

**KINGSTON**

—  
Tourism Kingston

EDAC Marketing Canada Awards

***KINGSTONLICIOUS,  
PROMOTIONAL EVENT***

Kingston

STAY + GET  
**\$100\***



**KINGSTONLICIOUS**

# *DON'T MISS DELICIOUSNESS*

*Discover premier culinary events,  
packages & prix fixe menus.*

[visitkingston.ca/kingstonlicious](http://visitkingston.ca/kingstonlicious) →

**KINGSTON**

\*CONDITIONS APPLY. SEE WEBSITE FOR DETAILS.

FB/IG Sponsored Carousel

**K Visit Kingston**  
Yesterday at 11:14 AM

Kingstonlicious serves up in-person events & prix fixe menus. Plus, stay packages with \$100 on us! Don't miss deliciousness.

**STAY + GET \$100\***  
*Don't miss deliciousness.*

**A premier culinary experience**  
Kingstonlicious 2023 [Book now](#)

**Unique food & drink packages**  
With \$100 on us [Book now](#)

**In-person culinary events**  
With special guests [Book now](#)

**Prix fixe dinner & lunch menus**  
By local chefs [Book now](#)

**Don't miss deliciousness**  
Menus & events [Book now](#)

**FIRST CARD**

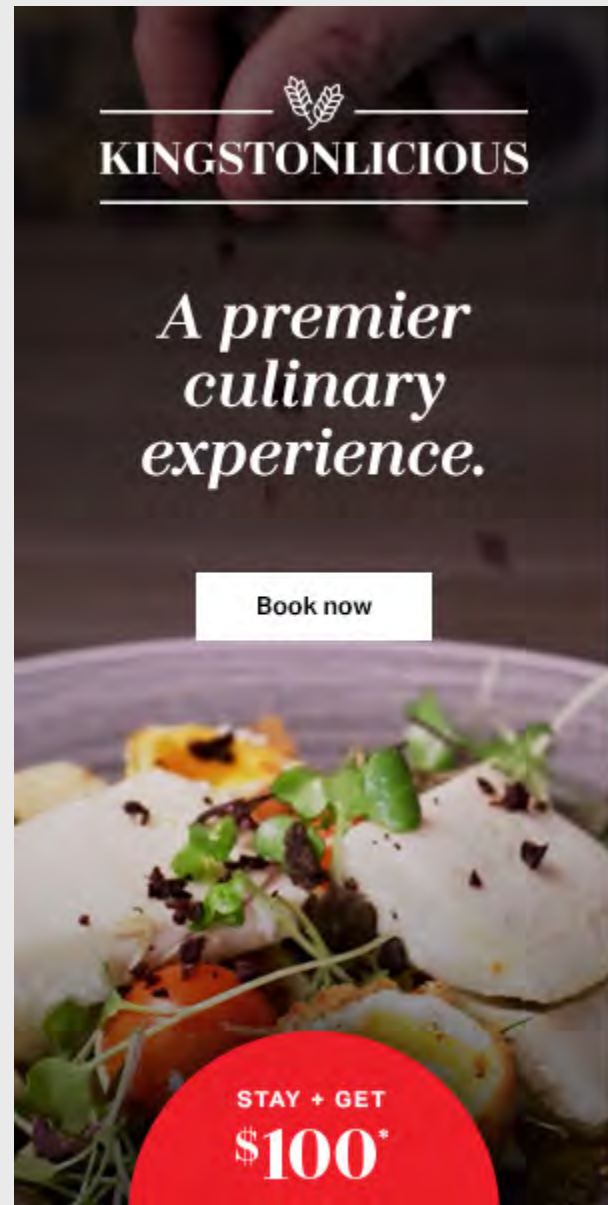
Existing Kingstonlicious video with added sticker.



