

Executive Chef | Certified Nutritionist | Culinary Educator |  
Food Safety Professional | Corporate Catering Consultant



# **BLESSING** BASHORUN

Founder & CEO, Cabbilicious Foods &  
Cabbilicious Culinary School

# About Me

Blessing Bashorun, professionally known as Chef Cabbi, is an accomplished culinary entrepreneur, Executive Chef, Certified Nutritionist, Culinary Educator and Food Safety Professional committed to advancing excellence and professional standards across the catering and hospitality industry.

She is the Founder and Chief Executive Officer of **Cabbilicious Foods** and **Cabbilicious Culinary School**, two platforms through which she combines professional catering, culinary education, nutrition, food safety and hospitality development.

Through Cabbilicious Foods, Blessing has led the delivery of catering experiences for multinational corporations, financial institutions, development organisations, government institutions, private clients and high-profile events.

Her work extends beyond food preparation. She is passionate about building stronger professional standards within the culinary industry, developing skilled professionals and helping food entrepreneurs understand the business, safety and operational principles required to build sustainable enterprises.

Beyond business, Blessing is an advocate for youth development, women's empowerment, nutrition education and the use of culinary enterprise as a pathway to economic opportunity.



# Education

Blessing Bashorun holds a PhD in Humanities from Prowess University, Delaware, USA, a B.Sc. in Environmental Science and Resource Management, and a Diploma in Food and Nutrition.

Her professional development includes the Highfield Level 4 Award in Food Safety for Catering from the London Professional Training Centre, United Kingdom, and the Advanced Event Management Programme from Lagos Business School.

***This multidisciplinary background strengthens her approach to culinary enterprise, nutrition, food safety and hospitality management.***

# COMPANY PROFILE

## @Cabbilicious Foods



Cabbilicious Foods is a professional catering and hospitality company delivering premium solutions to corporate organisations, government institutions, private clients and high-profile events. Led by Blessing Bashorun, AKA Chef Cabbi, the company specialises in African, Continental and Oriental cuisine, luxury event catering, corporate and industrial catering, executive dining and nutrition consultancy.

The company has built its service around quality, food safety, professionalism and an exceptional customer experience. Blessing's vision is to position Cabbilicious Foods as a standard for professionally managed African culinary and hospitality businesses.



# **CABBILICIOUS** **Culinary** **School**

Cabbilicious Culinary School represents Blessing Bashorun's commitment to developing the next generation of culinary professionals.

The school trains aspiring chefs, food entrepreneurs and hospitality professionals in culinary arts, food costing, menu engineering, food safety, kitchen operations and hospitality business management.

Its approach combines practical culinary skills with the business and operational knowledge required to build sustainable careers and enterprises.

The goal is to develop skilled professionals equipped to compete confidently on a global stage.



## CORPORATE & INDUSTRIAL CATERING

Professional catering solutions for organisations and institutions.

## LUXURY EVENT CATERING

Premium culinary and hospitality experiences for private and corporate events.

## FOOD SAFETY & QUALITY ASSURANCE

Professional food handling, hygiene and quality standards.

## CULINARY EDUCATION & TRAINING

Developing chefs, entrepreneurs and hospitality professionals.

## NUTRITION CONSULTANCY

Supporting healthy menu development and informed food choices.

