

Planning a meeting?

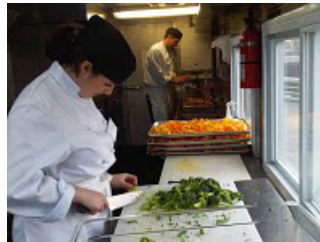
**Breakfast  
brunch**  
is the new  
*hot* meal



  
2010  
Vancouver  
Olympics



Appetizingly Yours Events & Catering returned from the 2010 Vancouver Olympics in March! Partnering with Culinary Capers Catering in Vancouver, Ingrid von Cube and Brian Schmeler (Head Chef) travelled across Canada to connect their talents with the culture, spirit and excitement at the 2010 Winter Games.



Along side Culinary Capers, Ingrid and Brian worked at the Sochi Haus, hosted at the Science World in Vancouver to promote the 2014 Olympics in Russia.

**INSIDE INFORMATION**

- 2010 Vancouver Olympics Pg. 1
- Spring is just around the corner Pg. 1
- “He Said, She Said...” Pg. 2
- Recipe: Lobster Mac & Cheese  
By Brian Schmeler, Head Chef Pg. 2
- Staff Profile: Caitlin O’Brien Pg. 2

**UPCOMING EVENTS**

- Wedding Season Begins April, 2010
- Designing Diva Workshops  
Perfect Party Planning  
Cambridge April 17, 2010
- Bob Rumball Association for  
the Deaf: Savour the Flavour  
Milton April 17, 2010
- Earth Day April 22, 2010
- Event Planning for  
Neighbourhood Fundraiser  
Cambridge May 2, 2010
- Women of Distinction  
Guelph YMCA/YWCA May 6, 2010
- Women of Distinction  
Cambridge YWCA May 19, 2010

*Did you know* Appetizingly Yours has their own garden?  
Have you planted your edible seeds yet? We have!

*Did you know* Appetizingly Yours has a Decor Studio?  
Are you getting married? Do you need decor themes, props  
or lounge furniture rentals? We can help make your event as  
creative or as unique to fit your style.



Want to see for yourself our culinary style & quality?  
Check us out on YouTube:  
<http://www.youtube.com/user/Appyourscatering>



## Lobster Mac & Cheese

By Chef Brian Schmeler

### Ingredients

- 1 (16 ounce) package elbow macaroni
- 1 (2 pound) cooked lobster meat
- 2 tablespoons butter
- 1 small onion, diced
- 1 clove garlic, minced
- 1 shallot, chopped
- 2 cups milk/35% cream
- 5 tablespoons butter
- 5 tablespoons all-purpose flour
- 1 pound shredded Gruyere cheese
- 3 cups shredded Cheddar cheese
- 1 cup grated Romano cheese
- kosher salt and pepper to taste
- 3 tablespoons panko bread crumbs

### Directions

1. Add macaroni noodles to boiling salted water, cook until tender, then drain in a colander set in the sink, and rinse with cold water to cool. Set aside.
2. Melt 2 tablespoons of butter in sauce pan over medium heat. Stir in onion and cook until the onion has softened and turned translucent, about 5 minutes.
3. Melt 5 tablespoons of butter in a saucepan over medium low heat. Whisk in flour, and stir until the mixture becomes paste-like and light golden brown, about 10 minutes. Gradually whisk the milk or cream into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes.
4. Stir the cheeses into the thickened milk mixture until melted and smooth. Season to taste with salt and pepper, then stir in the lobster, onions and macaroni. Place in casserole dish or a dim sum spoon and sprinkle evenly with panko crumbs.
5. Bake in the preheated oven at 350° until the sauce is bubbly, and the top is golden brown, 8 to 12 minutes.

Makes dinner for 8 or hors d'oeuvres for 32.

**We believe in supporting local growers and farmers; we design our menus around the seasonal products our area has to offer!**

“He said,  
she said...”

*“Having the opportunity to work with Culinary Capers Catering at the Vancouver 2010 Olympics was like no other. The energy downtown Vancouver was contagious! We prepared food for buffets and cocktail parties, ranging from 300-600 people everyday. We also prepared meals for the Russian Hockey Team and Canadian’s very own, Wayne Gretzky. It was a very enriching learning experience working with Russian chefs at Sochi Haus and learning about their food culture. I enjoyed being part of the world’s spotlight.”*

**- Brian Schmeler, AY Head Chef**

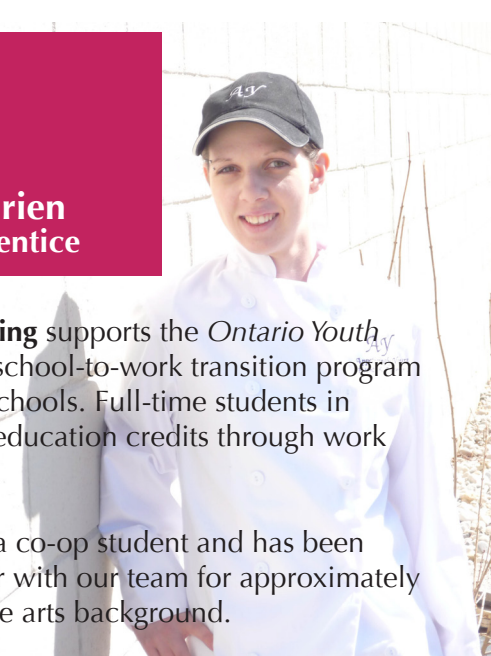
*“Having had experienced the Summer Olympics in Beijing with Culinary Capers, I definitely enjoyed this experience of a lifetime, with CC again, on their home turf, helping organize the crew at Sochi Haus in Vancouver during the Winter Olympics. They did an amazing and of course delicious job! The energy and excitement has been both overwhelming and inspiring. Thanks for a wonderful opportunity Vancouver!”*

**- Ingrid von Cube, AY Owner/Creative Director**

### Staff

*Profile:*

**Caitlin O'Brien  
Apprentice**



**Appetizingly Yours Events and Catering** supports the *Ontario Youth Apprenticeship Program*. OYAP is a school-to-work transition program offered through Ontario secondary schools. Full-time students in Grades 11 and 12 earn cooperative education credits through work placements in skilled trades.

Caitlin joined Appetizingly Yours as a co-op student and has been working as an apprentice cook/baker with our team for approximately three years. Caitlin also has a creative arts background.

**See upcoming events, expert advice and what’s new with us on our blog:**

**[appetizinglyyours.blogspot.com](http://appetizinglyyours.blogspot.com)**

**Appetizingly Yours Events & Catering** offers a no obligation initial consultation, either by phone or in person. Appointments are flexible and can be made to accommodate your schedule.

**Call or email us at [events@appyours.com](mailto:events@appyours.com) to quote on your upcoming event!**



*Appetizingly Yours*  
EVENTS & CATERING