

Chef Robin Asbell

Natural Foods Chef

Robin Asbell is an author, educator and chef whose lifelong passion for whole, natural foods has fueled a successful career in creating delicious dishes and recipes that both please the palate and nourish the body.

Robin worked her way up to chef in the whole grain baking and natural foods restaurant world before starting her business as a food writer and private chef in 1995. Since then, she has cooked in the homes of some of Minnesota's most distinguished citizens, published more than



1,000 articles in national magazines and developed recipes for use in cookbooks, websites and institutions. She is the author of six books and travels to teach and spread the word about just how amazing real food can taste.

Her upcoming book, **“Whole Grain Promise”** (August 2015, Running Press), is a down-to-earth, accessible guide to making whole grains a part of your life. Her last book, **“Gluten Free Pasta, More Than 100 Fast and Flavorful Recipes with No-and Low-Carb Options”** (Running Press) is the culmination of many years of working with gluten-free diets. Asbell is the author of five other cookbooks, including **“Juice It! Energizing Juices for All Times of Day”** (Chronicle Books) **“Big Vegan, More Than 350 Recipes No Meat No Dairy All Delicious”** (Chronicle Books), **“Sweet and Easy Vegan, Treats Made with Whole Grains and Natural Sweeteners”** (Chronicle Books), **“The New Vegetarian, More Than 75 Fresh, Contemporary Recipes For Pasta, Tagines, Curries, Soups & Stews and Desserts”** (Chronicle Books) and **“The New Whole Grains Cookbook, Terrific Recipes Using Farro, Quinoa, Brown Rice, Barley, and Many Other Delicious and Nutritious Grains”** (Chronicle Books).

Robin hosts a regular monthly cooking segment on KSTP TV in Minneapolis and has appeared on KARE 11 and Fox 9 as a guest chef. She is also a regular guest on radio and podcasts, including “Off the Menu” with Dara Grumdahl on WCCO radio, and “Food Freedom Radio” on KSTP.

She also teaches popular classes and speaks to groups around the United States and Mexico. Robin brings creative combinations of global flavors and whole foods to all her cooking classes, garnished with a sense of humor and fun. She's been a featured speaker at several health fairs and conventions, addressing hundreds of attendees about the joys of natural foods.

She has written for *Yoga Journal*, *Taunton's Fine Cooking*, *Better Homes and Gardens*, *Real Food Magazine*, *Clean Eating*, *VegNews*, *Vegetarian Times*, *Mother Earth News* and other magazines, and writes regularly for strongertogether.coop. She has also written for the *Star Tribune newspaper*, most recently on the subject of misinformation surrounding wheat. She is a culinary advisor for the Whole Grains Council and a member of the Grains for Health Initiative. Her blog focuses on great food as well as food issues, with appealing fresh recipes added every week. Visit her website at robinasbell.com to see up-to-date schedules for her classes and upcoming public appearances, as well as an extensive recipe archive. You can follow her on Facebook, Twitter, Pinterest and Instagram.

Chef VITALY PALEY

Chef & Owner, Paley's Place, Imperial and Portland Penny Diner

Critically acclaimed chef, accomplished restaurateur and noted cookbook author Vitaly Paley has cemented his place as a leader in the American culinary scene and a trailblazer within the fast-growing Portland, Ore., food community through his award-winning food, unmatched creativity and superior technique. With more than 25 years experience, a 2005 James Beard Award for "Best Chef Pacific Northwest" and an April 2011 winning battle on Food Network's "Iron Chef America" under his belt, the Russian-born and French-trained Paley believes cooking is as much about soul searching and mood as it is about rigorous technique and constant repetition. As the chef and co-owner of Paley's Place Bistro & Bar – consistently recognized as one of America's Top Restaurants by Zagat – as well as Imperial and Portland Penny Diner, Vitaly has been instrumental in defining regional Northwest cuisine and is well known for his clean preparations of local, sustainably-grown ingredients to produce seasonal, perfectly executed dishes.

Recently, Thrillist National honored Imperial as one of [The 33 Best Cocktail Bars in America](#). The restaurant was also named one of 2013's [Top 11 Barbecue and Grill Restaurants](#) in the nation by Huffington Post's Steve Raichlen and one of *Food & Wine* magazine's [Best New Bars in America](#) for 2013, with the article highlighting the bar's "clever culinary twists to drinks."



Born near Kiev in the former Soviet Union, food has always played a special role in Vitaly's life as he was raised on extraordinary and wholesome meals prepared by his grandmother with fresh ingredients – tomatoes and strawberries straight from the garden, milk from the weekly delivery and handmade cheese. Vitaly and his parents immigrated to the United States in the late 1970s for a chance at a better life and more opportunity. The artist-like touch Vitaly now brings to cooking stems from his extensive training as a concert pianist. After attending The Julliard School, Vitaly decided to shift his focus away from music to food. He landed at World Yacht Cruises where he met French Master Chef Michele Bordeaux, who encouraged him to continue his culinary education. Vitaly then earned a Grand Diploma from the French Culinary Institute, where he was personally influenced by Julia Child and Jacques Pepin and then honed his skills under a diverse group of some of the best culinary talents in the industry, including Danny Meyer, Michael Romano and Francesco Antonucci.

