

## Jess Ho explores the politics of food in new SBS Audio podcast *For The Culture*

Check out the trailer [here](#)  
Interviews available with host Jess Ho

18 March 2026

**New SBS Audio podcast *For The Culture*, hosted by renowned food writer Jess Ho, explores how migration, memory and politics shape what we eat – and challenges us to rethink what “Australian food” really is.**

Across the six-part series, Ho speaks with local chefs to unpack the stories behind the dishes served in some of our most-talked about restaurants, examining how culture is expressed, challenged and reimaged on the plate.



*L-R: Host Jess Ho with Head Chef of Etta, Lorcán Kan (episode 5)*



From the impact of migration on regional cuisines to the pressures of cultural expectations, Ho digs into the tensions that shape the food industry – including the challenges of bringing high-end 'ethnic' cuisine into fine dining spaces long dominated by Western traditions.

"I made *For The Culture* because I wanted to explore identity through food in a deeper way. So often these conversations are overlooked for light, lifestyle pieces and listicles, but food carries histories of migration, memory and resistance. This series creates space for immigrants, and children of immigrants cooking today, to talk about how culture is actually lived and reshaped on the plate," said Ho.

Each episode examines the intersection of culture and cuisine, featuring conversations with chefs that question the myth of authenticity and other food fictions we feast on:

- **Episode 1 - Fusion or Regional Expression?** Ho examines what Cantonese food means to the global diaspora with Flower Drum general manager Jason Liu and food writer Francis Lam, separating regional tradition from fusion and challenging the idea of authenticity.
- **Episode 2 - Not Mauritian Enough?** Mauritian-Australian chef Nagesh Seethiah of the restaurant Manze explores the tension between cultural expectation and creative expression.
- **Episode 3 – Redefining Filipino Cuisine:** How does one ingredient come to symbolise an entire culture in the West? Award-winning chef John Rivera reimagines Filipino cuisine through a fine-dining lens without losing its heart.
- **Episode 4 – Who Gets to Experiment?** Chef Eun Hee An, owner of Moon Mart Ho, discusses why some local chefs are lauded for cooking cuisines they have little to no personal connection with, while migrant chefs are told to stay in their lane.
- **Episode 5 – Balancing Acts:** Chef Lorcán Kan of restaurant Etta discusses how his Malaysian-Chinese and Irish heritage informs a playful, experimental approach to cooking that challenges the boundaries between tradition and creativity.
- **Episode 6 – Food Without Borders:** Chef and author Helly Raichura explores regional Indian cuisine, the politics of representation, and how honouring heritage can help shape a more thoughtful future for food in Australia.

The six episodes of *For The Culture* will drop weekly from tomorrow. Listen on the SBS Audio App, Apple Podcasts, Spotify, YouTube, LiSTNR, SBS On Demand or wherever you stream your podcasts. Check out the trailer [here](#)



## **Notes to the editor:**

### **About host of *For The Culture*, Jess Ho:**

Jess Ho is a prolific food writer based in Melbourne known for their take-no-prisoners opinions on the hospitality industry. Ho was the food and drink editor for *Time Out Melbourne* where they contributed to several bar and restaurant guides and did countless reviews. Ho previously hosted the SBS Audio podcast *Bad Taste* and has worked on podcasts for *7am* and *BBC*. Ho is also a regular presenter at events and festivals across Melbourne. Their first book, *Raised by Wolves*, was longlisted for the Indie Book Awards and shortlisted for *The Age* Book of the Year in 2023.

### **About SBS Audio**

SBS Audio has been the soundtrack for Australia's diverse communities for more than 50 years. From our roots in multilingual radio, SBS Audio connects with audiences in over 60 languages, and continues to evolve with its award-winning podcasts, broadcast, and digital radio channels.

### **About SBS Food**

SBS Food is Australia's sole 24/7 free-to-air foodie channel, catering to all Australians, with a focus on premium Australian and global content that explores the world through cooking, cuisine and culinary adventures.

## ***ENDS***

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