Food Photography

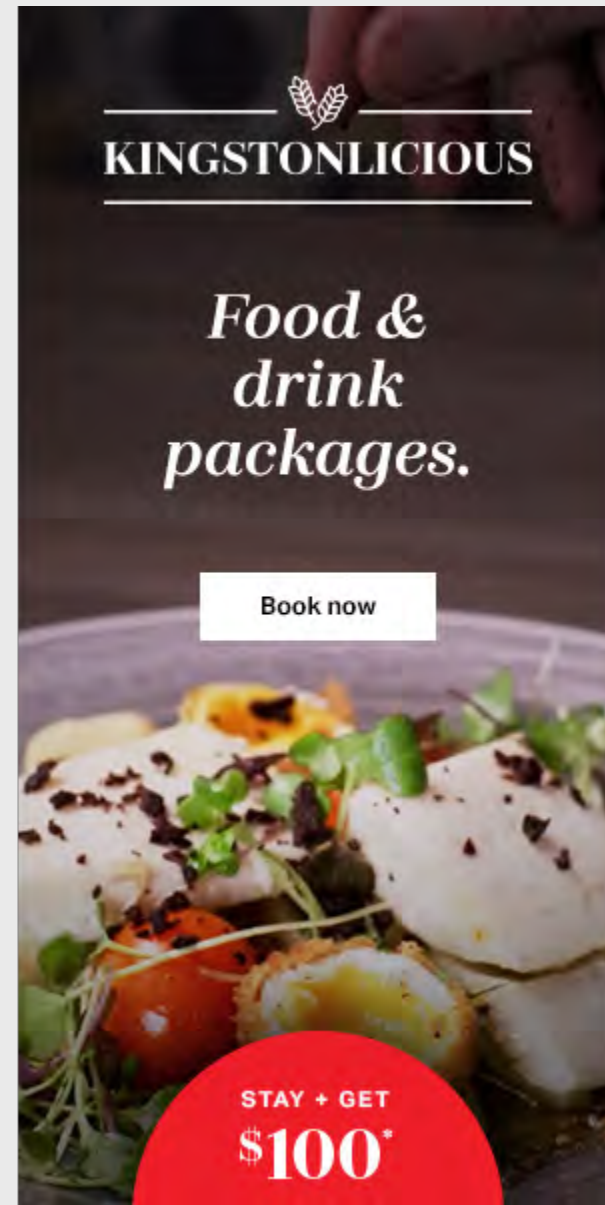


Event Photography



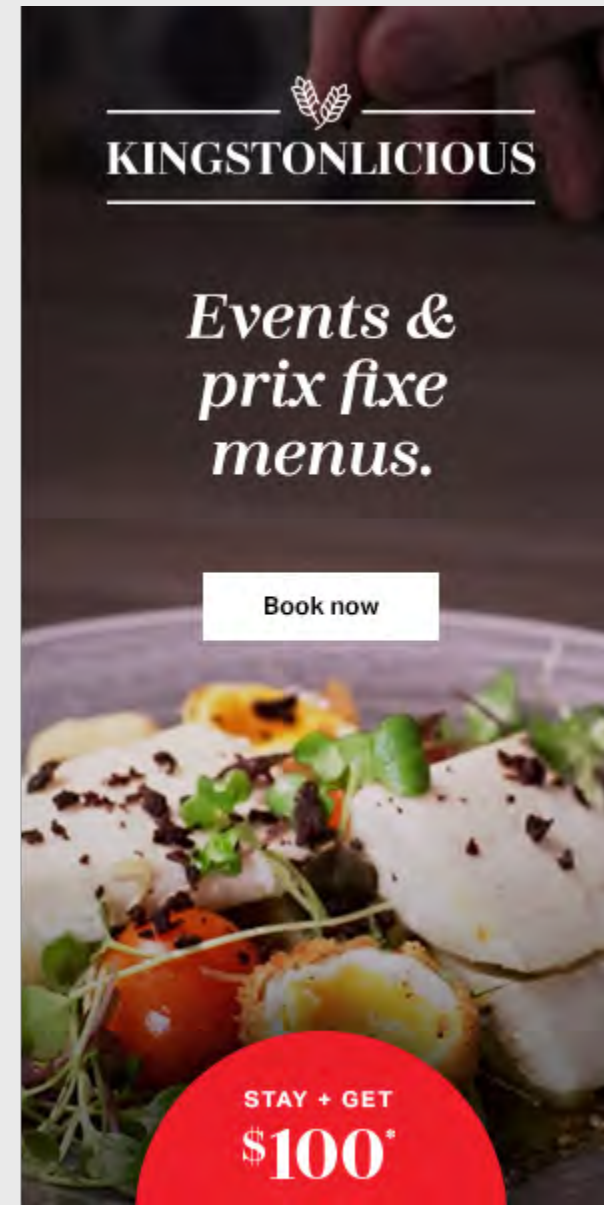
**FRAME 1**

Text on-screen. Video plays in background: slow motion pan across dish, with chef drizzling topping from overhead. Text transitions out with a simple fade.



