



A CELEBRATION OF CANADIAN EXCELLENCE

Chef Ruth Wigman Takes Home the Gold at Gold Medal Plates St. John's! *Seven St. John's Chefs Awarded Gold Medal Plates Emblem of Distinction*

Culinary Award Winners

Gold: Ruth Wigman from Oppidan paired with 2015 Gewurztraminer by Arrowleaf Cellars from Okanagan Valley, BC

Silver: Shaun Hussey from Chinchéd paired with 2012 Oldfield Cabernet Franc by Tinhorn Creek from Oliver, BC

Bronze: Chris Chafe from Gypsy Tea Room/evoo in The Courtyard paired with 2012 Sangiovese by Sandhill Wines from Okanagan Valley, BC

St. John's, NL (October 21, 2016) – Chef **Ruth Wigman** from **Oppidan** proved her culinary prowess tonight taking home the gold award at Gold Medal Plates St. John's. Chef Wigman went head-to-head with 6 of St. John'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 3rd and 4th, 2017.

Chef Wigman, who had been awarded a silver medal in her last appearance at the event, wowed the judges with crisp seasoned chicken feet, Sichaun style glazed dumplings, charred scallion puree, crustacean reduction and mixed pickle. She paired her dish with a 2015 Gewurztraminer from Arrowleaf Cellars in the Okanagan Valley of BC.

Chef Shaun Hussey of Chinchéd, rose to the occasion as well, taking the silver medal. Chef Hussey chose chicken, parsnip, Brussels sprouts and 'nduja and paired his dish with a 2012 Oldfield Cabernet Franc by Tinhorn Creek from Oliver, BC.

Taking the bronze medal was Chef Chris Chafe of The Gypsy Tea Room/evoo in the Courtyard. His dish was lamb with spiced squash, sour cherry and pistacio. Chef prepared sous vide "lambchetta", aerated lamb liver mousseline, sour cherry pistachio lamb terrine, spiced squash puree, squash seeds, sour cherry demi, lamb fat and pistachio powder. It was paired with Samll lot 2012 Sangiovese, Sandhill Wines from Okanagan Valley, BC.



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The other chefs competing in St. John's were from:

Peter Ellsworth of Tavola

Adam Grevatt of Blue on Water

Stephen Gugelmeier of Delta Hotel St. John's

Maurizio Modica of St. John's Fish Exchange

Judging the 2016 competition in St. John's were: Bob Arneil (Senior Judge), Peter Gard, Nicholas Gardner, Cynthia Stone, Debbie Youden, special guest judge Roary MacPherson, Executive Chef at Sysco and a competitor and medalist in this event in past years, and national head judge James Chatto. Each dish was judged out of 100 points, based on 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 results.

"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 medallist Curt Harnett.





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Harnett also served as Team Canada Chef de Mission at the Rio 2016 Olympic Games and Toronto 2015 Pan Am Games.

Seven Olympians were in attendance, including Heather Moyse, Rosie MacLennan, Katarina Roxon, Georgia Simmerling, Ghislaine Landry, Jamie Korab and Alexandra Duckworth.

Scott Giannou, the-chair 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!"



"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

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





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of Olympic athletes. Learn more at www.olympicfoundation.ca or follow Canadian Olympic Foundation on [Facebook](#).

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