



**SARAH PASCAL**

Associate Chef | HHSVA FOOD SERVICES

## Why did you decide to become a professional chef?

I had been working in pubs for some time before I realized that I wanted to cook as my career. I was in my early 20's when I went back to school and started a Chef Certification Program to eventually earn my Red Seal.

## What is the most rewarding part of your role?

Working for the Volunteer Association puts me in a very unique position of seeing how donations from the profits we generate support patients and HHS staff. My role as the Associate Chef means I get to play a key part in driving those sales and earning profits for the hospital!

## What inspires you when you're planning a menu?

I enjoy working with ingredients that are in season. These tend to be the most flavourful as well as local.

I spend a lot of time talking to customers and getting feedback about what they would like to see in our shops. It's fun to come up with features that are inspired by the cravings of our customers using fresh, local ingredients.

**What are your favourite flavour combinations?** I am a fan of sweet and spicy. Really, spicy and anything! I have a large array of hot sauces and spicy mixes and enjoy trying new spicy/flavour combinations.

**What staple ingredients should everyone have in their kitchen?** Good quality rice! People often buy the least expensive rice on the shelf, but a good quality rice can change your meal. Fresh herbs are super easy to grow indoors and can really improve even the simplest meal. Grainy Dijon is super underrated and can be used in so many different ways. Garlic, either fresh or roasted, adds something to every dish. Beans, whether dried or canned, are so versatile and add a boost of protein.

**What is your go-to meal at home?** Honey garlic chicken, marinated in home made honey garlic sauce, with basmati rice and sautéed veggies. Always a hit and super easy to modify with what's on hand or be made vegetarian using tofu, soy curls or tempeh. Leftovers turn into a delicious wrap for lunch the next day.

**What food is your guilty pleasure?** Ketchup and Dill Pickle chips! I'll take the 2 flavours and mix them together. I don't indulge in them very often, because when I do I'll eat the whole bag to myself!