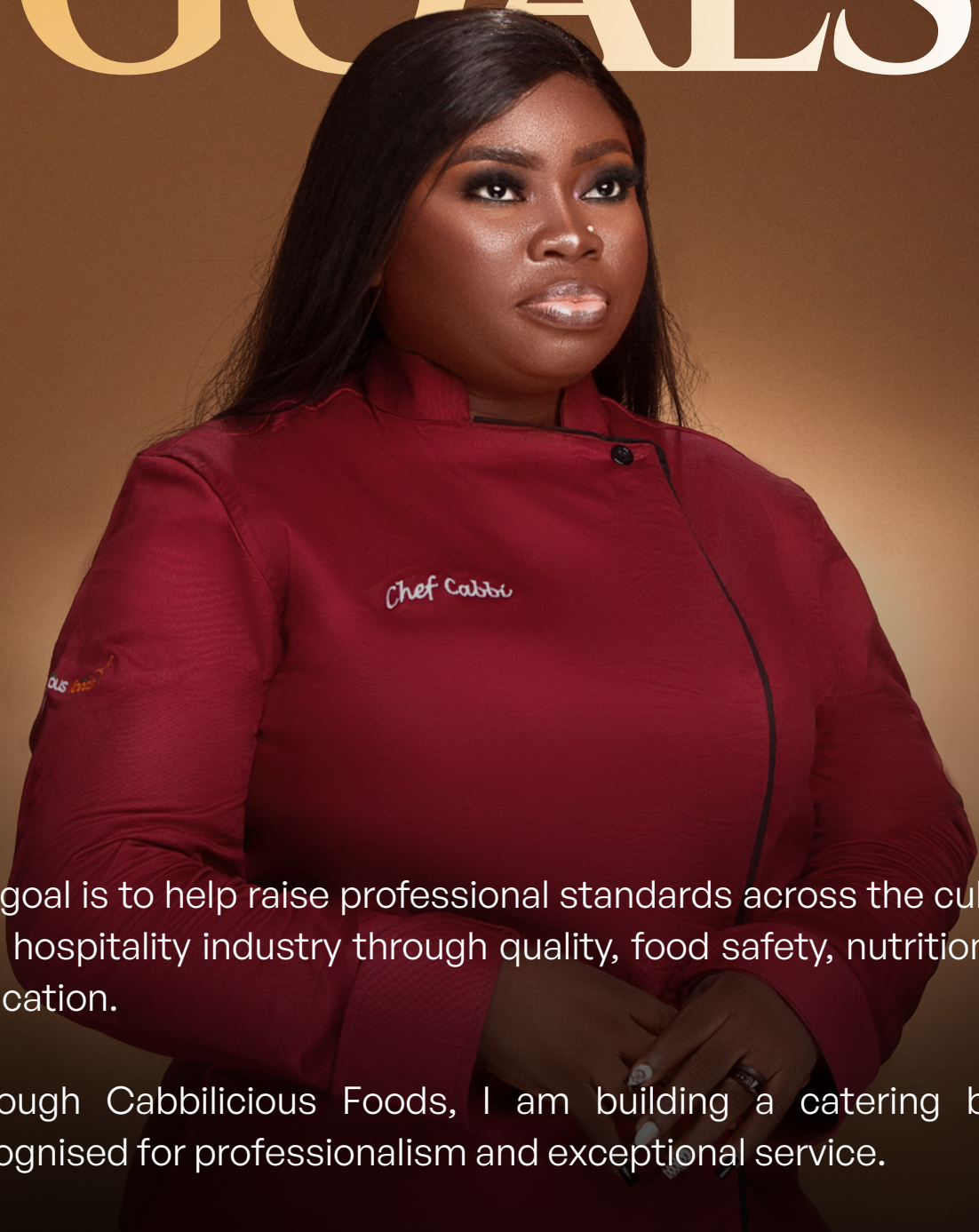
## MENU ENGINEERING & FOOD COST CONTROL

Building commercially sustainable menus and food operations.

## KITCHEN OPERATIONS & HOSPITALITY CONSULTING

Supporting efficient kitchens, events and hospitality businesses.

# GOALS



My goal is to help raise professional standards across the culinary and hospitality industry through quality, food safety, nutrition and education.

Through Cabbilicious Foods, I am building a catering brand recognised for professionalism and exceptional service.

Through Cabbilicious Culinary School, I want to develop globally competitive culinary professionals and entrepreneurs.

My broader vision is to position African cuisine on the global stage while creating opportunities for women and young people through culinary education and entrepreneurship.

# HONOURS & RECOGNITIONS

**African Women Achiever Award 2024**

**Sustainable Business Award of the Year**  
Global Entrepreneurship Festival, 2024

**Culinary Excellence Award**  
GAH International Women's Day

**The Elite Circle Recognition 2026**  
For supporting connections and shared impact through the GAH Elite series.

**Africa's Under 40 CEOs Awards 2024**

**Good Governance**  
Ambassadors Awards 2024

**Ikorodu Event Conference Awards**  
Best Caterer of the Year 2021

**President's Appreciation Award**  
Rotary Club of Lekki Golden

**Iconic Culinary Champion of the Year**  
100 Iconic Personality

**Global Excellence Awards 2025**  
Award of excellence in Quality Food  
Delivery & Catering Services

**100 Persons of The Year**

**Fellow**  
Global Institute of Leadership and  
Governance, South Africa

**Ambassador**  
West African Youth Council



# HONOURS & RECOGNITIONS

**African  
Women  
Achiever  
Award  
2024**

**Sustainable  
Business Award  
of the Year**  
Global  
Entrepreneurship  
Festival, 2024

**Culinary  
Excellence  
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Champion of  
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100 Iconic  
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**Global  
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**100  
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**Fellow**  
Global Institute  
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and  
Governance,  
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West African  
Youth Council



