



MEDIA ADVISORY

GOLD MEDAL PLATES FIRES UP COMPETITION IN THE QUEST TO FIND OTTAWA'S BEST CHEF

November 6, 2009

Ten of Ottawa's most celebrated chefs will battle it out to see who will be named the city's best chef during the Gold Medal Plates competition held on Wednesday, October 28, 2009. With only 107 days to the Vancouver 2010 Olympic Winter Games, guests are encouraged to show their Olympic spirit and wear something red and be ready to *Paint the Town Red* – the adopted theme for this year's events across the country!

A celebration of Canadian excellence, Gold Medal Plates brings together the finest chefs, wines and athletes. Olympic and Paralympic athletes assist each competing chef, together creating and serving their signature dish to the 500+ guests attending the event. A panel of culinary judges selects the gold, silver and bronze winners; the gold medal winning chef from Ottawa will go on to compete at the Canadian Culinary Championships held November 27 – 28, 2009 in the host city of the 2010 Olympic Winter Games, Vancouver, BC.

Competing chefs are:

Yannick Anton, Le Cordon Bleu Bistro @ Signatures
Michael Blackie, National Arts Centre
Duane Keats, Luxe Bistro
Marc Lepine, Atelier
Rene Rodriguez, Navarra

Ben Baird, The Urban Pear
Matthew Carmichael, Restaurant E18hteen
Kenton Leier, Capital Dining Room, Delta Hotel
Michael Moffatt, Beckta Dining and Wine
Warren Sutherland, Sweetgrass Aboriginal Bistro

Olympic and Paralympic athletes in attendance include:

Katie Weatherston (Hockey), Adam van Koeverden (Canoe/Kayak), Glenroy Gilbert (Athletics & Bobsleigh), Greg Joy (Athletics), Senator Nancy Greene Raine (Alpine Skiing), Rob Marland (Rowing), Carolyn Waldo (Synchronised Swimming)

Date: Wednesday, October 28 – fourth of seven events!

Location: Hilton Lac Leamy

Timing: 5:15-6:00 p.m. VIP Reception – Interviews with chefs and athletes
6 – 7:45 p.m. Culinary competition
8 – 9:30 p.m. Speeches, entertainment; performance by **Jim Cuddy**
9:00 p.m. Ottawa's gold, silver and bronze medal chefs announced

Gold Medal Plates' regional competitions began in October with Edmonton kicking off the cross-country events. Now it is Ottawa's chance to shine and support the athletes in their quest to Own the Podium! Other events have already occurred in Edmonton and Vancouver and will follow in Montreal, Calgary, St. John's and Toronto. 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. Outstanding team performance extends to the corporate partnerships of GE and EPCOR and title sponsors of Gold Medal Plates, companies that recognize the value of investing in Canadian excellence and achievement. For more information: www.goldmedalplates.com

The Canadian Olympic Committee (COC) 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 news and information, visit the COC website at www.olympic.ca and find the team on both Facebook (Canadian Olympic Team) and Twitter (CDNOlympicTeam).

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Seating is limited. Some tickets are still available. Call 613-274-3107 or visit www.goldmedalplates.com for ticket information.