

THE WESTIN

RESORT & SPA
WHISTLER

| news release

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WHISTLER CHEF NAMED “CHEF OF THE YEAR” FOR BRITISH COLUMBIA

WHISTLER, BC – Feb. 12, 2009 – Jeffery Young, Executive Chef of The Westin Resort & Spa, was given the nod by the judges at the annual BC Chef’s Association competition as top chef for British Columbia. The 10th annual Chef of the Year competition took place live on stage at the BC Food Service Expo held last month at BC Place Stadium.

Competing chefs went head-to-head to demonstrate their expertise and creativity with a “black box” of mystery ingredients and were given thirty minutes to prepare and present their unique creation. The judges, which are members of BC’s culinary industry, award points based on technique, taste, creativity and presentation of the plated entrée. While each chef receives a box containing protein, starch and vegetables, they can avail themselves to a generous pantry of herbs, spices, seasoning sauces and oils provided by the organizers, however, each chef can bring one special ingredient of their own with them. The chefs prepare two plates, one for tasting and one for presentation.

Chef Young made the final table after winning the first two rounds with his entrée creations of chicken and salmon, respectively. He took home the hardware, which in addition to a massive trophy was a vast array of prizes, and the title of BC’s Chef of the Year with his creation of an apricot and orange glazed pheasant breast. Chef Young will defend the provincial title at a regional competition in March involving the western provinces and then in May for the national title of Chef of the Year for Canada.

“I love the testing of one’s own creativity when under the gun,” said Young, “It is what opens the doors to what you can really do when pushed to the limit and with competitions like this one it really shows what one is made of especially with only a thirty minute window to create something!”

No stranger to the pressures of competition, Chef Jeffery Young was also a member of Team British Columbia who brought home the gold at the XXVIII Culinary Olympics in Germany this past October, a culinary event that is held every four years since 1896. In his 19 year culinary career, Young has amassed a total of 20 gold, silver and bronze culinary awards.

As for the secret ingredient he brought to the competition, Young answered that “it will remain a secret” but there is a good chance you could savor that flavor with one of the Prix Fixe dinners he has created daily in the Aubergine Grille from February 15 to March 31.

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Contact Monica Hayes at monicah@westinwhistler.com for a copy of the pheasant menu and image of Chef Young competing at BC Place Stadium

For details on the CRFA/BCCA Chef of the Year competition, contact Chef Donald Gyurkovits at donaalgyurkovits@telus.net.