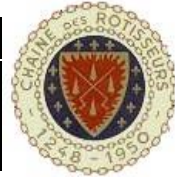


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Press Release

Young Manitoba Chef Competes in Prestigious Young Cook Competition

Smith hopes to be competing at the [Year] International Final

WINNIPEG, Date -- Winnipeg resident Stephanie Smith is one of the talented young culinary artists competing next week in the prestigious Young Cook Competition, known officially as the Chaîne des Rôtisseurs Jeune Commis Competition, at Red River College. The winner will go on to compete in the International Competition to be held in Egypt next year.

Smith, along with six more of Canada's best young chefs, will create a three-course meal for four people from identical baskets of basic cooking ingredients. None of the contestants know the contents of their baskets. Each has only three hours to cook the meal.

"I've worked hard for many years to perfect my cooking skills," says Smith. "I'm very excited to be part of the Young Cook Competition, and I believe I have a good chance at winning."

Smith began her culinary career as a short order cook at a burger restaurant in her hometown, Altona. She later studied at the Altona vocational cooking school and graduated cum laude. Smith became a certified Journeyman Cook in 2001 and won that year's Apprentice of the Year Award. She currently works as a sous chef at Winnipeg's Oxford Country Club.

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The Young Cook Competition is an event that promotes young chefs, ages 18 to 27 with no more than five years of professional cooking experience, and gives them a chance to demonstrate their skills. Fifteen judges from all over the world, who are members of the Chaîne des Rôtisseurs, will rate the candidates' food based on presentation, creativity, and taste.

The competition is organized and sponsored by the Chaîne des Rôtisseurs, an international society with headquarters in Paris, France and members in more than 75 countries. It began in 1950 as an organization to promote fine dining, and is made up of two types of members: professional chefs and non-professionals who love fine dining.

This is the first year Red River College will be holding this competition.

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