

CULINARY STAGE

DEPUIS · SINCE
COOP 1894 DAIRY
LAITIÈRE CO-OP

Presented by:



FRIDAY

11:15 am

Choux Pastry: Modern Twists To A Classic French Pastry

Laura Armenio
Nourish Happy

12:00 pm

UnButter™ First to Market With Allergen Free Plant-based Butters Made With Shea

Vivian villa
HotSourSaltySweet Inc

12:45 pm

Awaken Your Chakras: Taste the Power of India's Chickpea Creations

Priyanka Bhatija
Yogabodha Inc

1:30 pm

The Many Ways to Use the Shrimp Chili Sauce

Salomey Nsiah
Mey Santé

2:15 pm

Cook Smarter, Not Harder

Alice Mosolo and Laura Capriles
Thermomix Canada

3:00 pm

A Healthy Nutritious Quick Meal For Women

Behnoush Maherani
Green Bowl Foods

3:45 pm

Decadent Chocolate Pot de Crème Made Easy

Gary McBlain,
National Director of Culinary Services
Amica Senior Lifestyles

4:30 pm

Chinese Herbal Soups and Women's Health

Nastassia Law
Souperwell

5:15 pm

Rum 101 & Classic Rum Cocktails

Matthew Sinagoga
Mixology Matt



SATURDAY

11:15 am

Chinese Herbal Soups and Women's Health

Nastassia Law
Souperwell

12:00 pm

Convenient Ways to Cook With Shana Foods

Janmey Prajapati
Shana Foods

12:45 pm

Easy Meal Prep Ideas Using Derlea Brand Products

Vince Spitale, MasterChef Canada
Finalist (Season 3)
Derlea Foods & Eatdrinklaugh

1:30 pm

Tropical Sips: Crafting Cocktails and More With Rubicon Exotic's Delicious Juices

Mixologist Jeremy J. Parsons
Rubicon

2:15 pm

Savor the Sunshine, Snack with Purpose

Nicole Anderson
Sunshine Celebrations Inc.

3:00 pm

Action Equity: Non Alcoholic Cocktails vs Mocktails

Gail Lynch
ZERO Cocktail Bar

3:45 pm

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SUNDAY

11:15 am

Trinidad Cuisine

Narin & Arouna Rampersad
Indar's Roti & Doubles

12:00 pm

Easy Cocktails to Make At Home

Daniel Boulianne
Vins Philippe Dandurand Ltd

12:45 pm

Fake Olive Oil vs Real Olive Oil

Panagiotis Tsirioutakis
Acropolis Organics

1:30 pm

Curry in a Hurry - Vegetarian Style!

Kiran Kataria
KFI The Indian Sauce Company

3:00 pm

Rum 101 & Classic Rum Cocktails

Matthew Sinagoga
Mixology Matt



Kitchen provided by:



Times and topics are subject to change.