

Top Canadian vegan chef presenting at Ottawa Veg Fest

Ottawa foodies are in for a treat at the 7th Ottawa Veg Fest, when celebrity chef Doug McNish will take the stage on both June 4 and 5 to deliver culinary demonstrations.

It is McNish's second turn at Ottawa Veg Fest; in 2011 he was a speaker, sharing how becoming vegan changed his life (he initially lost 100 pounds), and his experiences as a vegan chef at some of Canada's most innovative vegan restaurants (including Urban Herbivore, Live, and Live Aura.

He has most recently attracted attention for his uncanny tofu egg replica; possibly surmounting veganism's last frontier. They even have a yolk that breaks when you poke it.

McNish is a graduate of George Brown College's culinary school, and worked for years in the meatiest restaurants imaginable (in one job he would grill up to 250 steaks in two hours.) But he made the switch to vegan for ethical and health reasons nearly a decade ago, and hasn't looked back.

He currently operates Doug McNish's Public Kitchen in Toronto, offering a take-out shop of prepared vegan meals, weekly Sunday brunch and occasional vegan dinners for the public. McNish offers chef-style cooking courses, a kitchen space that can be rented by vegan start-ups, and private consulting and chef services.

He's also a three-time cookbook author; in March 2012, his first cookbook, *Eat Raw, Eat Well, 400 Raw Vegan and Gluten Free Recipes*, was published internationally and went on to win Best Vegetarian Cookbook worldwide at that year's Gourmand Cookbook Awards.

His second cookbook, *Raw, Quick and Delicious!: 5-Ingredient Recipes in Just 15 Minutes*, was released in September 2013 and called "an imaginative and approachable group of recipes that promises raw food devotees greater variety," by Publisher's Weekly. His third cookbook, *Vegan Everyday*, was released in May 2015.

McNish regularly appears in magazines, TV and newspapers speaking about the relative ease of switching to a vegan diet.

His presentations at Ottawa Veg Fest include Demystifying Tofu, and Entertaining From Vegan Everyday, and will be given at 1 pm on both days.

Cooking Demo Schedule for Ottawa Veg Fest 2016

Saturday, June 4th

11:00 am Chef Erin Daminato: *Seriously Scrumptious Scones*
1:00 pm Chef Doug McNish: *Demystifying Tofu*
3:00 pm Chef Ian Lipski: *Marinated Tempeh Steak*

Sunday, June 5th

11:00 am Chef Amy Longard: *A Classic Spaghetti Dinner*
1:00 pm Chef Doug McNish: *Entertaining from Vegan Everyday*
3:00 pm Chef Little Jo: *Vegan Poptarts*