



# Jules Posh Foods

Story: Kathryn Winter | Photos: Courtesy of Jules Posh Foods

Husband and wife Julliet (Jules) and M.K. Bupesh opened Jules Posh Food Co. in Memphis in February 2015. The duo made it their mission to offer healthy and clean food, often variations on popular dishes, with a gluten- and dairy-free twist. The restaurant focuses on catering, take out and pre-packaged meals, as well as operating a dine-in space.

The Jules Posh Food philosophy is to reimagine classic dishes using clean ingredients to deliver exquisite flavors. "Italian chicken marsala and Indian chicken tikka masala taste great gluten-free and dairy-free. At any Indian restaurant [tikka masala] is loaded with heavy cream and butter, but not at ours. We also serve several Asian and Mediterranean dishes that deliver great flavors with a clean finish," Jules says. "You can create great-tasting food without hiding it behind salt, sugar and butter. Just a touch of olive oil and salt allows the herbs and spices to bring out the rich flavors of the food."

The restaurant's diverse fare, including American, Asian, Indian, French and Mediterranean cuisines, always includes fish, chicken, beef, lamb, seafood, vegetarian and vegan items. Bhupesh's all-time favorite menu item is the salmon shrimp cake. "There are several favorites over the years, but one that stands out is the salmon shrimp cake. It is a wonderful patty made primarily out of salmon, shrimp and egg whites. It comes with a salad made of organic mixed greens, honey crisp apples, caracara oranges, pomegranate seeds and roasted sweet potatoes," Jules says. "Sticky toffee pudding is a very popular British dessert made of warm dates and served with caramel sauce, ice cream and glazed strawberries. It is a favorite celebratory dessert at our restaurant. The posh chocolate cake is rich and decadent, made with pure dark Valrhona chocolate—gluten-free, so many more of my clients can enjoy it."

Jules is an internationally trained, award-winning chef with over 20 years of experience. She graduated from culinary school in India and perfected her skills in the kitchens of Oberoi and Kempinski hotels in Mumbai before moving to the United Kingdom. "I started at a young age making snacks for my parents, brothers and friends. With family and friends enjoying my creations, that gave me the encouragement to join the culinary program in high school. I followed it with a scholarship to the Institute of Hotel Management in India, where I trained under many famous chefs. My eye for precision and perfection soon took me to working in pastry. My hard work paid off and I became a pastry chef at leading five-star hotels in Mumbai. My penchant for travel took me to the UK where I joined a luxury cruise line and soon rose to the position of executive pastry chef. My worldwide travel taught me a lot about various foods, advanced skills and techniques."

Jules Posh Food also offers catering. The chef and her team plan and execute each event creatively to accommodate client needs and aspirations. Hand crafting each appetizer, entrée and dessert with a unique twist and signature presentation, the restaurant caters engagements, weddings, birthdays and graduation parties of all sizes. The team has catered everything from small office lunches and dinners to corporate events of more than 700 people. The restaurant's packaged meals stay fresh for several days because they are preservative-free. Lunches are under 350 calories, and dinners under 450. "We wanted to make clean eating accessible to people who do not have time to cook. Our packaged meals are fully cooked and take less than two minutes to heat and eat. They are complete meals without added preservatives and are served in 100% recyclable BPA-free containers."