



THE NATION'S CAPITAL HEATS UP: CITY'S BEST CHEFS NAMED TO COMPETE IN GOLD MEDAL PLATES EVENT TO SUPPORT CANADIAN OLYMPIC AND PARALYMPIC ATHLETES

November 1, 2007

Organizers of the prestigious Gold Medal Plates event announced today that Ottawa's best chefs will be competing against the clock and each other at this season's most exciting gala event to be held Thursday, November 22 at the Hilton Lac Leamy, Hull, 1 boulevard du Casino. The event will support Canadian Olympic and Paralympic athletes. The city's gold medal chef will then represent Ottawa-Hull at the Canadian Culinary Championships to be held in Toronto in February 2008 over an intense three-day national competition.

"This is a unique experience for the Ottawa community to enjoy the best of food, wine and athletic achievement," says Gary Zed, who co-chairs the Ottawa fundraiser with the Honourable Jim Watson. "We are excited to support the dreams of our Canadian athletes to help them own the podium in 2008 and 2010."

The following chefs have been selected by Ottawa-Hull's top food and wine critics and will compete for gold, silver and bronze medals:

Ben Baird - The Urban Pear
Matthew Carmichael - Restaurant 18
Chris Deraiche - The Wellington Gastropub
Steve Mitton - Social
Michael Moffatt - Beckta Dining and Wine
Richard Nigro - Juniper
Charles Part - Les Fougères
Rene Rodriguez - Luxe Bistro
Serge Rourre - Le Baccara (Lac-Leamy)
John Taylor - Domus Café
Hector Diaz - Hilton Lac Leamy

Each chef will be paired with an Olympic or Paralympic athlete to create their ultimate dish, which will then be assessed by a panel of judges. Last year's gold medal chef from Ottawa, Chef Michael Blackie, will be a guest judge and will be inducted into the Gold Medal Plate Hall of Fame during the event.

Some of the paired athletes already confirmed, whose skill and agility will be put to the test as they play the role of sous chef, are:

Guests will also enjoy silent and live auctions that boast some of the most sought-after prizes available today. **Jennifer Heil**, 2006 Olympic gold medallist in freestyle skiing, will cap the evening with a motivational presentation that best exemplifies the goal of Gold Medal Plates.

“Being a part of Gold Medal Plates all across this country is very special. I have seen the passion and enthusiasm that all Canadians have toward helping our future Olympians and Paralympians reach their goals,” says Catriona Le May Doan, Olympic Gold Medallist in Speedskating and Gold Medal Plates 2006 presenter. “These dinners are about fundraising, but also about the awareness of how much pride our athletes put into spending a good part of their lives training to be a part of the Olympic and Paralympic movement.”

Since its inception, Gold Medal Plates has donated more than \$1.5 million to support Canadian Olympic and Paralympic athletes and has elevated the profile of Canadian cuisine and wine.

For a complete listing of competing chefs across the country visit goldmedalplates.com. To enquire about corporate tables and event tickets for the Ottawa-Hull event please contact Michelle Legault at 613-751-5395 milegault@deloitte.ca

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