

**CONTACT:** Liselle Ali  
 868-627-5555  
[Liselle.Ali@courtyard.com](mailto:Liselle.Ali@courtyard.com)

## JUNIOR CHEF WHISKS UP A WIN AT COURTYARD PORT OF SPAIN CULINARY COMPETITION

*Three youths learn from talented Trinidad and Tobago chef, earn overnight stays at Marriott properties*

**Port of Spain, Trinidad and Tobago** – The head chef of the [Courtyard Port of Spain](#) is boiling over with excitement to announce the winners of his Junior Chef Competition.

After a rigorous week of learning culinary terms, knife techniques, cooking methods and more, Makayla Munroe was selected as the overall champion of the challenge, according to Raymond Joseph, captain of the Trinidad and Tobago National Culinary Team and master behind the [Port of Spain hotel's The Centro restaurant](#).



Munroe was one of 10 children ages 10 to 12 who was invited to participate in Joseph's weeklong culinary camp at the Trinidad and Tobago hotel after submitting a video cooking demo. She received an Apple iPad for having the best video out of approximately 34 entrants. Munroe's pineapple marinated pan seared chicken breast – she calls the dish "50<sup>th</sup> Independence Supreme" – also earned her first place in the final mystery basket competition with a prize of airfare for two to Curacao with a three-night stay at the Curacao Marriott. The dish included roasted bell peppers, medium diced carrots, creamy mashed potatoes and a crunchy fettuccine mould.

Julianna Almandoz took second place with her Tropical Chicken dish and will enjoy three nights accommodation at the Courtyard Bridgetown Barbados. Third place went to Aleah Rasheed, who garnered a one-night stay at the Courtyard Port of Spain hotel Trinidad and Tobago with her creation, "The Legend," composed of sweet and sour chicken.

Joseph summoned the 10 youngsters to his [Trinidad restaurant](#) during the week of Aug. 6 to train in technique, preparation and presentation with lessons on safety and sanitation; preparing pasta, rice, dough and batters; marinades and chicken and fish. Local chef Deborah Sardina Metivier leant her expertise as a guest speaker.

The week culminated with the mystery basket challenge judged by Michelle Young, manager of the Trinidad and Tobago National Culinary Team; Sabrina Rosales, member of the National Culinary Team; and Isaiah Connell, the 2012 Junior Chef of the CHA and member of the National Culinary Team.

Joseph has been head chef at the Courtyard Port of Spain since 2009. He has said that he strongly believes in developing and inspiring the next generation of culinary talent in the region. His first Junior Chef Competition allowed him to share his talents and promote Trinidad and Tobago.

#### About the Courtyard Port of Spain

The Courtyard Port of Spain is located in the heart of downtown Port of Spain and is within walking distance to Movie Towne Entertainment Complex with theaters, shopping, restaurants and Hasley Crawford National Stadium. The stylish Trinidad hotel features 119 guest rooms and suites, three meeting rooms with 2,303 square feet of flexible space, a newly renovated lobby, an award-winning international restaurant and a state-of-the-art fitness center with free weights and cardio equipment. For information, visit [www.courtyardportofspain.com](http://www.courtyardportofspain.com).

---

Courtyard by Marriott offers a refreshing environment that helps guests stay connected, productive and balanced. Intuitive services and design accommodate guests' needs for choice and control. With more than 860 locations in 30 countries, Courtyard is Marriott's largest brand. All Courtyard by Marriott hotels participate in the award-winning Marriott Rewards frequent travel program that allows members to earn hotel points or airline miles for every dollar spent during each stay. For more information, including guest guided video tours of the new lobby and the latest brand information, visit [www.gocourtyard.com](http://www.gocourtyard.com). For reservations, go to [www.courtyard.com](http://www.courtyard.com) or contact a travel professional

Click here for [Marriott International, Inc.](http://www.marriott.com) (NYSE: MAR) company information.

For daily company news and information, visit [www.MarriottNewsCenter.com](http://www.MarriottNewsCenter.com).

###