**FRAME 2**

New text transitions in with a simple fade. Video continues in background, panning across dish.



**FRAME 3**

Final text transitions in with a simple fade. Video continues in background, panning across dish.



KINGSTONLICIOUS

*A SIGNATURE  
CULINARY EXPERIENCE*

*FOR THE  
LOVE OF  
CHEESE*

At AquaTerra





## *Event description*

---

The world's youngest Maitre Fromager (cheese master), Afrim Pristine, who has over 25 years of experience in the art of cheese making and co-owner of the Cheese Boutique, will join AquaTerra Chef Brent McAllister to create a multi-course menu where Afrim's favourite cheeses from around the globe will take centre stage.

Not only will guests enjoy storytelling of the highest calibre, but they will also receive a signed copy of Afrim's cookbook, *For the Love of Cheese*, along with the opportunity to purchase the cheeses and products showcased at this not-to-be-missed dinner. Complementary pairings from the cheese region of focus will accompany each dish.

For the sweetest finish of all, Mio Gelato will join with an exclusive dessert created specifically for this event.

### **Wines by Bespoke Wine & Spirits**

**Price:** \$175 per person

**Date:** February 22, 2023. Seatings from 5-8:30 pm

**For reservations:**

—> [aquaterrakingston.com/for-the-love-of-cheese](https://aquaterrakingston.com/for-the-love-of-cheese)

# MENU

## AquaTerra

---

### *Canapes + raw cheese pairing*

---

Lobster roll + four-year aged Aurricho provolone

*Cheese country of origin: Italy*

Grilled cheese with tomato jam + the Ripley Gouda

*Cheese country of origin: Holland*

Whipped Loire Valley goat cheese with herbs, citrus on Belgian  
endive leaf with Marcona almond and champagne vinaigrette

*Cheese country of origin: France*

*Beverage pairing: Miquel Pons, Cava, Spain, 2019 (organic)*

### *First course*

---

Greek barrel-aged feta with roasted grapes, pistachio, red wine vinegar,  
arugula, mint, and basil

*Cheese country of origin: Greece*

*Beverage pairing: Diwald, "Vom Loss" Gruner Veltliner, Austria, 2021 (organic)*





# fresh

## *Second course*

---

### **Pasta e Ceci**

Chickpeas, fresh tomato, tomato paste, onions, garlic, chicken stock, topped with a “special cheese blend” of equal parts:

// Two-year aged Piave

// 12-month-old Pecorino Romano

// 18-month-old Grana Padano

*Cheese country of origin: Italy*

*Beverage pairing: Poderi Cellario, “E Rosso” Barbera/Dolcetto, Italy, N/V*

*“My mother’s recipe from Naples. Super traditional, hearty rustic southern Italian comfort food.”*

## *Third course*

---

### **Meat and potatoes**

50-day aged NY striploin with veal demi sauce, buttered sesame heirloom pan-roasted carrots, raclette Hasselbeck potatoes, and microgreens garnish.

*Cheese country of origin: Switzerland*

*Beverage pairing: Cave du Marmandais, “Nos Cinq Sens” Merlot/Malbec/Cab Franc/Cab Sauv, France, 2020*

# delicious



## *Dessert*

---

### **A Mio Gelato & Cheese Boutique collaboration**

Five-year Parmigiano Reggiano ice cream with Spanish strawberries and basil + hazelnut biscotti crumble and 50-year aged balsamic drizzle.

*Cheese country of origin: Switzerland*

*Beverage pairing: non-alcoholic cocktail by AquaTerra*

### **To finish**

Blue Elizabeth and Mascarpone-stuffed handmade Bomba

*Cheese country of origin: Quebec and Italy*

---

*Afrim Pristine*

**Maitre Fromager**

Cheese Boutique (Toronto)

*Brent McAllister*

**Executive Chef**

AquaTerra (Kingston)

*Andrew Varley*

**Chef de Cuisine**

AquaTerra (Kingston)

**Special Guests**

Mio Gelato (Kingston) and

Bespoke Wine & Spirits (Toronto)

---

**KINGSTON**



**Gold  
& Fife**

---

CALL TO ACTION 83:

# *WHAT DOES RECONCILIATION TASTE LIKE?*

explore

A close-up photograph of a hand garnishing a dish. The dish consists of a round of ground beef, likely bison or beef, topped with melted cheese, mushrooms, and fresh basil leaves. It is served on a piece of flatbread or a cracker. The background is blurred, showing a green plant and a white surface.

