

CHEFS BIOGRAPHIES



Sœur Angèle

Born in Italy, Angèle Rizzardo completed her secondary and professional studies in North America. After having taught at the *Institut de tourisme et d'hôtellerie du Québec (ITHQ)* for 16 years, she has since offered her talents to promoting various activities, either as an animator, organizer, or spokes-person. Her sense of humour and her personal warmth have made her one of the most appreciated personalities in Quebec. According to Sœur Angèle, cooking with ingredients from the MDD Nutritional Food Basket, that is with basic ingredients, is possible but takes good culinary knowledge. It also takes resourcefulness, creativity and, of course, love! "*To cook is to share one's love...and love motivates!*" She also says that: "*To cook, one must be able to blend flavours, to add in one's personal touch.*" According to her, the main obstacle to preparing home-made food is a lack of culinary knowledge.



Pasquale Vari

Born in Italy, Pasquale Vari received his diploma in Italian cuisine there. In Quebec, he studied at the *ITHQ* where he now teaches Italian cuisine since 1995. Beforehand, he operated a restaurant for five years. He is still very active in the restaurant industry and Italian gastronomy in Quebec. For him, the *Défi des chefs* was the perfect opportunity to make use of his expertise in order to help people. He wanted to demonstrate that it is possible to eat well at home, even on a budget. Father to a daughter, he knows first-hand the importance of feeding one's family well. To meet the challenge, he immediately put aside his chef's hat. In order to cook with basic ingredients, it is essential to have good culinary knowledge and techniques. He underlines the fact that fewer and fewer people possess this knowledge. According to him, to meet the daily challenge of healthy eating on a budget, some support is indispensable: "*People need to be guided.*"



Nicole-Anne Gagnon

Professor at the *ITHQ* since 1995, Nicole-Anne Gagnon doesn't hesitate when faced with a challenge: she has implemented cooking day camps for adolescents and also worked among native populations. For her, there are many challenges to preparing meals from basic ingredients. To achieve this, one needs good culinary knowledge, basic nutritional facts, some support and a talent for managing the food budget. "*Most of the women that I know who are not chefs often ask themselves what meals they shall prepare for their families. I suppose that when one does not have much culinary experience and, especially, when one has a limited budget, the task is that much more challenging.*" That said, she still believes that the challenge of good, healthy and affordable cooking can be met and is definitely worth the effort!



Stelio Perombelon

Born in Paris, Stelio Perombelon arrived here at the age of four. After his studies at the *ITHQ*, he worked in various bistros and small hotels before discovering fine cuisine at *Toqué !* where he stayed for two years. This chef developed his talents in restaurants in Montreal and France. The last part of his journey finds him at the restaurant *Les chèvres* of which he was joint owner. It was the "challenge" that first, and foremost, enticed him to accept our invitation. In addition to wanting to test his skills, he also wanted to understand the reality experienced daily by those with a limited budget. The experience was as pertinent as it was far from his own daily reality, that of sophisticated cuisine without monetary constraints. One of his acquaintances had been through a difficult period of time where a lack of money made it difficult to afford food. Thus, it was also to better understand what this person went through that he decided to slip into the shoes of an underprivileged person during this challenge.