He and wife Kimberly apprenticed at the two-star Michelin restaurant Moulin de la Gorce near Limoges, France. When a basket of perfect morel mushrooms arrived all the way from Oregon, they knew it was a sign. Upon returning home to New York, they were at once lured to Oregon by the bounty of Pacific Northwest in the fall of 1994. In February 1995, they realized their dream and opened Paley's Place, which boasts Vitaly's seasonally inspired American menu with Southern French and Northern Italian influences along with an acclaimed wine program run by Kimberly, who also serves as the restaurant's general manager. Vitaly also developed Handmade at Paley's Fruit & Nut Bars, through which he re-energized the "typical" sports bar with new flavors and wholesome organic ingredients. Served to complement cheese or enjoyed on their own, the unique bars are now sold at select specialty stores nationwide.

In October 2008, Vitaly and Kimberly published their first cookbook, “The Paley’s Place Cookbook: Recipes and Stories from the Pacific Northwest” (Ten Speed Press). Well-matched wine pairings, evocative photography and features on local food producers round out the book, which has received both national and local media recognition, including “Best Regional Cookbook” (Epicurious.com) and “Top 15 Cookbooks of 2008” (AOL Food).

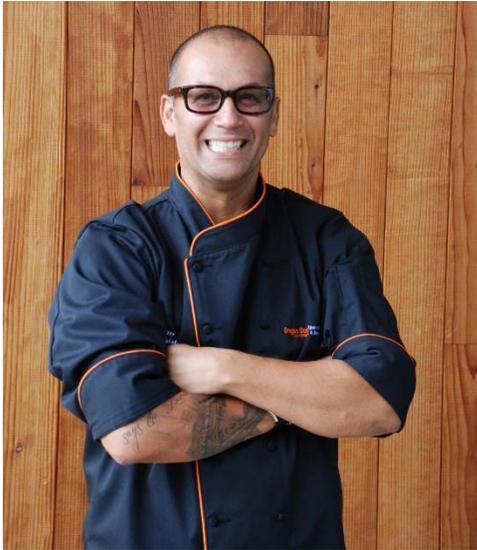
Vitaly Paley and Vitaly Paley Restaurants have earned recognition in national media outlets including *Food & Wine Empire Builders 2012*, *Saveur Magazine’s “Top 100,”* *The New York Times*, appearing on *The Martha Stewart Show*, *Wall St. Journal*, *Gourmet*, *Bon Appetit*, *Wine Enthusiast*, *GQ*, *Oprah Magazine*, *USA Today* and *Travel & Leisure and Food Arts*, as well as local support and accolades from local media outlets such as *The Oregonian*, *Portland Monthly*, *Willamette Week*, PortlandFoodandDrink.com and *Wine Press NW*.

In addition to the above-mentioned accolades, Vitaly was nominated as a 2012 and 2013 James Beard Foundation Semifinalist for Outstanding Chef and was named the 2011 StarChefs.com Portland Rising Stars “Chef Mentor of the Year” exemplifying his dedication to giving back to the culinary community. He has been featured at industry events, including dinners for the James Beard Foundation and International Association of Culinary Professionals while also devoting time to countless national, regional and Portland-based charity events.

Chef Jay Perry

Chef De Cuisine, Oregon State University

One of seven children, at age 8 Jay's mother taught him the simple truth about cooking: if you learn how to make weekend breakfast for your older brothers, they'll temporarily lay off the late night attacks while you're sleeping. By 15, Jay had hung up his cleats and baseball glove in exchange for bussing tables and chopping onions.



In 1986, Jay realized he wanted to become an executive chef while working under Master Chef Raymond Hoffmeister at the Westin Century Plaza Hotel. Jay's pursuit of culinary perfection has taken him to the kitchens of France, Italy and back to his hometown of San Diego where he worked with Chef Roberto Bernadoni – recipient of both the superior achievement award in the culinary arts from the Italian prime minister and a 5 Diamond award from the Insegna Del Ristorante Italia. In 1996, while working at Bella Luna Restaurant in his first executive chef position, Jay had the pleasure of preparing a special luncheon for Presidential Candidate Robert Dole. The meal left an impression,

because in February of 2004, Jay received a letter of recommendation from Senator Dole for the White House Executive Chef position.

He soon left San Diego and continued honing his craft in Seattle and Portland, where he launched the boutique catering company JP Taste and opened several restaurants as the consulting chef for the NW Hayden Group. Jay now serves as the Chef de Cuisine at Oregon State University in Corvallis, Ore., where he continues to grow and teach as a chef. He has since partnered with the College of Public Health & Human Sciences and its Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health in creating healthier choices for students using whole grains. His most recent accolades are winning two ACF silver medals from UMass Amherst at the flavors of the world challenge and the NACUFS culinary challenge. He has been a guest chef on the hit daytime TV show “The Talk” on CBS and lends his talents to various charities in the Los Angeles area. He donates his time to local school programs in teaching future culinarians the art of cooking and eating healthy.