



# HENRY ONESEMO

**Location:** Auckland

---

Chef Henry Onesemo is the executive chef and co owner of Tala in Parnell, Auckland, where he's carving out a high end space for Samoan food that still feels like home. Tala has been named Supreme Winner at the Viva Top 50 Restaurants 2025, holds Three Hats with a score of 19 in the Cuisine Good Food Guide 2025, and Henry has been recognised internationally at The Best Chef Awards in Milan with a One Knife distinction.

What brands get with Henry is premium credibility without the ego. The Viva judges talk about the feeling of being in Henry's home, from the welcome drink through to eating some early courses without cutlery, and that hospitality edge matters when you're putting a chef on camera or in front of your customers.

His story is built for content because it's real and it's got range. He grew up in Samoa where cooking started as a chore, then took a few different paths including joining the US military, before finding his lane and committing to the craft, with discipline as his engine.

Henry also brings something most chefs don't: genuine performance experience. Years of cultural performance, including roles in luau shows and at Walt Disney World, means he understands timing, energy, and how to connect with a crowd without turning it into a circus. That translates cleanly into live hosting, media interviews, and content that feels natural rather than scripted.

His cooking is rooted in village technique, street food memory, and family tradition, then refined with modern kitchen craft at a level that stands up internationally. He's clear about being specific to Samoan food, telling Samoan stories properly, and making space for people to understand what they're tasting, not just consume it.

For brand partnerships and ambassador work, Henry is a strong fit for premium food and drink, kitchenware and appliances, hospitality and travel, and any brand that wants real cultural integrity alongside top tier execution. He can deliver recipe development, short form social content, campaign shoots, hosted events, speaking, and on the ground appearances, moving easily between exclusive private dining energy and public facing demos.



Tala's track record and Henry's personal credibility give brands the confidence, and his personality makes audiences stay.

## SKILLS

### **Other**

Chef, Cooking Demonstrations, Corporate Speaking, Public Speaker

### **Speaking Topics**

Cooking / Chef, Keynote Speaking, Lifestyle, Motivational, Resilience, Well-being, Work-Life Balance