*WELCOME/BOOZHOO/  
TEKWANONWERA:TONS  
TO KINGSTON/KA'TAROH:KWI/  
KEN'TARÓKWEN/CATARACOUI*

Kingston remains on the ancestral homelands of the Huron-Wendat, Anishinaabe, and Haudenosaunee Confederacy. Tourism Kingston acknowledges the everlasting presence of these Nations and other First Nations, Métis, and Inuit who share this landscape today. We are grateful to reside in and remain visitors to this territory, while acknowledging our responsibility to honour the land, water, and skies with gentle respect and purifying preservation.

discover





## *Call to Action 83: What does reconciliation taste like?*

---

Inspired by Truth and Reconciliation Commission Call to Action 83 – for Indigenous and non-Indigenous artists to undertake collaborative projects and produce works that contribute to reconciliation – this celebration brings together Indigenous and non-Indigenous chefs and beverage purveyors for a day of exploration. Rooted in education, collegiality, and respect for the seasons, these culinary collaborators will build a powerful experience that explores Indigenous foodways, linking the food and drink consumed with its history, heritage, culture, and geography.

*Due to the nature of this event, dietary restrictions cannot be accommodated.*

**Date:** March 18, 2023. 11 am to 3:30 pm with culinary and artistic activations throughout event

**Venues:** Isabel Bader Centre for the Performing Arts & Juniper Café (Tett Centre)

experience

# Featured Chefs

---

**Chef Zach Keeshig,**

Naagan

**Chef Leah Marshall Hannon,**

Stella's Eatery

**Chef Lee Arden Lewis,**

formerly of Jackson's Falls Country Inn  
and Restaurant

**Chef Joseph Shawana,**

Professor & Indigenous Culinary Advisor,  
Centennial College, and Owner/Operator,  
Kūkūm Kitchen

**Chef William Arnaud,**

Otter Creek Kitchen

**Chef Cayley Balint,**

Frontenac Club

**Chef Colin Johnson,**

Queen's University

**Chef Cassandra Mercier,**

Atomica

**Alix Carr-Harris,**

Owner/Operator,  
Haymakers Coffee Co.

**Sarah Sanders,**

Head Bartender, Frontenac Club





# ZACH KEESHIG

**Chef, Naagan**

Chef Zach Keeshig runs “Naagan” (Ojibwa for dish), a small 13-seat reservation-only dining room at the Owen Sound Farmers Market. Born in Warton Ontario but raised in Owen Sound, Zach attended culinary school locally under Chef Anthony Bevan (formerly of Humber College) and apprenticed under local Chef Tim Johnston, later working at highly regarded restaurants such as Langdon Hall (Cambridge, ON), Micheal Stadlander’s Eigensinn Farm (Singhampton, ON) and Restaurant Pearl Morissette (Jordan, ON).

Zach is a pioneer and educator of what he calls “progressive Aboriginal cuisine,” using ingredients with Ojibwa background from the land to create modern dishes. Naagan was recently recognized in enRoute magazine’s 30 “Best New Pop-ups” and was featured in Canada’s Top 100 Chefs/Bars/Restaurants.



# LEAH MARSHALL HANNON

**Chef, Stella's Eatery**

---



Chef Leah Marshall Hannon was born in Parry Sound to Ojibwe and British parents. Raised between Toronto and Parry Sound, her father would take Leah and her twin brother on adventures along the shores of Georgian Bay and Pickerel River where they would gather berries, wild chamomile, junipers, sweetgrass, wild leeks, lake fish, and more. In Toronto, Leah was exposed to culinary diversity and developed her passion working as a prep/line cook. She moved up the ranks to Chef de Cuisine at Deluxe, La Cubana, and Midfield Wine Bar.

Since 2018, Leah has focused on casual farm-to-table dining with friends and families gathered, sharing dishes at her restaurant, Stella's Eatery, in PEC. Taking notes from the indigenous wisdom she learned as a child and applying the culinary techniques she cultivated in some of Toronto's most memorable kitchens, the menu adapts daily to local produce and ingredients and is an ode to the seasons.





