

## ALGONQUIN COLLEGE CULINARY STUDENT HAS THE RECIPE FOR SUCCESS

**Ottawa, ON, July 8, 2002:** Oh Moy, she did it again! Algonquin College star culinary student Katrina Moy capped off her stellar student career with a bronze-medal victory at the 8<sup>th</sup> Canadian Skills Competition held in Vancouver earlier last month.

Katrina has recently graduated from Algonquin College's two-year Culinary Management program, and has definitely tasted her share of success along the way.

Her bronze-medal victory in Vancouver, according to the 28-year-old Ottawa native, represents long hours of practice and hard work in the kitchens of Algonquin. "I feel like I lived in the Algonquin kitchens!" exclaims the 2001 Ontario Skills Competition gold-medal winner. "I'm glad I practiced as much as I did, because at culinary competitions, you have such a short time to create perfect dishes. That is when the hours spent sweating over a hot stove really pays off."

Competition is no stranger to Moy, as she had to win a culinary contest at Algonquin, then the Provincial Skills Competition in Waterloo, to make it to the nationals in Vancouver. Her culinary coach and college professor Steve Price was quite confident in Katrina heading into the competition. "Katrina really applied herself starting with her first day of classes almost two years ago," says the Hospitality and Tourism professor. "She has worked extremely hard to get where she is, and she has made the School of Hospitality and Tourism quite proud."

The Canadian Skills Competition consists of approximately 37 separate contests involving more than 650 secondary, post-secondary, and apprenticeship students from across the country. Katrina's category was "Culinary Arts - Post Secondary".

Katrina's successes date back to this time last year, when she was awarded two national culinary scholarships. The two bursaries, totaling \$4,200, were just the beginning, as this Ottawa-West resident continued her winning ways in her second year of school.

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**Golden Gourmet - 2**

Her gold-medal performance at this year's Ontario Provincial Skills Competition prepared her well for Vancouver, as she learned to bear the heat of a culinary contest. "It was unbelievably hot at the provincials," recalls Moy. "Not only was time against you, but the high temperatures kept melting my dessert! I was emotionally and physically drained by the end, but it was good practice, though, because Vancouver was more of the same."

Katrina managed to keep her cool at the provincials and won the right to represent Ontario at the national level. She and the other provincial champs competed in two 6-hour contests, spread over two days. The first day consisted of preparing a standard three-course meal, while the second day's events increased the difficulty by adding an extra course and taking away 30 minutes.

Katrina had to miss the medal ceremony, but found out about her bronze medal minutes before boarding her plane back to Ottawa. "I was thrilled," recalls the current dessert Chef at Les Fougères. "I was up against the best in the country and I managed to come home with a bronze medal. I'm really happy with that result!"

Katrina now has her sights set on acquiring her "Red Seal", which is an interprovincial Chef certification. It seems a safe bet that given Katrina's drive and determination, a Red Seal will be no problem for this gold-medal gourmet.

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