



## A CELEBRATION OF CANADIAN EXCELLENCE

### ***Chef Garrett “Rusty” Thienes Takes Home the Gold at Gold Medal Plates Regina!***

*Seven Regina Chefs Awarded Gold Medal Plates Emblem of Distinction*

#### **Culinary Award Winners:**

Gold: Chef Garrett “Rusty” Thienes from Harvest Eatery and Freshmarket

Silver: Chef Curtis Toth from DoubleTree by Hilton

Bronze: Joel Williams from Capitol Restaurant & Cocktail Bar

**Regina, SK (October 29, 2016)** – Chef Garrett “Rusty” Thienes from Harvest Eatery and Freshmarket proved his culinary prowess tonight taking home the gold award at Gold Medal Plates Regina. Chef Thienes went head-to-head with 7 of Regina’s finest culinary masters at the prestigious culinary competition and will go on to compete at the Canadian Culinary Championships, the Gold Medal Plates Finale, in Kelowna on February 3<sup>rd</sup> and 4<sup>th</sup>, 2017.

Chef Thienes, the underdog from Shaunavon, Saskatchewan wowed the judges with a Smoked Wild Boar Tenderloin with Burn Morel and Sage Crust, Butternut Squash Veloute, Beet Puree, Dehydrated Crabapple Chips, Saskatoon Berry “Air”, Rhubarb Gastrique. He paired it with Dirty Laundry Vineyards Pinot Noir 2014. And his words after the win: “This is a great moment for me and my team! I’m so ecstatic!”

Chef Curtis Toth from DoubleTree by Hilton rose to the occasion as well, taking the silver medal. Chef Toth chose Torched Chinook Curdo, Aromatic Cultured Cream, Fermented Lentil Crumbled and Sea Buckthorn Berries. He paired it with Vintage Ink Wild White.

Taking the bronze medal was Chef Joel Williams from Capitol Restaurant & Cocktail Bar. His dish was His dish was a Rabbit Duo with Striped Beets, Saskatoon Berry Gastrique It was paired with an Eau Vivre Winery 2014 Pinot Noir.

The other chefs competing in Regina were from:

Destiny Slobodian – The Copper Kettle Restaurant

Tim Davies – The Willow on Wascana

Curtis Toth – DoubleTree by Hilton

Parveen Singh – Caraway Grill

Michael Zech – Queensbury Convention Centre Evraz Place

Judging the 2016 competition in Regina were: James Chatto (Head Judge), CJ Katz (Senior Judge), Trent Brears, Thomas Rush, Aidan Morgan, 2015 Canadian Culinary Champion, special guest judge Jonathan Thauberger. Each dish was judged out of 100 points, based on





## A CELEBRATION OF CANADIAN EXCELLENCE

visual presentation (20%), texture (10%), technical achievement (10%), taste (40%), wine compatibility (10%), and wow factor (10%).

All competing Chefs were awarded the Gold Medal Plates Emblem of Distinction, the gold standard in Canadian fine dining and a guarantee of excellence to all who enter their dining establishments. This Distinction is offered only to Chefs selected to compete at Gold Medal Plates dinners.

Funds raised from this event are granted to the Canadian Olympic Foundation to support high-performance athletes through programs facilitated by national sport organizations and the Canadian Olympic and Paralympic Sport Institute Network (COPSIN). Daily training, year-round coaching, proper nutrition, breakthroughs in technology in sport science, national and international competitions, and state-of-the-art equipment are all essential in propelling athletes to the top of the podium. Since 2004, Gold Medal Plates has generated over \$11 million for the Canadian Olympic Foundation to help Team Canada and next generation athletes access these performance resources.

