

Monica Hayes
T: 604.935.4309
E: monicah@westinwhistler.com
M: 604.861.8840

**WHISTLER PRODUCES ANOTHER GOLD MEDALIST, BUT NOT FROM A
PERFORMANCE ON THE MOUNTAINS**
Executive Chef at The Westin Resort & Spa wins gold at the 2008 Culinary Olympics

WHISTLER, BC – Oct. 31, 2008 – Executive Chef Jeffery Young returned to his kitchens at The Westin Resort & Spa amidst the sounds of applause and cheers from his fellow chefs and stewards. Young came home with a gold medal from the XXII Culinary Olympics held last week in Germany, where he competed as a member of Team British Columbia.

Held every four years, thousands of the worlds top chefs and confectioners compete in the International Culinary Olympics. Officially called the *Internationale Kochkunst Ausstellung* (IKA) for the past 10 decades, the event is also known as the culinary "Olympics" because the competition tests chefs in much the same way the sports Olympics do. From very humble beginnings as a local cooking contest in 1896 at the Frankfurt fairgrounds, it remained there for 100 years before moving to Berlin and then this year to its new location in Erfurt, Germany. This year's IKA was the largest assemblage of culinary professionals ever: 40 national teams, 90 regional teams and 11 military teams from 53 countries, with a total of 2,000 chefs and confectioners competing in twenty categories. Over four intense days in special glass-enclosed kitchens for the public as well as judges to view, competitors demonstrate their top culinary performance that encompasses every area of haute cuisine and patisserie.

"It is an unbelievable experience to participate on such a grand epicurean world stage," said Young. "Obviously there is a tremendous amount of camaraderie that is created as the team trained and learned together over the many, many months before the competition, but our goal, aside from winning a medal, is to showcase the cuisine from our country and region to not only the judges but the many spectators who watched us perform."

Team British Columbia won gold in the regional team category preparing a full display of cold foods which included canapés, appetizers, buffet platters, vegetarian items, main courses, desserts and pastries. One of the items Chef Young prepared for the canapé/appetizer category was a 'kicking horse' coffee-charred lamb loin with pistachio and dried stone fruit crust and cucumber linguini with minted yogurt froth.

This was Young's 25th culinary competition and his second appearance at the culinary Olympics. Over the past 19 years he has now amassed a total of 20 gold, silver and bronze culinary awards. When asked if the creations at IKA 2008 will be available to enjoy at The Westin Resort & Spa's Aubergine Grille restaurant, Young answered, "come dine and find out".

Chef Young and his kitchen crew are now readying themselves for the annual Cornucopia festivities that include the prix fix CRUSH! dinner menus and the Artisan market on Saturday, November 8.

- 30 -