



For Immediate Release

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“Make It With Mushrooms Masters” Cook-off finalists selected.

Student chef teams from Conestoga College, Fleming College and St. Lawrence College will prepare and offer their recipe creations to an expert panel of judges at the “Make It With Mushrooms” Cook-off to be held in Guelph on October 19.

Guelph, October 5 – After home economists at Mushrooms Canada reviewed recipe submissions from student chef teams at six community colleges, three teams were selected to compete for the title of “Make It With Mushrooms Masters” at a Cook-off on October 19 at the Atrium Restaurant at the University of Guelph. Each team will prepare an appetizer and a main meal dish and serve it to an expert panel of judges.

In addition to the ‘Make It With Mushrooms Masters’ title, the winning team and its college will each be awarded a \$1,500 grant from Mushrooms Canada. The second runner up team and its college will each receive a \$1,000 grant and the third team and its college will each receive a \$500 grant.

The competition got underway at the beginning of the school year when six community colleges accepted the challenge to create and submit recipes, featuring mushrooms, for an appetizer and a main meal dish. The competing colleges were Cambrian College in Sudbury, Confederation College in Thunder Bay, Conestoga College in Kitchener, Fanshawe College in London, Fleming College in Peterborough and St. Lawrence College in Kingston.

On October 19th, finalists will prepare their recipes for a panel of three food experts; Clay Taylor – President of Mushrooms Canada, Clare Jones – Home Economist, Food Consultant, spokesperson for a number of food organizations, and Yvonne Tremblay – Home Economist, Food Consultant and Cookbook author. Recipes will be judged on the basis of family taste appeal, ease of preparation and nutrition. Additional judging criteria will include the ‘story’ behind the recipe and kitchen knowledge.

Student chef team members, their course director and recipes are as follows:

Conestoga College:	Course Director: Phillippe Savaria Team: Laura Kallay, Bridget Dignard, Nathan Lavoie Appetizer: Rosemary Mushroom Caps Main Dish: Grilled Portobello Mushrooms over Roasted Garlic and Asiago Whole Wheat Couscous
Fleming College:	Course Director: David Hawey Team: Alex Bolton, Marsh Hutchinson, Amanda Weare Appetizer: Thai Style Mushroom-Coconut Soup Main Dish: Mixed Mushroom Ragout
St. Lawrence College:	Course Director: Thomas Elia Team: Tara Warriner, Joel Marsolais, Sarah Covert Appetizer: Mushroom Ragu on Parmesan Cheese Popovers Main Dish: Mushroom and Chicken Curry on Basmati Rice

Make It With Mushrooms Cook-off Details

Date: October 19, 2007

Location: Atrium Restaurant, University of Guelph

Directions: www.atriumrestaurant.uoguelph.ca/about_us.htm

Schedule:

10:00 am - Teams arrive and begin preparing their recipes

10:30 am - Photo opportunity for media

11:00 am - Opening Ceremony/Remarks

11:30 am - 12:15 pm - Teams present dishes to Judges

12:15 am - 12:45 - Judges deliberate/Recipe sampling for guests and media

12:45 pm - Winners announced/Prizes awarded

12:45 pm - 1:30 pm - Media interviews, photographs.

1:30 pm - Event concludes

The Make It with Mushrooms Student Chef Challenge is the third collaboration with Community Colleges undertaken by Mushrooms Canada. Over the past two years, Mushrooms Canada has sponsored a logo/slogan competition and a Youth Promotion competition with Conestoga College's Advertising Program. Nurturing the skills of today's youth and tomorrow's influencers is very important to Mushroom Canada. Working with the student programs at Ontario's community colleges has proven to be a successful method for achieving this goal.