

# Throwing an Olympic party? Vancouver chef shares tips for great bash

By Judy Creighton (CP) – 19 hours ago

Let the Games begin! And so will the parties as Canadians not attending the actual Vancouver Winter Games will be hosting or attending television soirees to marvel over the opening ceremonies Friday, Feb. 12.

So whether you are supporting your favourite biathlete, rooting for your home country to score the winning goal at the hockey rink or admiring the skaters' Salchows, the Games are a perfect reason to throw a bash of Olympic proportions.

Vancouver event specialist Lesley Stowe, whose company is sponsoring Canada's ski-jumping team, offers some ideas and tips for hosting a fun and easy Olympic-themed party.

A French-trained chef and owner of Lesley Stowe's Fine Foods which makes Raincoast Crisps, she is also a skier and entertains frequently.

"Set the tone and festive spirit of the party by weaving Olympic themes into several tasteful decorations," she suggests.

"Light tiki torches to imitate the Olympic flame and lay out napkins in the five colours of the Olympic rings."

Since the focus is on television, Stowe says to create a comfortable viewing zone that will allow the majority of guests to watch the action at the same time.

"Re-situate your television or seating if necessary. I've also heard that many homeowners are renting large-screen televisions for the Games," she says.

If serving food, Stowe suggests preparing a buffet-style spread using an Olympic theme for the items on the menu.

"Go with Greek to reflect the origin of the Olympics or West Coast flavours to reflect this year's host city."

The latter could be appetizers using smoked salmon, shrimp and oysters as a start.

"Cut down on your preparation time in the kitchen by organizing a potluck meal," she suggests. "Assign each guest or couple with a participating country and ask them to bring an appetizer item from that region."

Stowe also suggests getting guests actively involved with the events by stimulating a friendly competition in the nature of an amateur betting pool.

"Prepare score cards with the athletes of countries participating in the events and have guests vote on the winners or scores," she says, adding that hosts should keep spare change and small bills handy to facilitate the activity.

To alleviate the pressures of finding guests having to find a babysitter, set up a kid-friendly party room in the rec room or basement.

"Have an older sibling or designated helper in charge of organizing the activities and serving food so that the adults can enjoy the party without constant interruptions," she says.

"For easy and fun food, feature an around-the-world theme and denote each item with a small flag identifying the country of origin. Try pizza from Italy, perogies from Poland or sushi from Japan."

She suggests serving the youngsters white and red cranberry juice (Canadian flag colours).

Stowe has created a signature cocktail to keep guests "hydrated and refreshed" during the Olympic marathon.

Go For The Gold Martini

60 ml (2 oz) vodka

30 ml (1 oz) Cointreau

30 ml (1 oz) white cranberry juice

Touch of maple syrup

THE CANADIAN PRESS 



Vancouver event specialist Lesley Stowe, a sponsor of the skiing team at the Vancouver Winter Olympics, poses with her gold martini creation in this undated handout photo. Stowe offers some ideas and tips for hosting a fun and easy Olympic-themed party. THE CANADIAN PRESS/HO

Shake all ingredients in a cocktail shaker with ice and strain into a martini glass. For a wow factor sprinkle edible gold flakes over top.

Makes 1 serving.

Copyright © 2010 The Canadian Press. All rights reserved.

### Related articles

Vancouver 2010 Winter Olympics  
ceremony podium unveiled  
Xinhua - 6 hours ago

Vancouver - the countdown begins  
The Hindu - 14 hours ago

Learn more about Olympics  
DL-Online - 4 days ago


[More coverage \(1442\) »](#)

## Kiva Microfinance

"Loans that Change Lives." Make  
a Difference and Lend Today!

[www.kiva.org](http://www.kiva.org)

Public Service Ads by Google

 Add News to your Google Homepage