



Manal Al Iraq

Iraqi Chef & Culinary Content Creator

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Who is Manal Al Iraq

Manal Al Iraq is an Iraqi chef, culinary content creator, and educator who has emerged as one of the most influential figures in the culinary scene on social media. She specializes in presenting authentic Iraqi cuisine with a modern and accessible approach, making her recipes widely popular. Through her YouTube, Instagram, and TikTok channels, Manal shares a rich variety of traditional Iraqi dishes—from dolma and kleicha to everyday meals—focusing on easy techniques and readily available ingredients. Beyond content creation, Manal Al Iraq represents Iraqi cuisine at international events. She was hosted by the Jordan Tourism Board in Amman as an ambassador of Iraqi gastronomy and participated in the "Iraq International Culinary Festival" in Sulaymaniyah. Her growing media presence includes appearances on TV shows such as Oman TV and "Iraqi Kitchen" with Chef Firas Al Tai, reflecting her rising profile as a culinary media personality. She also collaborates with local brands, including starring in a campaign for the Iraqi product "Das Flour," supporting national products.

Achievements of Manal Al Iraq

Chef Manal Al Iraq represented Iraqi cuisine during an official visit to Jordan, hosted by the Jordan Tourism Board in Amman. This visit focused on culinary cultural exchange, where she showcased the richness and diversity of authentic Iraqi dishes. Manal has gained media prominence through appearances on several regional television programs, including guest spots on Oman TV and the "Iraqi Kitchen" show on Al Iraqiya channel. These features have expanded her audience and established her as a professional chef whose influence extends beyond social media. She played an active role in the "Iraq International Culinary Festival" in Sulaymaniyah, an event that brings together top chefs to share expertise and promote culinary traditions. Additionally, she collaborates with national brands to support local products, most notably through her advertising partnership with Iraq's "Das Flour."

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