

# Dockside Grill Schedule - SPEAKER TOPICS & BIOS 2017

\*Subject to change

WEDNESDAY, JANUARY 18					
TIME	ROOM	PRESENTER*	TOPIC*	TOPIC OUTLINE	BIO
2:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies- Katherine Hamill & Ainsley Denike	Smoked Salmon Platter: Easy and elegant appetizer for entertaining on the boat that requires little effort but the spread makes a big impression.	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
4:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies- Katherine Hamill & Ainsley Denike	Maple Smoked Salmon Pate: A product perfect to have on hand when unexpected guests drop in. With a few simple staple ingredients a delicious, fresh snack can be whipped together in minutes!	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').

THURSDAY, JANUARY 19					
TIME	ROOM	PRESENTER*	TOPIC*	TOPIC OUTLINE	BIO
2:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies- Katherine Hamill & Ainsley Denike	Smoked Salmon Platter: Easy and elegant appetizer for entertaining on the boat that requires little effort but the spread makes a big impression.	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
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5:00 PM	Dockside Grill - in the main floor food court	Ken Gillstrom	Galley Antics	Once you decide to venture further on your boat, the time will come when you have to prepare your meals while underway. A task that presents some incredible challenges. This is a light hearted, entertaining look at what can go wrong and right in the galley while working in an environment that is in constant and unpredictable motion. We also look at galley layout, safety and provisioning for passages. We wrap up with a look at Ken's cooking philosophy . . . creative cooking while underway.	Ken Gillstrom is a Sail Canada Advanced Cruising Instructor and has the RYA Yachtmaster Offshore Certification. Over the past 15 years, he has presented hundreds of seminars on boating related topics. Ken and his wife, Carol, live and teach sailing on their custom designed/built aluminum cutter, <i>Voyageur 10.10</i> . In 36 months, they have logged 39,000 miles. They have crossed the Atlantic twice, transited the Panama Canal and made passages to Galapagos and Hawaii before arriving in Vancouver in August, 2014. This past summer they cruised the west coast including Haida Gwaii and Alaska. Ken Gillstrom's seminars encourage would-be cruisers to pursue their cruising goals. His first-hand experience and practical approach help you take your cruising goals from a "dream" to "reality". Ken's "safety-first" mind set will steer you away from some of the more common pitfalls. You, too, can enjoy safe and memorable cruising adventures on the high seas! Check out their adventures and sailing courses at <a href="http://www.voyageursailing.com">www.voyageursailing.com</a> or Facebook "Voyageur Sailing" for latest updates and photos.

FRIDAY, JANUARY 20					
TIME	ROOM	PRESENTER*	TOPIC*	TOPIC OUTLINE	BIO
2:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies- Katherine Hamill & Ainsley Denike	Smoked Salmon Platter: Easy and elegant appetizer for entertaining on the boat that requires little effort but the spread makes a big impression.	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
3:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Salmon Cerviche	Ceviche is a Spanish dish that is typically made with raw fish and citrus juices like lemon and lime. This is an extremely fresh, light dish prepared in a short period of time, taking up minimal space. The citrus juices cook the meat without the need for a heat source. The fish is cubed, marinated, and a light seasoning is added. Onion, cilantro, jalapeño, avocado and mango are married together with the fish to create an unforgettable treat! Tammy's Salmon Ceviche is fresh, sweet, sour, salty and savory creating a flavor explosion in your mouth!	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.

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6:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Jamaican Jerk Crocodile with a Jamaican Jerk Slaw	Salt Water Crocodile is a succulent white meat, firm in texture, with a mild, unique flavor. Crocodile is low in fat at only 1.9% per 100 gram serving and high in protein at 21.1%. Chef Tammy is excited to share her Jamaican Jerk Style Crocodile Tenderloin with Jamaican Slaw. Jerk spice can be pre mixed in advance and brought on your boat in an air tight container. This dish requires only one pan, is easy to prepare, and full of flavor!	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.

