



March, 2010 Newsletter

Mothers' Day Brunch May 9

Restaurant Adventures to air second time

ZenKitchen wins prestigious award

New cooking class dates

ZenKitchen at the Go Green Expo and Home Show

Restaurant Hours

Dear friends of ZenKitchen,

Well, the year has come in like a lion, or tiger at ZenKitchen, and it looks like it's going to be another action packed year for us. Among the great media coverage and buzz we've been receiving in the city, we were surprised and thrilled to receive Ottawa's New Restaurant of the Year Award recently, and honoured to be listed with such prestigious restaurants in the city like Atelier, Play Food and Wine, Fraser Cafe.

The first run of the show, all 13 episodes, just finished airing, but the good news is that the W Network will run the series again, with one episode every week, and it just started on Wednesdays at 9:30 pm. We loved the show – Mountain Road Productions did an incredible job of putting it all together and it was a pleasure to work with such a great crew over the course of one year - and like many we were sad to see the series end.

The reviews and the show have brought in to the restaurant a lot of new faces, along with our loyal customer base, allowing us to go against the odds, and actually have our highest number of customers and sales in what is usually the slowest period for the restaurant industry in the city. We couldn't have done it with you, so our heartfelt thanks!

We also started up our first cooking classes and will continue them in March and April. There has been a tremendous interest in the classes and we'd like to be able to accommodate more

people in the classes, so we will change them to a cooking demonstration format for March and April, with Dave and I to cook and entertain you, and we'll see how it goes.

In addition, we've been asked to do a number of cooking demos, one with Cocoa Camino at the Go Green Expo, March 20- 21, and the other with the Home Show March 25-28.

Although our shared "plate" is quite full, Dave and I continue to think of new menu ideas and concepts to encourage new and established customers to return to us. So, in this spirit, we're going to try our first brunch on Mother's Day, we're looking into opening for lunches in the spring time, and before you know it our lovely patio will be open again. In the Chinese horoscope, they say that the Year of the Tiger will bring drama, intensity, change, travel, and far reaching changes for everyone. May ZenKitchen be a part of your exciting year ahead. Warm regards, Caroline and Dave

Mothers' Day Brunch - Sunday, May 9th

We've always wanted to offer a brunch, and so this Mother's Day is the perfect occasion! We're offering two seatings during the day, followed by our regular dinner service that evening.

Brunch will cost \$35/person, and will include freshly baked scones and jam, and then a choice of 3 appetizers, 3 main courses, and a dessert sampler. The first seating will be at 10 a.m., the second seating at 1 pm. The daytime brunch must be reserved in advance with a credit card. Please phone ZenKitchen at 613-233-6404 to make your reservation.

The Restaurant Adventures of Caroline and Dave

If you missed the series the first time around or missed a few episodes, The Restaurant Adventures of Caroline and Dave is airing a second time beginning Wednesdays at 9:30 pm on the W Network.

ZenKitchen wins ORHMA Award

At a gala event in February, The Ontario Restaurant, Hotel and Motel Association (ORHMA) named ZenKitchen Ottawa's New Restaurant of the Year, noting, "the incredible impact ZenKitchen has had in just six short months. Judges also thought Caroline and Dave should be lauded for their risk-taking, innovation, and the uniqueness of their vision for the restaurant". We're grateful and humbled by this honour, and by the opportunity to work with so many excellent restaurants here in Ottawa.

New Cooking Class Dates

New Vegetarian Cuisine Fundamentals: Demonstration Cooking Class

Dates: Sunday, March 14, 1-3 pm Or, Sunday, April 25, 1-3 pm

Whether you are a vegetarian or simply interested in including some vegetarian meals as part of a comprehensive diet, this course will open your mind and palate to the world of exciting vegan, whole foods cuisine using global flavours and natural ingredients.

Chef Caroline will discuss the basics of stocking your pantry to cook with whole foods and vegan ingredients and then you'll have the chance to watch Caroline and Dave prepare several dishes together in the demonstration kitchen. The focus for this class will be on handmade ravioli and sauce, served with sautéed garlicky greens, in addition to a fresh salad wrap to start and hand rolled truffles to finish. The class comes complete with the recipes, the chance to sample all the food prepared and the opportunity to ask lots of questions.

Location: Hartman's Your Independent Grocer Cooking Classroom. 296 Bank Street at Somerset Street West

Cost and payment: \$60, excluding GST. We will need to receive your payment in advance to secure your seat in the class and you can pay by credit card. Please call ZenKitchen 613-233-6404.

Public Appearances

Caroline and Dave will be partnering with Cocoa Camino for a cooking demonstration on fair trade chocolate at the Go Green Expo on March 20 at 1:30 pm and March 21 at 12:45 pm at Lansdowne Park. Free admission.

<http://www.ottawagogreenexpo.com/ottawa/visitor/features/schedules.html>

We're also doing cooking demonstrations at the Ottawa Home Show at Lansdowne Park, Thursday 25th and Friday 26th at 1:30 pm, and Saturday and Sunday at 12:30 pm.

<http://www.ottawahomeshow.com>

Our Hours

Tuesday – Sunday 5 -10 pm, Monday closed

Reserve online at www.zenkitchen.ca Or call us at 613-233-6404

If you need to cancel or if there is a change to your reservation, we would very much appreciate a call to let us know. We are a small restaurant and every seat taken, or not, has a big impact on us.