

FOR IMMEDIATE RELEASE: November 20th, 2009

David Lee Takes Top Honours at Toronto's Gold Medal Plates Competition

www.goldmedalplates.com

TORONTO, ON – Chef David Lee from Bene Note proved his culinary prowess last night when he took home the gold award at the Toronto 2009 Gold Medal Plates competition. Chef Lee went head-to-head with Toronto's finest culinary masters at this prestigious culinary competition, held at the Metro Toronto Convention Centre on November 19th, 2009. He will compete at the Canadian Culinary Championships, the Gold Medal Plates Finale, held in Vancouver Nov. 27th and 28th.

To secure the win, Chef Lee wowed the eight judges, including guest judge, Geddy Lee from Rush. The dish was an avant-garde creation of crisp chicken skin and pressure-cooked chicken cartilage with plum hoisin and sour apple compote. The paired wine was the 2007 "June's Vineyard" Riesling from 13th Street winery in Niagara.

"It was a challenging and exciting competition and I am very honoured that the Gold Medal Plates judges chose my dish as the best," said David Lee, Chef of Bene Note "My team and I worked very hard to make our dish the best it could be, and I'm thrilled our efforts resulted in the gold. Now, I am looking forward to taking this to the next step, and competing for the national title!"

Chef Jonathan Gushue of Langdon Hall rose to the occasion as well, taking the silver medal. He created a torchon of foie gras with pig cheek, lentils, lobster pudding, pickled chanterelles, pureed parsley root and an apple cider jus. The paired wine was the 2007 Gewurztraminer from Daniel Lenko in Niagara.

Taking the bronze medal was chef Anne Yarymowich from Frank, at the Art Gallery of Ontario. Her dish was roasted, glazed Tamshire pork belly with purple cabbage sauerkraut, brandied blue prune plum, plum-cardamom mustard sauce and a blue potato chip. The paired wine was the 2007 Estate Riesling from Cave Spring Cellars in Niagara.

The guests were not only treated to the finest in food, they also had the opportunity to mingle with celebrated Olympians such as Adam van Koeverden, Marnie McBean, Simon Whitfield, Curt Harnett, Sami Jo Small, Vicki Sunahara and entertained by Canadian singer, Steven Page.

The 2009 Gold Medal Plates Competition

Gold Medal Plates is the ultimate celebration of Canadian Excellence in cuisine, wine, entertainment and athletic achievement. Celebrated in seven cities across Canada in 2009, Gold Medal Plates featured superb wines and the premier chefs in each city, paired with Canadian Olympic and Paralympic athletes, in a competition to crown a gold, silver and bronze medal culinary team in each city, and subsequently nation-wide. Founded in 2003, the goal of Gold Medal Plates is to raise substantial funds for Canada's

Since 2004, this event has received tremendous support and accolades all across Canada, and generated a combined net total of \$2.8 million for Canada's Olympic and Paralympic athletes! By 2010 the goal will be a total of over \$3.6 million. For more information, visit the Gold Medal Plates website 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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