



MEDIA RELEASE

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

January 27, 2009

The sizzle, the soaring, the passion – Canadian chefs go to great heights to bring home the gold. Competition fires up in Banff, Alberta as six of Canada's best chefs compete for top honours during the coveted Gold Medal Plates' Canadian Culinary Championships February 20 to 22, 2009 at the Fairmont Banff Springs Hotel.

The event, hosted by Olympic gold, silver and bronze medallist Adam van Koeverden (kayak) and Olympic double bronze medallist Karen Percy Lowe (alpine), will challenge the chefs' culinary skills in three distinct competitions: a mystery wine pairing; a black box competition and the grande finale.

On Friday morning the chefs will be given a mystery bottle of wine and must create a dish that pairs perfectly. Chefs are given a limited budget to pound the pavement in Banff in search of ingredients. Guests are able to sample each chef's fare at the event that evening.

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.

In the Grande Finale, chefs create their finest dish for guests to sample before Canada's best chef of 2009 is crowned.

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

Frank Pabst, <i>Blue Water Cafe</i>	Vancouver
David Cruz, <i>Sage Restaurant</i>	Edmonton
Hayato Okamitsu, <i>Catch Restaurant</i>	Calgary
Patrick Lin, <i>Senses Restaurant</i>	Toronto
Charles Part, <i>Les Fougères</i>	Ottawa
Deff Haupt, <i>Renoir</i>	Montreal

"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 Melissa Craig of Whistler's Bearfoot Bistro who won the title of Canada's Best Chef. In 2007, it was Makoto Ono from Winnipeg who has since been lured to Beijing to direct a new restaurant that bears his name.

Event Schedule/ Media Opportunities

Friday, Feb. 20	6:00 p.m.	Welcome Reception/ Mystery Wine Pairing Competition	Mount Stephen Hall, Fairmont Banff Springs
	7:00 p.m.-9:30 p.m.	Chefs present dish paired with mystery wine	
Saturday, Feb. 21	9:00 a.m.-1:00 p.m.	Black Box Competition	Kitchen, Fairmont Banff Springs
	6:00 p.m.	Grande Finale Competition • Guests enjoy chefs' dishes	Van Horne Room, Fairmont Banff Springs
	9:30 p.m.	Canada's Best Chef named • Award presentation	

About Gold Medal Plates

Since its inception, Gold Medal Plates has donated more than \$2.5 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 1-877-255-0707

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.

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Media inquiries:

Sandra Huculak SHuculak@atb.com

Work: 780-944-6121

Cell: 780-266-9297

Karen Petcoff kvpet@rogers.com

Cell: 416-275-6844