

Wishing Our Young Competitor Good Luck in Helsinki!

Stephanie Schnepf, Rôtisseur - International Jeunes Commis Rôtisseurs Competition 2010

Imagine entering a room and being presented with a mystery basket containing seasonal ingredients. You are then asked to compose and execute a three-course menu (first course, main course, and dessert) for four people using all of these ingredients, as well as drawing on a variety of staples from a pantry. Your written menu must be completed within the first half-hour, and then three and a half hours are allowed for preparation, after which the finished dishes are presented to be judged in fifteen minute intervals. It is an extremely challenging competition.

On 16 September 2010, in conjunction with the Grand Chapitre of the Bailliage of Finland, our own Stephanie Schnepf will be in Helsinki, Finland, to meet that challenge at the 34th Concours International des Jeunes Commis Rôtisseurs.

Born and raised in Thunder Bay, ON, Stephanie moved to Calgary AB after graduating from high school to pursue her "love of food and the mountains" by continuing her education at SAIT College. Graduating top of her class and on the Dean's list, Stephanie was awarded the Growing Alberta Bursary. She began her career at the Raw Bar Restaurant at Calgary's Hotel Arts as a Journeyman Cook. Working hard, and "in no small part due to the chefs willing to nurture my career," Stephanie moved up to Garde-Manger, Entremétier, and Saucier in succession. Most recently, she was one of three professionals chosen to open the company's new restaurant, Olives, in downtown Calgary and is currently 1st Cook. Stephanie helped to develop a menu for the restaurant, train staff and generally prepare the operation for



Stephanie hard at work during the competition.
Photography courtesy of Tina Fryer.

opening. Yet, she still found time to complete her Red Seal.

Having opened the restaurant, Stephanie took a well-earned two months to backpack across Europe where her "love of food and cooking grew even more". As she puts it, "I went from being an eighteen-year-old high school girl who likes to cook for her family, to a Professional Cooking graduate with honours, to a Journeyman Apprentice, to a certified Red Seal who has traveled the world, all in four years. This competition is just one more stepping stone in my career."



Stephanie enjoys the judge's remarks.
Photography courtesy of Tina Fryer.