a year old. [www.thechiappas.com/our-book/](http://www.thechiappas.com/our-book/).

The sisters also have several businesses which they run alongside their other commitments. The three sisters also offer a service for people in the UK who want to plan a wedding in Italy. [www.cohoitalianweddings.com](http://www.cohoitalianweddings.com) CoHo Weddings was set up after Michela and Emi's joint wedding which took place near Piacenza in Italy. The girls were overwhelmed at how much more Italy had to offer in terms of food for their wedding compared with the equivalent in the UK; and so they decided to set up a service to help other people who wanted the same solutions but might not have the Italian connections.

## TELEVISION

DATE	PRODUCTION (ROLE)	COMPANY
2012	Simply Italian (Presenter)	C4

## ONLINE / DIGITAL

DATE	PRODUCTION (ROLE)	COMPANY
2012	The O2's Guru: Christmas Apps Video (Contributor)	YouTube (over 400K views)

## BOOKS

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DATE	PUBLICATION (ROLE)	COMPANY
2016	Baby at the Table	Penguin
2014	Simply Italian (Author)	Penguin