# JOSEPH SHAWANA

**Professor & Indigenous Culinary Advisor,**  
Centennial College, and Owner/Operator, Kūkūm Kitchen

---



Acclaimed Chef Joseph Shawana is Odawa, part of the Three Fires Confederacy. Born and raised in Wiikwemkoong Unceded Territory located on Manitoulin Island, Joseph was raised knowing that food is life. His cooking infuses his classical French training with Indigenous Foodways, full of flavour and never compromising quality. Currently a Professor and Indigenous Culinary Advisor at Ontario's Centennial College, Joseph is committed to culinary education for all communities.

Joseph is also the force behind the high-end Indigenous restaurant, Kūkūm Kitchen, which won the Best World Cuisine Award in 2019 over 33,000 restaurants. He's acclaimed for his experiments with traditional Indigenous ingredients, many of them wild, including fir tips, sweetgrass, and seal. Joseph was named Top Ten Chefs of Ontario, Gledfiddich Chef of the Year 2022, and has received rave reviews in the New York Times, Toronto Star, Globe and Mail, and Food & Wine. He was also recognized as part of Air Canada's Top 20 Restaurants in Canada (2019) and is a sought-after voice on the emergence of Indigenous culinary around the globe.



# LEE ARDEN LEWIS

**Chef/Owner (former),** Jackson's Falls Country Inn and Restaurant

Lee Arden Lewis was owner and chef at Jackson's Falls Country Inn and Restaurant in Prince Edward County for over ten years before she sold the property in 2020. The restaurant was centred on Indigenous cuisine with a focus on local and foraged traditional Haudenosaunee ingredients.

Before Jackson's Falls, Lee worked with local chefs and an elk farm producing and providing authentic foods for restaurants, markets, and often included products from her organic herb farm in Waupoos circa 1995 onward. Lee has also travelled extensively and prepared food at powwows and private cooking for events and families.





# CAYLEY BALINT

**Chef**, Frontenac Club

---

Cayley Balint started her cooking career in late 2008 at Kingston's Atomica, making gourmet pizzas while apprenticing under the head chef next door at Le Chein Noir. She attended culinary school at St. Lawrence College and used her summer co-op placement to travel to Banff where she worked at Buffalo Mountain Lodge, part of Canadian Rocky Mountain Resorts. This is where she obtained her love and inspiration for Canadian-inspired cuisine, and cooking with wild game meats.

After arriving back in Ontario, she started as a line cook at AquaTerra. Over the next few years, she would work her way up to become Catering and Banquet Chef of the Delta Hotel. Cayley joined the Frontenac Club team in August 2020, where she crafts menus that showcase Canadian ingredients at their finest. She highlights local products whenever possible and is inspired by the many cultures and people she meets in her travels along the way.



# CASSANDRA MERCIER

**Chef**, Atomica

---

Cassandra Mercier has been Head Chef at Atomica for the last five years. Following graduation from Culinary Administration in 2010, she worked her way up in various kitchens. She has gone the upscale and high-end route before but right now loves breaking traditional rules and being as creative as possible with what's available locally.



# WILLIAM ARNAUD

**Chef, Otter Creek Kitchen**

William was born in Brampton and raised in Barrie. Beginning his career at age 14, he worked at several restaurants before attending culinary school at Canadore College in North Bay.

After culinary school he moved to England to travel and work at Coombe Abbey Hotel (Coventry). Upon returning to Canada, he worked under Shaun Edmonstone at Bruce Wine Bar (Thornbury, ON) before moving to Kingston, working for four years under Clark Day at Bayview Farm Restaurant.

It is at Bayview that William developed a strong working relationship with Francois Drolet and, upon Clark's retirement in 2019, the pair took over ownership and operations of Otter Creek Food Truck. At the onset of the pandemic, William stepped into a volunteer community role, leading and building Lionhearts Inc Food Program, which fed those in need within the Kingston area, cooking and preparing upwards of 700 meals per day. In July 2022 William and Francois opened Otter Creek Kitchen where they showcase local farmers and artisans, highlighted by their Otter Creek Farms Wagyu Beef, raised less than 10 minutes from the restaurant.

---



# COLIN JOHNSON

**Campus Executive Chef, Queen's University**

With over 35 years in the hospitality industry as a cook, kitchen manager, sous chef, chef, executive chef, and most recently, Campus Executive Chef, Colin is an expert in all areas of food management. Colin currently oversees and supports the culinary program and team at Queen's University, operating three dining halls, 20 retail locations, a catering department, and an on-site bakeshop. He studied in George Brown's culinary program and is a Red Seal Certified Cook who is highly motivated and achievement oriented.

# ALIX CARR-HARRIS

Co-owner/Operator, Haymakers Coffee Co.



