

THE COOKING STAGE SCHEDULE

WED	4:00PM	Show Opens
THURSDAY	1:30PM	Chef Jeremy Kersche - Fable Everyday plant based cooking
	3:30PM	Marco Cornale - Head Baker / Owner, Fratelli Bakery Authentic Italian baking: Cranberry pistachio biscotti
	6:00PM	Chef Rachelle Giardin - Founder/Holistic Nutritionist, Beyond Nourished Loving kale: Bringing nutrition into your kitchen
FRIDAY	2:00PM	Natasha Asselstine - Registered Holistic Nutritionist, Natasha Asselstine Holistic Nutrition Edible calm: Discover the foods that nourish and support our bodies to handle the stresses of life
	3:00PM	Bruno Feldeisen - Executive Chef Semiahmoo Resort, WA Judge on CBC's Great Canadian Baking Show Chocolate, bacon, maple syrup: Nothing can go wrong!
	4:30PM	Chef Kurtis Perry - Fable Porcini cream tagliatelle
SATURDAY	NOON	Chef Mike Ferreira - Heirloom Harissa Roasted Cauliflower Steak with Tamarind-Raisin Puree and Quinoa Tabbouleh
	2:30PM	Natasha Asselstine - Registered Holistic Nutritionist, Natasha Asselstine Holistic Nutrition Edible calm: Discover the foods that nourish and support our bodies to handle the stresses of life
	5:00PM	Iani Makris - Chef/Owner - The Greek by Anatoli Paithakia: Traditional & rustic Greek lamb chops
	6:30PM	Chef Rachelle Giardin - Founder/Holistic Nutritionist, Beyond Nourished Bringing nutrition into your kitchen to help fuel & nourish your body
SUNDAY	NOON	Curtis Luk, Executive Chef / Owner Mission Sablefish: The perfect seafood canvas
	1:30PM	Chef Mike Ferreira - Heirloom Mushroom wellington with pickled mustard seed and jackfruit pot pie
	3:30PM	Bruno Feldeisen - Executive Chef Semiahmoo Resort, WA Judge on CBC's Great Canadian Baking Show Vegan desert: Easy, tasty, healthy!