**SATURDAY, JANUARY 21**

TIME	ROOM	PRESENTER*	TOPIC*	TOPIC OUTLINE	BIO
2:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies-Katherine Hamill & Ainsley Denike	Smoked Salmon Platter: Easy and elegant appetizer for entertaining on the boat that requires little effort but the spread makes a big impression.	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> - was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
3:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Thai Curry Mussels	Mussels are such a versatile Shellfish. They can be smoked, barbequed, steamed, boiled, roasted or fried in butter! Chef Tammy will be walking you through the steps of creating an amazing Thai Curry Coconut broth to steam your freshly caught mussels in. This is a one pot dish, easy to prepare, and takes minimal time from beginning to end. Mussels are rich in Selenium and B12, high in protein and low in fat. This broth can be used with many different types of shellfish. It looks very elegant served in a deep white bowl with fresh, sliced crostini and pea shoot garnish.	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.
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5:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Pan Fried Herring with Asian Slaw	Herring is not only great bait used in our coastal waters, but also makes a great delicacy! Herring is high in protein, and is loaded with B12. Chef Tammy will show you a simple recipe of Pan Fried, Asian inspired Herring with an Asian Slaw. Herring has a slightly strong, assertive flavor compared to other fish. Herring is considered an oily fish, packed full of nutrients and energy. Herring takes minimal time to prepare with about 2-3 minutes cooking time.	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.

**SUNDAY, JANUARY 22**

TIME	ROOM	PRESENTER*	TOPIC*	TOPIC OUTLINE	BIO
12:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies-Katherine Hamill & Ainsley Denike	Smoked Salmon Platter: Easy and elegant appetizer for entertaining on the boat that requires little effort but the spread makes a big impression.	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> - was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
1:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Crocodile Skewers with Mango Chutney	Salt Water Crocodile is a succulent white meat, firm in texture, with a mild, unique flavor. Crocodile is low in fat at only 1.9% per 100 gram serving and high in protein at 21.1%. Chef Tammy is excited to share her Crocodile Skewers with a Mango Chutney. This is a simple recipe, which can be grilled on a small grill, or pan fried. The crocodile tenderloin is cut into cubes and marinated in garlic, ginger, cumin, lime juice and finished with Fenu Greek. It has a bit of Indian influence and would pair nicely with a bed of Basmati Rice.	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.

2:00 PM	Dockside Grill - in the main floor food court	West Coast Select-Loxy Ladies- Katherine Hamill & Ainsley Denike	Maple Smoked Salmon Pate: A product perfect to have on hand when unexpected guests drop in. With a few simple staple ingredients a delicious, fresh snack can be whipped together in minutes!	The 'Loxy Ladies' favorite way to entertain in on the water! These sisters are making dishes right from a real boat's galley! Specializing in their family's local smoked salmon products ( West Coast Select) they have some great, easy but elegant dishes that are always a crowd pleaser! You can visit them at booth #447 on the show floor to pick up products while at the show!	Katherine Hamill and Ainsley Denike are two sisters, the 'Loxy Ladies'. This play on words came about when they started to share their food creations with others using primarily products created from their family's business. <i>West Coast Select</i> - was started by their Father back in 1990. Growing up surrounded by local, wild smoked salmon products they had a few recipes up their sleeves ( many including 'Lox').
3:00 PM	Dockside Grill - in the main floor food court	Tammy Wood	Poached White Fish, Crispy Bacon with Fennel Puree & a White Wine Sauce	Chef Tammy uses a shallow poaching method, not completely submerging the fish in liquid. This application is a very healthy alternative to pan frying. Fresh herbs are placed under the fish during poaching to maximize the aromatics of the herbs. Fresh parsley, thyme, is used along the fresh garlic, ginger, shallots, butter, and white wine. She will create a smooth, rich and creamy fennel puree' to be placed on the bottom of the plate. The salty, crispy Bacon adds a nice contrast in texture, and the Smokey flavor is a terrific accompaniment.	Tammy Wood has become a bit of a hometown celebrity with her Master Chef Canada Season Two debut! Since her success on the show, she has become a published cookbook author, a food editor for BC Outdoor Fishing and Hunting magazines, and a Pro Staff for Cabelas's Canada. She has her own cooking show, "Saucy's Got Game", which will air in 2017! Chef Tammy is well known at all the BC Hunting and Fishing Shows for her Wild Game and Seafood demos.