*“Canada had a record performance at the 2016 Rio Olympics this past summer. Not only did they come home with 22 medals, but they also achieved 45 top-five and over 70 top-eight finishes. It is your support here tonight that helps convert those results into podium performances at future games. Thank you,” said four-time Olympian and three-time Olympic medalist Curt Harnett. Harnett also served as Team Canada Chef de Mission at the Rio 2016 Olympic Games and Toronto 2015 Pan Am Games.*

14 Olympians were in attendance, including Cameron Baerg - Rowing, Athens 2004, Olympic Silver Medalist; Colleen Sostorics – Ice Hockey, 2002 Salt Lake City, 2006 Turin, 2010 Vancouver Three-Time Olympic Gold Medalist; Lucas Makowsky – Speed Skating, 2010 Vancouver, 2014 Sochi, Two-Time Olympian and Olympic Gold Medalist; Marnie McBean – Rowing, 1992 Barcelona, 1996 Atlanta, Olympic Bronze and Three-Time Gold Medalist; Erica Wiebe, Wrestling, Rio 2016 Olympic Gold Medalist; Andrew Byrnes – Rowing, 2008 Beijing, 2012 London, Olympic Gold and Silver Medalist; Mark Tewksbury – Swimming, 1988 Seoul, 1992 Barcelona, Olympic Bronze, Silver and Gold Medalist; Isabelle Charest – Speed Skating, 1994 Lillehammer, 1998 Nagano, 2002 Salt Lake City, Olympic Silver and Two-Time Bronze Medalist; Fiona Smith-Bell – Ice Hockey, 1998 Nagano, Olympic Silver Medalist; Paige Lawrence – Figure Skating, 2014 Sochi, Olympian; Curt Harnett – Cycling, 1984 Los Angeles, 1988 Seoul, 1992 Barcelona, 1996 Atlanta, Four-Time Olympian, Olympic Silver and Two-Time Bronze Medalist; Kevin Graham – Water Polo, 2008 Beijing, 2015 Toronto, Olympian + 2015 Pan Am Bronze Medalist; Miranda Biletski - Paralympic Rugby, 2016 Rio; Catriona Le May Doan (Event Emcee) – Speed Skating, 1992





## A CELEBRATION OF CANADIAN EXCELLENCE

Albertville, 1994 Lillehammer, 1998 Nagano, 2002 Salt Lake City, Four-Time Olympian, Olympic Bronze and Two-Time Gold Medalist.

"We are moved by the amount of enthusiasm that was in the room tonight!" says Catriona Le May Doan, Event Emcee. "This event really showcases the finest in cuisine and sport."

Wayne Morsky, one of the co-chairs of the event was thrilled with the evening's experience and the fundraising. "Canadians now cheer louder than ever and stand prouder than ever every Olympic Games and so it is great between the Games to be able to show our support for the athletes and the amazing determination and commitment they make to wear the maple leaf. This event is about celebrating Canadian Excellence and we did it in fine style tonight!"

Your City's Top Chefs



Official Selection  
2016

"The Gold Medal Plates Emblem of Distinction - *the* Gold Standard in Canadian Fine Dining. Awarded only to those chefs selected to compete at Gold Medal Plates 2016

Gold Medal Plates - Gold Medal Plates is the ultimate celebration of Canadian excellence in food, wine, athletic achievement and entertainment and has raised over 11 million for elite Canadian athletes. For more information, visit the Gold Medal Plates website [www.goldmedalplates.com](http://www.goldmedalplates.com)

Canadian Olympic Foundation: About the Canadian Olympic Foundation: Established in 2007, the Canadian Olympic Foundation gives to priority partners that drive high performance athletic achievement for Canada's Olympic podium potentials and for our next generation of Olympic athletes. Learn more at [www.olympicfoundation.ca](http://www.olympicfoundation.ca) or follow Canadian Olympic Foundation on Facebook.

-30-

For further information contact:  
Karen Blair  
Co-Founder and Media Director  
Gold Medal Plates – National Media and Communications  
416-778-6533  
[kblair@goldmedalplates.com](mailto:kblair@goldmedalplates.com)

