



MEDIA RELEASE

WHO WILL BE NAMED CANADA'S BEST CHEF AT THE CANADIAN CULINARY CHAMPIONSHIPS?

November 10, 2009

The sizzle, the soaring, the passion – Canadian chefs go to great heights to bring home the gold. Competition fires up in Vancouver, BC as seven of Canada's best chefs compete for top honours during the coveted Gold Medal Plates' Canadian Culinary Championships November 27th and 28th.

The event will challenge the chefs' culinary skills in three distinct competitions: a mystery wine pairing; a black box competition and the grande finale.

On Thursday night the chefs will be given a mystery bottle of wine and must create a dish that pairs perfectly for Friday night. Chefs are given a limited budget to pound the pavement at Vancouver's Granville Market during the day on Friday in search of ingredients. Guests are able to sample each chef's fare at the event that evening which will be held at The Republic Nightclub.

On Saturday morning, chefs have one hour to plan and create two different dishes using all mystery ingredients in the Black Box in front of guests attending the competition at the The International Culinary School at The Art Institute of Vancouver.

In the Grande Finale, chefs create their finest dish for guests to sample before Canada's best chef 2010 is crowned. This event is being held at the Sheraton Vancouver Wall Centre.

Competing chefs have each won gold in their respective cities during the regional events held earlier this season and will meet in Vancouver for the national finals. They are:

Vancouver: Rob Feenie, Cactus Club

Edmonton: Nathin Bye, Lazia Restaurant

Calgary: Jan Hrabec, Crazyweed Kitchen

Ottawa: Matthew Carmichael, Restaurant E18hteen

Montreal: Mathieu Cloutier & Jean-Pilippe Saint-Denis, Kitchen Galerie

St. John's: To be determined November 12th

Toronto: To be determined November 19th

“Anything can happen at this level competition,” says Stephen Leckie, co-founder and CEO of Gold Medal Plates. “We’ve seen underdogs create upsets and tensions flare as the competition increases in intensity with each event. It is a very prestigious honour and Canada’s best chefs give their all to earn the title.”

Last year it was Chef Hayato Okamitsu of Calgary’s Catch Restaurant who won the title of Canada’s Best Chef. In 2008 it was Melissa Craig of Bearfoot Bistro in Whistler and in 2007 it was Makoto Ono from Winnipeg who has since been lured to Hong Kong to direct a new restaurant that bears his name.

Event Schedule/ Media Opportunities

Friday, Nov 27	6:00 p.m.	Welcome Reception/ Mystery Wine Pairing Competition	The Republic Nightclub
	7:00 p.m.-9:30 p.m.	Chefs present dish paired with mystery wine	The Republic Nightclub
Saturday, Nov 28	9:00 a.m.-1:00 p.m.	Black Box Competition	The International Culinary School at The Art Institute of Vancouver
	6:30 p.m.	Grande Finale Competition • Guests enjoy chefs’ dishes	Sheraton Vancouver Wall Centre
	9:30 p.m.	Canada’s Best Chef named • Award presentation	Sheraton Vancouver Wall Centre

About Gold Medal Plates

Since its inception, Gold Medal Plates has donated more than \$2.8 million to support Canadian Olympic and Paralympic athletes and has elevated the profile of Canadian cuisine and wine. Gold Medal Plates is proudly sponsored by GE and EPCOR.

Thinking of a once-in-a-lifetime weekend getaway? Go for Gold. Limited event tickets are still available. For more information visit www.goldmedalplates.com or call 604-803-8813

About the Canadian Olympic Committee

The Canadian Olympic Committee is a national, private, not-for-profit organization committed to sport excellence. It is responsible for all aspects of Canada’s involvement in the Olympic movement, including Canada’s participation in the Olympic and Pan American Games and a wide variety of programs that promote the Olympic Movement in Canada through cultural and educational means. For more information, see the COC website: www.olympic.ca.