

## **Couples Resorts Executive Chef Whisks Away the Competition at Barbados Food Festival 2007**

**Miami, FL - October 24, 2007** - Stefan Spath, regional executive chef for Couples Negril and Couples Swept Away Resorts in Jamaica, had the prestigious honor of being invited to the Barbados Food Festival 2007 as a Distinguished Chef and Artist participant. The festivities took place October 5 – 14, 2007 in Barbados and Chef Spath participated in three events that allowed him to express his culinary skills and creative vision.

One of the main events, 'The Celebrity Chef's Dinner', was held at The Restaurant at South Sea, one of Barbados' most famed establishments. The attendees were given the opportunity to experience the cuisine showcased by some of the world's most celebrated chefs. Chef Spath served a five course menu for 80 guests and incorporated Jamaican ingredients such as Smoked Marlin, Ackee and Bammy.

The second event, 'Aphrodisiac Night', was held at the Sandy Lane Estate, in a private residence owned by the founders of the second biggest wine company in the world, the Gallo family. This evening was dedicated to the exploration of truths, myths and legends of some of the world's most sensual foods and was spent with participants sampling food, drinks and music in an environment reputed to enhance the senses. Spath's main task for the night was to paint a large nude while preparing sexy morsels of rare seared beef tenderloin with basil feta and mango chutney as well as other enticing morsels for over 700 hip food connoisseurs.

'Dining by Design', the most anticipated event of the festival, is a competition where the worlds of design and cuisine collide. The chefs were paired with designers to create the ultimate dining experience for spectators. The designers were each given a white tent with two tables of 10 people and they had to create a concept and design for the space. Chef Spath was paired with upcoming designer, Allison Millington. Their overall theme focused heavily on Caribbean produce, mainly the breadfruit as well as banana. Chef Spath created unique and sumptuous dishes such as breadfruit ice cream, lemongrass sorbet, shrimps with soursop vinaigrette, tamarind grilled bananas & the hit of the night – chocolate breadfruit leaves. This fusion of exotic flavors won them first place in 'Dining by Design', whisking away the competition.

Chef Stefan Spath discovered a passion for cooking and baking while spending time in grandmothers' kitchens. His zest for life along with his thirst for cultural enlightenment have lead him throughout Europe, Asia, Africa and Australasia honing his talents. He currently resides in Jamaica and it is from this multi-cultural exposure that he draws inspiration for his cooking. Chef

Spath has developed a distinctive Jamaican flair in his cuisine which he masterfully displays at Couples Negril and Couples Swept Away in Jamaica.

Couples Resorts, headquartered in Montego Bay, Jamaica, owns and operates four properties in Jamaica, West Indies - Couples Ocho Rios, the first-ever couples only, all-inclusive resort, Couples Sans Souci, Couples Swept Away and Couples Negril. Pioneered by the legendary Abe Issa – "father of Jamaican tourism" – each Couples Resort is an unsurpassed model of the all-inclusive concept, boldly designed with local inspiration to create a harmonic sense of nature and authentic Caribbean spirit. For more than 28 years, Couples has delighted guests and refined the Caribbean all-inclusive resort experience by providing unparalleled service, exceptional dining experiences and exclusive added value inclusions. For further information, call 1-800-COUPLES or visit [www.couples.com](http://www.couples.com).

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