

# CULINARY STAGE

THE  
NATIONAL  
WOMEN'S  
SHOW



## FRIDAY

**11:15 AM**

How to Make Sea Moss Gel  
Jacquie Dagher  
Calisla Health

**12:00 PM**

Quick & Easy Holiday Appetizers  
Mandi Fowler Van Wyk  
Pampered Chef Canada

**12:45 PM**

Preparing for the Holidays with  
Robyn's Cookies  
Yvonne Robertson and Sue Corbett  
Robyn's Cookies

**1:30 PM**

Life's a Box of Cannoli  
Mignonne Spiegelman  
Cannoli Crunch Inc

**2:15 PM**

How To Make a Dairy-Free  
Coconut Yogurt  
Emmy Suparmin  
Tucan Holistic

**3:00 PM**

Sober Curious Cocktail Hour  
Genna Woolston  
Silver Swallow

**3:45 PM**

Healthier Oils to Revolutionize the  
Chili Oil Industry  
Catherine Chen  
CC Sauce

**4:30 PM**

Easy and Delicious Appetizers Using  
Dukkah and Zen Olive Oil  
Julie Zambonelli  
Zambonelli Fine Foods

**5:15 PM**

Creating a Charcuterie Board  
Dharmi Lad & Muni Sian  
Tastefully Twined



## SATURDAY

**10:30 AM**

How to Make Sea Moss Gel  
Jacquie Dagher  
Calisla Health

**11:15 AM**

Cook Fast... Eat Slow. Great Tasting  
Curry in a Hurry!  
Kiran Kataria  
KFI Canada

**12:00 PM**

Quick & Easy Holiday Appetizers  
Mandi Fowler Van Wyk  
Pampered Chef Canada

**12:45 PM**

Creating a Charcuterie Board  
Dharmi Lad & Muni Sian  
Tastefully Twined

**1:30 PM**

Non-Alcoholic Cocktails  
That Taste Great  
Bob Huitema  
Sobrii 0-Spirits

**2:15 PM**

Recipes With Essence Of Flavour  
Chef Canute Roberts  
Essence Of Flavour

**3:00 PM**

Making Crab Broils  
Racquel Anthony  
El Cevichon Catering

**3:45 PM**

Authentic Thai Curry Under  
10 Minutes  
Lee Chanprasit  
Eastern Blue Inc

**4:30 PM**

Life's a Box of Cannoli  
Mignonne Spiegelman  
Cannoli Crunch Inc

**5:15 PM**

Easy Ways to Add African Flavours  
To Every Meal  
Rachel Adjei  
The Abibiman Project



## SUNDAY

**10:30 AM**

How To Make a Dairy-Free  
Coconut Yogurt  
Emmy Suparmin  
Tucan Holistic

**11:15 AM**

Cook Fast... Eat Slow. Great Tasting  
Curry in a Hurry!  
Kiran Kataria  
KFI Canada

**12:00 PM**

Quick & Easy Holiday Appetizers  
Mandi Fowler Van Wyk  
Pampered Chef Canada

**12:45 PM**

Making Honey Guru's Special Sliders  
Christopher Loney  
Honey Guru inc

**1:30 PM**

Creating a Charcuterie Board  
Dharmi Lad & Muni Sian  
Tastefully Twined

**2:15 PM**

Non-Alcoholic Cocktails  
That Taste Great  
Bob Huitema  
Sobrii 0-Spirits

**3:00 PM**

Healthier Oils to Revolutionize the  
Chili Oil Industry  
Catherine Chen  
CC Sauce



Times and topics are subject to change.