# INDUSTRY IMPACT

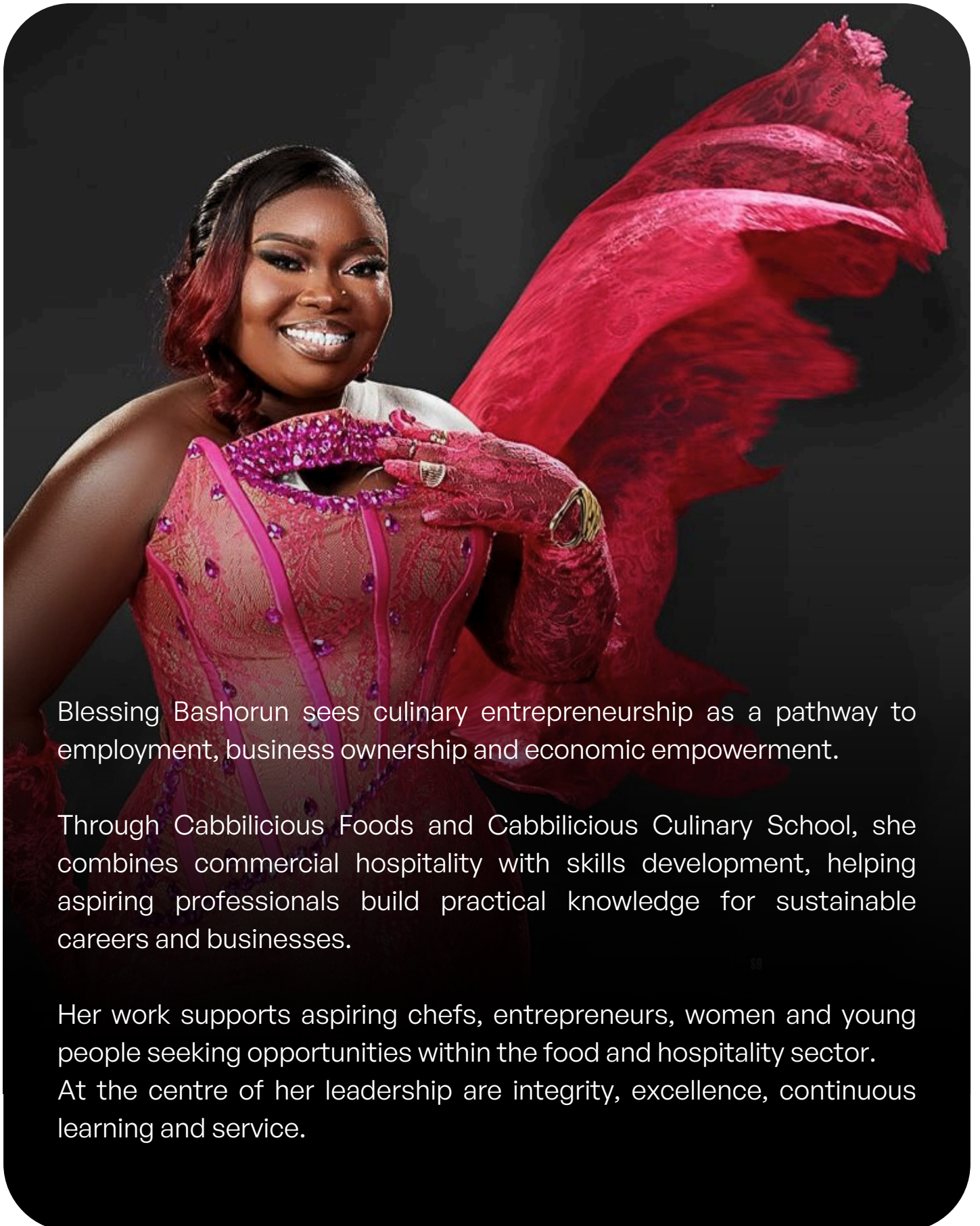
Blessing Bashorun's work brings together culinary enterprise, food safety, nutrition and professional education.

Through her businesses, she serves organisations and private clients while training aspiring chefs and food entrepreneurs to understand both culinary practice and the business behind it.

Her focus is on building an industry where talent is supported by professional standards, safety, knowledge and sustainable business practices.



# EMPOWERING THROUGH CULINARY ENTERPRISE



Blessing Bashorun sees culinary entrepreneurship as a pathway to employment, business ownership and economic empowerment.

Through Cabbilicious Foods and Cabbilicious Culinary School, she combines commercial hospitality with skills development, helping aspiring professionals build practical knowledge for sustainable careers and businesses.

Her work supports aspiring chefs, entrepreneurs, women and young people seeking opportunities within the food and hospitality sector. At the centre of her leadership are integrity, excellence, continuous learning and service.

# CREATING A HIGHER STANDARD

Blessing Bashorun is committed to building a culinary industry where quality, nutrition, food safety and professionalism work together.

Her experience across catering, culinary education, nutrition and hospitality management shapes her approach to raising industry standards.

Her long-term vision is to strengthen the global positioning of African cuisine while developing professionals capable of competing internationally, a vision reflected in the expansion of the Cabbilicious brand beyond Nigeria, including the registration of Cabbilicious Food Restaurant in Qatar.

## INTERESTS

Beyond her professional work, Blessing Bashorun has a strong interest in culinary innovation, nutrition education, food safety and sustainable hospitality practices.

She is passionate about developing culinary professionals, supporting women and young people, and using skills development and entrepreneurship to create meaningful economic opportunities. Continuous learning is also central to her interests, alongside her desire to see African cuisine gain stronger global recognition.



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- Professional Catering
- Culinary Education
- Food Safety
- Nutrition
- Hospitality Consulting