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# CHEFS

in the City

## Steve Vardy - Kinki

by Tara MacDonald

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**Allow us to introduce Steve Vardy, hot menu chef at Ottawa's Kinki Restaurant...**

**Steve Vardy** is renowned for his exquisitely presented dishes, not to mention their high quality.

### The Younger Years....

There was never any doubt about **Steve Vardy's** destiny. He showed a keen interest in the culinary arts from an early age. While most young boys dream of becoming hockey players or fire fighters, young **Vardy** was busy imagining what kind of food he would create when he returned home from school.

Having worked in a variety of restaurants, from roadhouses to fine dining establishments, **Vardy** has developed an understanding of the hot-kitchen that many chefs lack. Each new restaurant environment provided a new perspective and a different lesson, all of which combine to create the chef he is today. Furthering his craft, **Vardy** studied with Algonquin Colleges' chef training program.

Chef **Vardy** has worked at some very prestigious restaurants. These include Cafe Henry Burger in Hull, Quebec where he served as both chef de-partie and sous-chef. **Vardy** also worked as sous-chef with the prestigious Maple restaurant and Bish restaurant both located in Halifax, Nova Scotia. At Maple, he worked under Michael Smith, host of television Food Network's "The Inn Chef" and "Chef at Large." **Vardy** honed his skills at "Northern Delights," an Annual Culinary Exhibition in Boston, working with a team of chefs promoting Canada as a culinary destination.

Currently employing his talents at **Kinki**, a trendy French-Asian fusion restaurant in the Byward Market, Chef **Steve Vardy** has



Chef Steve Vardy, Restaurant Kinki!

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Steve Vardy gets into his work.

created a full hot kitchen menu to go alongside the sushi bar. Thanks to his efforts, the hot kitchen now makes approximately 70% of the dishes ordered.

### It's better than sex!

The best way to describe **Kinki's** menu is "scrumptious and sassy!" Combining Asian ingredients and style with French technique and execution, Chef **Vardy** delightfully surprises even the most discriminating guest.

The menu includes appetizers like miso shiro soup and steamed gyoza, wakame salad with toasted nori, and lacquered quail served crispy with Hong Kong egg noodles. Entrées include simple yet perfectly prepared dishes such as Thai green curry and coconut chicken, as well as more complex plates, such as crispy Peking duck breast with traditional garnishes and spicy hoisin sauce. For dessert, try the delicious Torche de Banana Split, combining different flavours, textures and even temperatures! This sassy dessert is a delight to eat!

Under **Vardy**, Kinki is developing its own signature style, blending Asian flavours with classic French influences.

### An Original

What sets **Steve Vardy** apart from all of the other young up and comings? Outside of natural talent, **Vardy's** devotion to his guests is exemplary. This chef doesn't hide in the kitchen! Known for taking one or two trips out to the main floor each night, Chef **Vardy** makes sure that the food at **Kinki** is prepared with care and that his guests are happy and well satisfied.

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

**Kinki's**  
41 York  
Ottawa, Ontario  
(613) 789-7559

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