



SOUP

for the Cultured Soul

A Kootenay Gallery Fundraiser

Recipes

Culinary Creations by:

Amna's Indo Canadian Grill | B's Eatery | Backeddy Pub
Kim's Creations | MapleMirch | The Nineteenth



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Many thanks!

Dear Friends of the Gallery,

A heartfelt thank you to everyone who contributed and attended our annual fundraiser, **Soup for the Cultured Soul 2025!** We are thrilled that you were able to join us for such a special evening, and we are excited to share the tantalizing recipes created by our local talented chefs that you were able to enjoy. We are truly thankful to have such an amazing community of vibrant artists, thoughtful and supportive sponsors, and dedicated volunteers who generously contribute their time, resources, and creativity to make this event so memorable.

This year the Kootenay Gallery of Art turns 50. Come help us celebrate 50 years of being a vibrant hub of creativity, as we strive to inspire and encourage reflection through the transformative power of Art!

Together we make a difference!

Joleen Kinakin,
Executive Director





MapleMirch

Mango Moilee

Ingredients:

- 100 ml coconut oil
- 150 g chopped onion
- 2 tbsp chopped garlic
- 1 tbsp chopped ginger
- 1 tsp chopped green chilli
- ½ tsp turmeric ground
- 500 g mango puree
- 1 L vegetable stock
- 2 L coconut milk
- salt to taste
- 2 tbsp chopped dill

Choice of toppings:

- Buttered rice
- Masala shrimp
- Mango salsa
- Sour cream

Method:

Saute onion, ginger, garlic and green chilli in coconut oil. Turn down heat and add turmeric. Add mango puree and veg stock, bring to boil. Add coconut milk and simmer for 2 minutes. Adjust seasoning. Blend the soup and strain. Add fresh dill. Pour soup into a bowl and have it with your choice of toppings.



MapleMirch

Sherlin James, Chef



Sherlin James, Chef

Sherlin started as the Sous Chef at MapleMirch in 2022. She is a passionate and gifted culinary professional. Even before entering the professional scene, Sherlin gained years of experience crafting healthy and delicious dishes in traditional Kerala (South Indian) cuisine. Her dedication and skill as a chef has been instrumental in the development of MapleMirch as a business.

Our **Mango Moilee** soup is inspired from the traditional fish stew from the state of Kerala. We are very excited to introduce a vegetarian version of the dish with mangoes. For seafood lovers among us, we have the option to top the Mango Moilee with shrimp.



Backeddy Pub

Italian Sausage Tortellini Soup

Ingredients:

- 1 pound ground Italian sausage
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 3 tbsp flour
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 tsp mustard powder
- ¼ c hot sauce
- 1 c heavy cream
- 6 c chicken broth
- 2 c kale, chopped
- 10 oz. tortellini
- salt and pepper to taste

Method:

Crumble the sausage (if you purchased link sausage please make sure to remove the casings) and cook with the diced onions over a medium heat until meat is cooked through and the onions are soft and translucent. Drain off excess grease and add the garlic, cook until fragrant. Turn down heat to low, add the flour to create a roux and cook for a few minutes while constantly stirring to get rid of the raw flour taste. Add all dry spices and the hot sauce and stir well. Slowly add chicken broth while stirring so that all ingredients combine well together and start to thicken together. Turn heat up to medium-high and slowly add in the heavy cream while stirring. Bring the mixture to a boil then turn down the heat so it's just simmering. Add kale and tortellini, stir and let simmer for 5-8 mins depending on how long your tortellini takes to cook. Add salt and pepper to your desired taste. Serve and enjoy!



Backeddy Pub

Cheyenne Carr, Chef



Cheyenne Carr, Chef

Cheyenne Carr was introduced to the restaurant industry at the age of eight years old and has been intrigued ever since. Being apart of a family restaurant and watching her father's love for food truly defines her passion behind becoming a chef. After graduating from JV Humphries, she chose to jump into the process to enhance her skills. Starting with two years of foundational education in Culinary Arts at Selkirk College, while dishwashing at night, helped build the basic knowledge of the culinary world. Following her second year of college she took on a

line cook position at a reputable golf club restaurant where she learned the ins and outs of the restaurant life. In the past year of taking on the role of head chef at the new and vibrant restaurant, The Backeddy Pub, she has taken immense pride in crafting exceptional meals for her customers. It brings her joy knowing that her work enhances their dining experiences. While she may appear quiet at first, those who get to know her find that she's a lot of fun to be around, which she believes mirrors the depth and surprise in her culinary creations. As she enters this soup competition along side the amazing owners, Tessa Tamura and Brennan White, she brings not only professional excellence but also a personal touch that makes her dishes resonate with a feeling of home, warmth and authenticity.

