



DWAYNE RUTLEDGE

Chef Manager | Juravinski & St. Peter's

ATRIUM CAFÉ

HUMMINGBIRD CAFÉ

MAPLEWOOD CAFÉ

NORA'S FRESH CAFÉ

PREFERRED CATERING

Why did you decide to become a professional chef?

I had been working casually in restaurants, in a full time manner, for the first eight years of my professional career. I made the conscious decision in 1998 to become a professional chef, and go through the appropriate means to do so, by enrolling in the apprenticeship program and attending Niagara Culinary Institute. I had attained the rank of sous-chef at a fine dining restaurant in Hamilton, even before I went to school for formal training.

What is the most rewarding part of your role?

The most rewarding part of my role here at the Juravinski is definitely the challenge of implementing modern, plant-based dishes into my weekly menus. I'm most satisfied when I get the opportunity to create something from scratch here at the café and see it well received by our customers.

What inspires you when you're planning a menu?

I feel that logical and appropriate spins on local and modern cuisine drive my menu creation. I put a heavy emphasis on rotating favourites into the menus to keep the regular staff population satisfied as well.

What are your favourite flavour combinations? Lately, I really enjoy middle eastern flavours and spice profiles. I use ingredients such as coconut milk, fresh herbs, toasted spices like cumin and coriander seeds, sumac, za'atar, whole fat yogurts, organic grains and hearty legumes like chickpeas and lentils.

What staple ingredients should everyone have in their kitchen? There are a few, and this will differ from chef to chef, for certain. I would recommend every kitchen to stock a bottle of good quality olive oil, aged balsamic vinegar, white onions, garlic cloves, lemons, parsley and kosher salt.

What is your go-to meal at home? I eat a gluten-free diet, so I use whole grain gluten free bagels, aged cheddar, avocado mayo, and albacore tuna.

What food is your guilty pleasure? Reese's Peanut Butter Cups and Cheddar Jalapeño Cheeto's.

