


[Find a Business](#) - [Find a Person](#) - [Home](#)

ottawaplus.ca

[HOME](#) | [ARTS & ENTERTAINMENT](#) | [BARS & RESTAURANTS](#) | [HOTELS & SHOPPING](#) | [MOVIES](#) | [FIND BUSINESS / PERSON](#)

 in partnership with  
  
 other cities

# CHEFS

in the City

## Keith Kowalski - Black Cat Café

by Tara MacDonald

[chronicle](#)
[archives](#)
[recipes](#)

**Allow us to introduce Keith Kowalski, chef at Black Cat Café...**

### In the Beginning...

When **Keith Kowalski** was growing up, he had no idea that he would one day end up working in the kitchen. The decision to make the switch from law enforcement to the restaurant industry came more or less by accident for this Kitchener native. While attending a law enforcement program, **Kowalski** took a part time kitchen job to make ends meet. Soon after, **Kowalski** discovered how much he enjoyed working in the restaurant industry. The high paced energy and excitement of the kitchen instilled in him a fever which would not break. What started as a simple way to earn his way through school became a passion motivating **Kowalski** to leave his chosen studies to pursue a challenging career in the culinary arts. It was not long after this decision that the blossoming young chef began the George Brown government sponsored apprenticeship program. After three and a half years of hard work and schooling, **Kowalski** made the grade and officially began his career.

### Onward to Ottawa!

Chef **Keith Kowalski** came to Ottawa from Toronto when his girlfriend was accepted into the University of Ottawa. While **Kowalski** admits that the conservative nature of the nation's capital and the biting cold weather was a bit of a culture shock, he is happy about the move.



Chef Keith Kowalski, Black Cat Café

[Send us your comments!](#)

When not working at the restaurant, **Keith** divides his time between his home and the outdoors. One of the things that attracted chef **Kowalski** to the Ottawa area was the wonderful array of outdoors activities to choose from such as walking along the canal or hiking in the Gatineau Hills. In the evening, action movies are the norm; Mad Max and

Apocalypse Now are two of his favourites.

#### Where Does he Eat?

When Chef **Kowalski** gets a chance to go out for dinner his favourite restaurants include Merlot for its great service and delicious foods and the Casino du Lac Leamy's Baccarat where he once enjoyed a phenomenal nine course classical gastronomic meal. Future plans include moving to the sunny mountainous region of Canada's West Coast. But for now, you can find him at the **Black Cat Cafe** - a funky little bistro style restaurant located in the Byward Market.

#### What Does he Make?

Although hot dogs seem to be **Keith Kowalski's** staple food during his off hours, the restaurant fare that he serves for his guests is a whole different menu! After working for nearly eight years in Toronto's restaurant industry, **Kowalski** cooked the gamut working with everything from Jamaican to Greek cuisine. These early years are clearly reflected in his style. The dishes coming out of **Black Cat Cafe's** kitchen embody **Keith's** signature style by his imaginative use of gamey meats combined with refreshingly crisp greens and flavourful salsas and sauces. **Black Cat Cafe's** menu is seasonal because quality and freshness are important to **Kowalski**, who buys most of his produce from local distributors such as Mariposa Farms and the wonderful fresh fruit and vegetable selection in the Byward Market.

**Take a look** at this amazing recipe, from **Keith Kowalski!**  
We definitely want you to try this at home...

#### **Black Cat Café**

93 Murray Street  
Ottawa, Ontario  
(613) 241-2999

ottawaplus.ca

[Home](#) | [Arts & Entertainment](#) | [Bars & Restaurants](#) | [Hotels & Shopping](#) | [Movies](#) | [Find a Business](#)

[About Us](#) | [Advertise with Us](#) | [Contact Us](#) | [Privacy Policy](#) | [Map use subject to license](#)

Copyright © 2003 Yellow Pages Group Co. All Rights Reserved.