



JASON GIBBONS
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BARTON BEAN, COURTYARD
AND SUNNYSIDE CAFES
PREFERRED CATERING

Why did you decide to become a professional chef?

Sometimes we choose our paths and sometimes they are chosen for us. I started cooking at the age of 12 in a high school summer class to keep me out of mischief. I fell in love with cooking and how deep it was. It just seemed like an infinite amount of knowledge to obtain. I have always been artistically creative and enjoy fast paced environments, so that also really intrigued me.

What is the most rewarding part of your role?

I take tremendous pride in what we do here at the General and seeing our guests enjoy the food we prepare. We set high standards for ourselves. It's really gratifying to see our team working together and having fun. It translates into food quality that will make our hospital staff, patients and visitors happy to return and see what we have on the menu each and every week.

What inspires you when you're planning a menu?

When planning my menus I believe deeply in balance. Food that tries to hit every flavour profile, appeals to many appetites, can accommodate special diets and leave room for people to try new things. "Variety is the Spice of Life".

What are your favourite flavour combinations? I do enjoy a vast array of different ethnic cuisines. I enjoy foods with deep flavour and spice. I particularly enjoy cooking Indian, Thai and Mexican. They are bursting with flavour, have so many layers to them and require unique cooking methods.

What staple ingredients should everyone have in their kitchen? It really depends on where you live in the world. If I were in Hungary I would say Paprika, if I were in India I would say Turmeric, if I were in Mexico I might say Chili Powder and so on. However the most important ingredient for every kitchen, no matter where you are, is salt. Salt enhances flavour and, with a good quality salt, a little goes a long way.

What is your go-to meal at home? My favourite meal to make at home would have to be chicken paprikash, carne asada, jerk chicken, vindaloo chicken curry, or even a simple roast beef with mashed and yorkies.

What food is your guilty pleasure? Shhhh! Don't tell anyone this, but I have a guilty Taco Bell addiction. Hey everything is good in moderation right?

