



METROPOLITAN  
HOTELS

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**Metropolitan Hotels Chefs Take Top Honours at  
Toronto's Gold Medal Plates Competition**  
**Metropolitan Hotels Chefs Patrick Lin and John Kwan Take Home Gold, Bronze  
At Prestigious Culinary Competition**

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TORONTO, ON – **Chef Patrick Lin** and **Chef John Kwan** of **Metropolitan Hotels** proved their culinary prowess last night when they took home the gold and bronze awards (respectively) at the Toronto regional 2008 Gold Medal Plates competition. Metropolitan's two outstanding chefs went head-to-head with Toronto's finest culinary masters at this prestigious competition, held at the Fairmont Royal York Hotel on October 16, 2008.

Lin received the gold medal and the regional top chef title. He will compete at the Canadian Culinary Championships, the Gold Medal Plates Finale in 2009, for the national title as the Gold Medal Chef.

To secure the win, Lin created a series of elaborate dishes to showcase his culinary talents, which are on display daily at Senses Restaurant in the SoHo Metropolitan Hotel. He began with handmade foie gras lollipops with a candied walnut crust, and went on to present King Cole duck in three styles – cured & smoked duck breast, a duck neck gallantine, and a chocolate duck breast. He completed his culinary masterpiece with a crème brulee with homemade foie gras terrine, passion fruit sauce and kumkuat compote.

"It was a challenging and exciting competition and I am very honoured that that the Gold Medal Plates judges chose my dishes as the best," said **Patrick Lin, Senior Executive Chef of Metropolitan Hotels**. "My team and I worked very hard to make our dishes the best they could be, and I'm thrilled our efforts resulted in the gold. Now, I am looking forward to taking this to the next step, and competing for the national title!"

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Executive Chef John Kwan of Lai Toh Heen restaurant, rose to the occasion as well, taking the bronze title. Kwan created a series of intricate dishes, including wok-fried beef tenderloin with dried tangerine peel in a golden crispy cup, a fresh yam and beef dumpling with truffle soy sauce, a Sichuan hot and spicy beef wonton soup, and a Chinese-herb marinated Australian Wagyu beef striploin with pickled vegetable rolls.

Considered as two of Toronto's top chefs, Lin and Kwan were selected for the contest by a panel of highly revered judges including Sasha Chapman (Toronto Life, Globe and Mail), Lucy Waverman (Globe and Mail, Food & Drink Magazine), Christine Cushing (FoodTV), Anthony Walsh (Executive Chef of Canoe Restaurant and the 2007 Gold Medal Winner) and Gold Medal Plates National Culinary Advisor and Head Judge, James Chatto.

The chefs were challenged to create their ultimate dish, paired with a premier Canadian wine. Canadian Olympic and Paralympic athletes will be paired with each chef to assist in the creation or plating of their dish. Judges determined the gold, silver and bronze medal-winning chefs.

### **The 2008 Gold Medal Plates Competition**

Gold Medal Plates is the ultimate celebration of Canadian Excellence in food, wine and athletic achievement. Celebrating in six cities across Canada in 2008, Gold Medal Plates will feature superb wines and the premier chefs in each city, paired with Canadian Olympic and Paralympic athletes, in a competition to crown a gold, silver and bronze medal culinary team in each city, and subsequently nation-wide.

Founded in 2003, the goal of Gold Medal Plates is to raise substantial funds for Canada's high performance athletes, while celebrating Canadian excellence. Proceeds will be contributed to the Canadian Olympic Foundation to benefit Own the Podium 2010 and Road to Excellence, two sport initiatives aimed at helping Canada's winter and summer athletes reach the podium at upcoming Olympic and Paralympic Games. To date the event has generated a combined total of \$2.3 million for Canada's Olympic and Paralympic athletes.

Metropolitan Hotels ([www.metropolitan.com](http://www.metropolitan.com)) operates three luxury properties in Toronto and Vancouver, including the Metropolitan Toronto, the SoHo Metropolitan and the Metropolitan Vancouver. With more than 815 rooms, Metropolitan Hotels is committed to providing luxury accommodation for business and leisure travelers seeking an independent choice. As members of Preferred Hotels & Resorts Worldwide, the hotels offer the finest in distinctive accommodations, in addition to service and cuisine provided by their award-winning restaurants, Hemispheres and Lai Wah Heen (Metropolitan Toronto), Senses (SoHo Metropolitan), Diva at the Met (Metropolitan Vancouver) and Lai Toh Heen (mid-town Toronto).

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