

The buffet is open: the magazine for body and soul

Mein Buffet

Mein Buffet serves creative recipe ideas made from fresh seasonal ingredients for all to try out and taste themselves. No matter if savoury or sweet, for beginners or ambitious hobby chefs: Everyone will find their favourite recipe here - and their favourite chef! For *Mein Buffet* checks in on several TV shows and TV cooks and features their best recipes each month. Chefs like Vincent Klink, Johann Lafer, Björn Freitag, Cornelia Poletto and many more dish up regularly at *Mein Buffet*.

Beyond that, *Mein Buffet* gives advice in all areas of life: from hospitality, decoration and fascinating reports to expert interviews, consumer information, law and health.



Gabriele Höger
Editor-in-chief

Having studied nutritional science, Gaby Höger began working for *Meine Familie & ich* in 1989. She became deputy editor-in-chief in 2004 and was appointed editor-in-chief in 2012. In addition to *Meine Familie & ich* and *Meine Familie & ich* books, she has been editor-in-chief of *Das Kochrezept* since 2013 and *Lisa Kochen & Backen* since late 2014.

Facts

Division BurdaHome

Managing director Frank-Jörg Ohlhorst

Editor-in-chief Gabriele Mühlen

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