

# Chef Cooking Demos @ the Kingston Market!!

Every Saturday in July & August! 11am- Noon in Springer Market Square.

July 3 <sup>rd</sup>	<i><b>Chef Jamie Hussey from Dox @ the Holiday Inn Waterfront</b></i>
July 10 <sup>th</sup>	<i><b>Chef Steve Silva from King St. Sizzle</b></i>
July 17 <sup>th</sup>	<i><b>Chef Stev George from Olivea</b></i>
July 24 <sup>th</sup>	<i><b>Chef Aaron Szamosi from Atomica</b></i>
July 31 <sup>st</sup>	<i><b>Chef Peter Rae from Iron Duke</b></i>
August 7 <sup>th</sup>	<i><b>Chef Jeff Tyler from the Kingston Brew Pub</b></i>
August 14 <sup>th</sup>	<i><b>Chef Derek Macgregor from Chien Noir</b></i>
August 21 <sup>st</sup>	<i><b>Chef Clark Day from Aqua Terra</b></i>
August 28 <sup>th</sup>	<i><b>Chef Neil Seguin from Tango</b></i>



local food • local chefs  
[www.kingstonfood.ca](http://www.kingstonfood.ca)



[www.kingstonpublicmarket.ca](http://www.kingstonpublicmarket.ca)



## **FOR IMMEDIATE RELEASE**

### **CHEF COOKING DEMOS AT THE KINGSTON PUBLIC MARKET!**

**Every Saturday in July and August, 11am at the Kingston Market in Springer Market Square**

Starting this Saturday, July 3<sup>rd</sup> and running every Saturday in July and August, there will be free chef cooking demos at the Kingston Public Market. The demos will happen in the courtyard of Spring Market Square running from 11am until Noon.

The cooking demos are all about Kingston's best chefs sharing their knowledge and passion for local food with the public. There will be a different chef every Saturday talking about what's in season, how to pick the best products and demonstrating a simple local food recipe that folks can make at home.

These days there is a real interest in eating locally, and for good reason, but it can sometimes be a daunting task to learn how to source, cook and store the season's bounty. These demos are focused on inspiring people to use more local food at home and giving them the skills to do so- and having lots of fun in process of course!

This Saturday the cooking demo will be lead by executive chef Jamie Hussey of the DOX Restaurant at the Holiday Inn Waterfront Hotel. Jamie hails from Guelph, an area famous for agriculture and local food, and has a dedication to local food that is infectious. Jamie will be working his magic on Saturday while demonstrating how to make the best local bison burgers in town.

The Kingston Market is the largest one stop shopping spot for local food in Kingston and therefore the best location for the cooking demos. The public can watch the demo and then turn around and buy all the ingredients to make the recipe at home from the Market vendors on the square.

The chef cooking demos are being organized by the Kingston based Local Food Local Chefs initiative, a project aimed at promoting local food in the Kingston region.

The demos are free for the public to attend- samples are \$2 each while supplies last.

-30-

For more information please contact:

Kaitlin Byrick

Local Food Local Chefs coordinator

613-542-8677

[Kaitlin@downtownkingston.ca](mailto:Kaitlin@downtownkingston.ca)

177 Wellington St, Suite 202  
Kingston, ON