Alix Carr-Harris is Co-Owner and Operator of Haymakers Coffee Co., a small-batch, microlot coffee-roasting business with her husband, Sietse Hylkema. After ten years on the road in corporate sales and many years in the food service industry, Alix and Sietse decided – over many cups of coffee – to create a life and business that provide them with time together on their beautiful Wolfe Island property and opportunity to connect with others in their eclectic community. As a human who’s moved 48 times and started a business in a pandemic, community and community-building are priorities for Alix both personally and professionally.





# SARAH SANDERS

**Head Bartender, Frontenac Club**

Growing up in the Thousand Islands (Howe Island), as well as on farms outside Kingston, Sarah enjoyed rural living - as a young one playing in the woods, gardening, and learning about plants with one grandmother, while fixing a lawnmower with the other, and cooking dinners with her mother and father.

For these reasons, her style of cocktails and bartending practices have developed accordingly. Sarah enjoys bringing as many handcrafted, natural, and botanical ingredients behind the bar as possible. These methods and expressions connect her with her roots and help Sarah grow new ones.

Sarah's main focus is creativity, sustainability, botanical diversity, handcrafting, growing or foraging as much as possible, and exploring other cultures' culinary interests through travel and research. She is currently the Head Bartender and Bar Manager at the Frontenac Club, where she shares her creativity and passion with guests daily.

---



# JENNIFER BRANT

**Emcee and Musician**

Yakothéhtón:ni - Jennifer E Brant, Kanyen'kehá:ka (Mohawk) and sits with the Bear Clan. She is an educator, singer-songwriter, artist, and farmer from Kenhté:ke, Tyendinaga Mohawk Territory. Jennifer's work reflects her connection to her Kanyen'kéha (Mohawk) culture, and

people and places that surround her. The meaning of Yakothéhtón:ni is she makes it fertile; she makes a garden for herself.

For the past 22 years, Jennifer has played music throughout Eastern Ontario at numerous festivals and events as a duo with her husband, Kieran Edwards, or with her band, Mustang. As an artist, Jennifer has displayed her work at the Woodland Cultural Centre – Indigenous Art, as well as a variety of local art shows.

# food

## *CHEF LEE ARDEN LEWIS & CHEF COLIN JOHNSON*

---

Three Sisters Maple-Smoked Rabbit Stew served with baked sumac  
Bannock and sage brown butter

## *CHEF LEAH MARSHALL HANNON & CHEF CAYLEY BALINT*

---

Bison Tartare with dried blueberries, pickled wild leek, and horseradish oil served  
on a corn, wild rice, and cranberry bean crisp.

- // Fermented squash and sumac
- // Dehydrated mushroom and sea truffle
- // Smoked bone marrow and juniper berry aioli

## *CHEF ZACH KEESHIG & CHEF WILL ARNAUD*

---

Lake Fish cooked over open fire

- // Grilled sourdough
- // Roasted squash purée
- // Toasted seeds, maple vinaigrette, foraged garnish

## *CHEF JOSEPH SHAWANA & CHEF CASSANDRA MERCIER*

---

Wild Rice Quail Pappardelle with foraged mushrooms, thyme, brown butter, confit  
garlic, Pecorino, and pea shoots

## *CHEF ZACH KEESHIG*

---

Burnt Gala Apple Sorbet, white pine oil, leaf tuile dusted with sumac

# drink

## *HAYMAKERS COFFEE CO. STATION*

---

A blind tasting and sampling of microlot coffees from Costa Rica, Guatemala, DR Congo, Ethiopian, Colombia, and Honduras roasted in their big barn on Wolfe Island.

Served with Three Sisters corn shortbread tart with white chocolate & raspberry swirl cheesecake & brûlée candied squash by Chef Lee Arden Lewis & Chef Colin Johnson

## *CHEF ZACH KEESHIG*

---

- // Traditional cedar tea sweetened with maple
- // Black currant, burnt birch, juniper, and simple syrup
- // Seabuckthorn, toasted coriander, wild flower honey, and wild ginger
- // Gala apple, ponderosa pine, beeswax, and wild rice shoyu

## *CHEF LEE ARDEN LEWIS & BARTENDER SARAH SANDERS*

---

- // Mulled Pear  
Pear nectar, wood-smoked maple syrup, warm spices, torched sage, citrus
- // Haudenosaunee Spring  
Fresh blended strawberries, maple water, mint