



Chef Laura

“*Food is the bonding element of people. I am simply the alchemist.*”
— Laura

For more than 16 years I have been pouring my passion for food into my life and career. I've worked as a chef in restaurants, on movie sets, and in high-end resorts. I've toured with bands like Duran Duran and Red Hot Chili Peppers, created exciting meals for celebrities, and catered elegant social and corporate events both large and small. I've always been inspired by the impact food has on living, on loving, and on life.



As I child I vividly remember the warm feelings evoked by the feasts prepared by my mother and father. As the eldest I was very involved in helping prepare for family gatherings, and was keenly aware that the omnipresence of food had the effect of unifying everyone in deep feelings of celebration and tradition. I cherish those memories.



Later, the *mélange* of my love for theatre, entertaining, and the culinary arts, along with my flair for style and design became my signature as a chef. Whether I'm preparing my "this is the best lamb in the world" dish, which, to be honest could be herbed, pistachio-crust, or a simple Dijon, my goal of perfect timing and delicate seasoning guarantees the guests will savour every bite.

I believe that food should reflect the mood. I really make an effort to think ahead about how each dish should be prepared to really titillate the senses and add meaning to an event. Food gives life, true, but food also influences mood. The right combination of carefully selected ingredients can elevate a get-together from a meal to a memorable event. Dreamy, whimsical, corporate, even somber, can be conjured into a feast for the senses by finessing details like menu selection, presentation, adornment, and aroma.



I get really excited about turning simple events into celebratory experiences. A casual backyard barbeque or wedding, an informal cottage clambake, or a sophisticated penthouse cocktail party, there's



never a place that isn't perfect for a sensory celebration that people will remember for years to come. Be it Italian comfort food, elegant canapés, exotic charcutière, or healthy organics, food is the bonding element of people ... I am simply the alchemist.



Laura

Popular menu items from my repertoire...

Brunch

Potato Pancakes

topped with melted Swiss cheese drizzled with maple syrup

Savory Stuffed Crêpes

filled with sweet berries and fruit

Eggs Benedict West Coast Style

with smoked salmon and a mascarpone dill hollandaise with deep-fried capers

Luncheon

Crisp Watercress Salad

with caramelized pear and Saltspring Island goat cheese

Yam-Stuffed Cannelloni

with sage and ricotta

Potage du Jour and Grilled Panini Salmon

served on wild greens with cassis vinaigrette

Organic Chicken Breast

seared to perfection, crusted with herbs and cashews

Dinner

Braised Lamb Sirloin

served with creamed spinach and French lentil vincotto

Pan-Seared Halibut

glazed with lemon marmalade, accompanied by baked fingerling potatoes

Free Range Cornish Game Hen

halved, one side stuffed with pork and apple sausage, the other with hazelnut and fig

Rack of Venison drizzled with a blackberry demi-glaze served with roasted squash risotto

Hors d'Oeuvres

Tuna & Avocado Tartare

served in tuliped wonton wrappers

Tiny Crab Cakes

with a dollop of chipotle mayo

Wild Smoked Salmon

with creamy cheese and crispy capers wrapped in colorful edible papers.

Desserts

Bite-sized Cheese Cakes

Raspberry Mousse Chocolate Cups

Miniature Fruit Flans

Crème Caramel

Chef Laura.ca

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Client Testimonials

"For several years Chef Laura made me and the entire X Files crew feel like we were in a fine restaurant - even when we were dining at 2 am in the middle of the forest. Laura never disappoints and her dependability, pivotal for a set caterer, is a great asset. She had us anticipating meals with great fervor, especially important when the crew has been out in the cold for 14 - 16 hours a day. Laura pleased everyone by providing creative meals along with familiar old classics for the less adventuresome. Year round she always showed up with a smile and good food, day in, day out. Laura's personality is both outgoing and focused and I'm sure she could handle any special requests or fly with any suggestion. While she has never catered a dinner party for me, I believe that when cooking for less than 300 people, Laura would blossom even more." — **David Duchovny**, actor, The X Files

"Laura knows how to makes a spectacular impression! She really listens to your ideas then works her magic to make it happen and the results are dazzling. We love working with her!" — **Barbara Ellison & William B. Davis**

"Laura is an imaginative and creative chef who creates outstanding meals. She takes care to learn your preferences, sources the very best ingredients, and the food is always on time and superb." — **Doug Montgomery**, Good Hope Cannery fishing resort

"Laura's passion and excitement about food comes through in what she does. By the second day they were peeking into the kitchen to see what Chef Laura was making! These international travelers who are accustomed to the very best, gave Laura first class accolades for her outstanding meals. They even bragged about her to our competitors who called to ask about the experience." — **Cheryl Stinson**, CRC Research Corp.

"Laura made our wedding a truly memorable event. Professional and charming, she took care of every detail to transform our backyard into an amazing Italian al fresco dining place. Our guests are still talking about the delicious platters of beautiful antipasti, lamb, and tapas. Beautiful ambience, gorgeous presentation, superb food, and an extremely smooth day ... all thanks to Chef Laura!" — **Malcom Stewart & Thecla Shiphorst**, Happy Garden Bed & Breakfast

"Laura has a sense of occasion and knows how to make a gathering successful. Her menu planning skills are excellent and the food pairings and presentation are always superb. Laura sources the very best ingredients and you can taste the difference in the flavours and textures of the food. She is very smart with kitchen organization and manages large events with ease. Laura is extremely hard working and gets along well with everyone in and out of the kitchen. The great laughter and energy coming from the kitchen sets the mood for a successful event." — **Kim & Tony A.**, Vancouver BC

"Ethereal comes to mind when I think of a Chef Laura's food. Laura's talent for creating unique and interesting food that is beautifully presented by a highly organized and pleasant team of servers makes for an event that people really enjoy." — **Lisa King**, King Talent Inc.

"Laura is great to have as part of a culinary event. Charming and professional, the connection that Laura creates elevates the enjoyment of everyone. Her meals are fabulous in terms of diversity and range of fare, and the unexpected and consistently high quality never failed to surprise and delight. I can't wait to get her new cookbook!" — **Dr. Phil Zack**, guest at Good Hope Cannery fishing resort

Stress-free Party Planning

Olympics, Valentine's Day, Mother's Day, Father's Day

If you've been thinking about having a get together but can't seem to find the time or energy to make it happen, why not give me a call. I can manage your event from start to finish. Your party, your way, my assurance, guaranteed! ~ Laura

