



## November 2010 Newsletter

### Dear Friends,

Autumn is quickly flying past us as we are thrown into colder and brisker weather. At ZenKitchen, we're thinking of new dishes to nourish and comfort you during the harshest of days ahead. And we did a lot of pickling and preserving this summer, so we're able to extend our local produce right through the winter months.

We're very excited - and a bit nervous - about the Gold Medal Plates competition on November 16 at the NAC. We hope to see some of you there.

In this newsletter, you'll find announcements about a lot of upcoming events, including new cooking classes and our New Year's Eve special!

We hope you are keeping warm and well and we look forward to seeing you soon!

### Seasonal Holiday Parties



If your workplace, family, book club or other social group is planning a holiday dinner party, we'd love to hear from you! We will work with you to design a menu within your budget for lunch or dinner and can accommodate groups up to 45 persons. For more info: [info@zenkitchen.ca](mailto:info@zenkitchen.ca)

### Current Chef's Tasting Menu

Our current Chef's Tasting Menu uses the best of the late Autumn harvest, inspired by European cuisine. It's available with an optional wine or beer pairing. Our Tasting Menus have been a big hit, and we're already planning the December one - Quebecoise Cuisine.

### New Year's Eve

We're very excited about celebrating New Year's Eve with you and are planning a special chef's tasting menu to welcome in the new year. Reserve early as last year's seats sold out quickly.



There will be 2 seatings for the evening:

1. 5 pm seating begins and at 5:30 dinner service starts: 4 course special chef's tasting menu \$55, with optional wine pairing with the courses \$27
2. 8:30 seating begins and at 9 pm dinner service starts: 6 course special chef's tasting menu \$75, including sparkling wine at midnight, with optional wine pairing \$37.

The price does not include HST and gratuity, which will be added to the bill. To reserve, please call us at 613-233-6404. We will require a credit card number to hold your reservation and if you must cancel your reservation, you must do so at least 48 hours prior to the date, and the cost of your dinner will be provided to you in a gift certificate for future use.



## New Cooking Class Schedule

*Classes are offered at the LCBO store at King Edward and Rideau; or The Urban Element at 424 Parkdale Ave. Visit the classes area of our web site for full class descriptions.*

*To register, visit the Customer Service Desk at the LCBO Rideau, 613-789-5226, or contact the Urban Element at [bookings@theurbanelement.com](mailto:bookings@theurbanelement.com) or 613-622-0885.*



### **January 29, LCBO. Fundamentals of Vegetarian Cuisine, Demonstration Class**

If you're new to vegetarianism or just want to include some delicious vegetarian meals as part of a comprehensive diet, join Chef Caroline as she discusses the essential elements of good vegetarian cooking and stocking your kitchen pantry with healthful ingredients, and shares dishes and recipes with you.

**February 23, The Urban Element, Warming Comfort Food, Hands-on Cooking Class,** Join Chef Caroline to create delicious comfort food that will provide nourishment and warmth on the coldest days of the winter.

**March 30, The Urban Element, Gourmet Vegetarian, Hands-on Cooking Class,** Join Chef Caroline for a menu that blends fresh ingredients with vibrant flavours to create dishes that are beautiful, delicious and healthful.

**April 6, LCBO, Fundamentals of Vegetarian Cuisine (repeat of January LCBO class)**

**May 14, LCBO, Exotic Vegetarian Cuisine, Demonstration Class,** Join Chef Caroline for a menu of dishes that are interesting, beautiful and flavourful, while being healthful and easy to make.

**June 8 LCBO, Japanese Izakaya Bar Food - Cooking Demonstration,** "Izakaya" in Japanese means a gathering place, a bar or restaurant offering casual food and drink. Tonight we'll prepare a variety of small tapas-like dishes that are often served at izakayas and shared over drinks with friends.

## Gold Medal Plates

I'm honoured to have been invited to this year's Gold Medal Plates competition.

Gold Medal Plates is the ultimate celebration of Canadian Excellence in cuisine, wine, the arts and athletic achievement. Celebrating in eight cities across Canada in 2010, 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. For more information, visit the Gold Medal Plates website [www.goldmedalplates.com](http://www.goldmedalplates.com).

Gold Medal Plates Ottawa

Tuesday, November 16, 2010 6:00 pm

National Arts Centre

53 Elgin Street

Tickets: [www.goldmedalplates.com](http://www.goldmedalplates.com)

## VQA Gold Award

ZenKitchen was honoured to win Wines of Ontario's VQA Gold Award for the second time this year! The award recognizes restaurants which provide advanced training to their service staff and promotes Ontario VQA wines. Over 75% of our wine list is comprised of Ontario wines, in keeping with your "buy local" philosophy.

## Local Beers on Tap

We've recently added two more Ottawa beers to our draught taps. That means 4 out of 5 of our taps are devoted to local beer! We're now offering an Ottawa beer flight, offering a chance to try many delicious local beverages.



## Recent Media



### EnRoute Magazine's praise for ZenKitchen

There is life after animal products for Ottawa chef Caroline Ishii. Zen Kitchen dares to take vegan cuisine out of the tree-planting mess hall and into fine dining. Ishii presents clean, creative and beautifully plated food – best expressed in small dishes like sesame-encrusted mushrooms with anise-tamarind reduction and prickly-sweet chilies that are as good as fried chicken (does that sound crassly carnivorous?) – while sommelier David Loan arranges Ontario-forward wine pairings. So hold your tempeh-weary sigh for the end of the meal: It should be a contented one.

### The Restaurant Adventures of Caroline and Dave

The 13 part series made about our opening of the restaurant is now being shown on the Asian Food Channel in Hong Kong, Indonesia, Philippines, Malaysia, Brunei, Singapore and Thailand.

[www.asianfoodchannel.com](http://www.asianfoodchannel.com)

### FoodiePrints Interview

Don and Jenn at FoodiePrints did a great interview with us on their blog. All the details are at: <http://www.foodieprints.com/item/2866>

## Find us on Facebook and Twitter



We have a popular group on Facebook - just search for ZenKitchen. And you can follow us on Twitter at #zenkitchen613 for menu updates, news and occasional deals!

## Hours of Operation

We're open for dinner, 5 to 10 pm, Tuesday through Sunday. Lunch is served only on Thursdays and Fridays, 11:30 to 2pm.

And Sunday brunch is offered from 11 a.m. to 2 p.m.

During the Christmas period, we will be open December 24th; closed December 25th and 26th; and open as usual December 28 to 31.

DECEMBER 2010						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5		7	8	9	10	11
12		14	15	16	17	18
19		21	22	23	24	
		28	29	30	31	

## Holidays

January is a slow time for many restaurants, but it's a great time to take a vacation! We'll be closed from January 1st to 13th, reopening on Friday, January 14. We're looking forward to seeing you when we return.



**Looking for a fun present? Our gift certificates can be purchased online at [zenkitchen.ca](http://zenkitchen.ca) (and have the certificate e-mailed to the recipient or to you). Or buy them in person at the restaurant!**