Kim's Creations

Thai Red Coconut Curry Soup

Ingredients:

- 1 tbsp olive oil
- 1½ lb chicken breast chopped
- salt and pepper
- 1 red pepper minced
- 1 onion minced
- 3 tbsp red curry paste
- 1 tbsp grated ginger
- 6 c chicken stock
- 400 ml coconut milk
- 4 oz rice or bean glass noodles
- 1 tbsp fish sauce
- 2 tsp palm sugar
- green onion, cilantro, basil, fresh lime for garnish

Method:

Sauté chicken in oil salt and pepper cook until browned. Remove from pan, and add peppers, onion, ginger, curry paste cook until fragrant. Add chicken chicken stock, fish sauce, coconut milk, and sugar. Heat serve with noodles and garnish.

Kim's Creations

Kim Clark, Owner & Chef



Kim Clark, Chef

Hi, I'm Kim from Kim's Creations. I have a catering business. We cater weddings, corporate functions, BBQ's, lunches and everything in between. I now also run the concession at the Millennium Park, that is alot of fun. Come on down for some of the best poutine in Castlegar.

I started out small about twenty five years ago. Now the sky is the limit. We make good food from scratch and it shows. I use the freshest local ingredients whenever possible. If you start with the best you finish with best! I have always cooked, it is my passion. To relax, I cook. On holidays I cook and go to a lot of really good restaurants. While on vacation I had a Canadian BBQ and invited about 20 local people, it was a blast! So when not catering or working at the Millennium Concession my husband David and I love to travel.

The Nineteenth

Chicken Katsu Japanese Ramen

Ingredients

Katsu Chicken

- 3 large boneless and skinless chicken thighs
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup all-purpose flour
- 2 large eggs lightly beaten
- 2 cups panko breadcrumbs
- oil to fry

Broth

- wheat ramen noodles
- 2 cloves garlic minced
- 1 small onion chopped
- pork bones
- 3 tbsp soya sauce

- ½ cup coconut milk canned
- 2 tbsp sesame oil
- 1 cup dry shitake
- ½ cup bok choy
- ½ cup broccoli
- salt
- pepper
- soft boiled eggs for topping and garnish
- chopped green onions
- crunchy chili oil

Notes

To make soft boiled eggs, cook the eggs in boiling water for 6 minutes. Soak in a bowl of iced water for 2 minutes, then peel. You can use chicken thighs, instead of chicken breasts. If you do, you do not need to slice them in half.

Method:

Chicken Katsu: Pat the chicken thigh dry. Slice each piece in half horizontally to make two thin chicken cutlets. Season each cutlet with salt and pepper. Next, prepare your breading line. To one wide rimmed shallow bowl, add the flour. To a second bowl, add the beaten eggs and to a wide plate, add the panko. Dredge each cutlet in the flour. Shake the excess. Dip in the beaten eggs to coat, then let the excess egg drip back to the bowl. Lastly, coat the cutlet in panko. Press the breadcrumbs against the chicken to adhere as needed. Arrange all the cutlets in baking sheet. Heat the oil and fry the chicken till golden brown and crispy.

Broth: Cook the noodles. Bring a large pot of water to a boil. Add the noodles and simmer for 1-2 minutes or until tender. Drain then rinse with cold water. Keep warm. In a soup pot, heat about 2 tablespoon of oil. Sauté the garlic and onion until soft. Add the pork bone and bring to a simmer. Add the soya sauce. Add coconut milk and sesame oil. Let simmer for 5 more minutes. Season with salt and pepper as needed. To serve, divide the noodles among 4-5 bowls. Ladle soup to each bowl. Top with soft-boiled egg, chicken katsu, veggies and green onion. For a kick, add a dash of chili oil to the bowls.

The Nineteenth

Sahdev Sharma, Chef



Sahdev Sharma, Chef

Meet Sahdev Sharma, our accomplished Head Chef at The Nineteenth. Originally hailing from New Delhi, Sahdev joined us in 2023 and has brought with him a wealth of experience and a remarkable skillset. Having spent a decade honing his craft in the culinary scene of Dubai, Sahdev's expertise is grounded in a diverse gastronomic background, working in various resorts and hotels. His journey includes notable stints at iconic establishments such

as Quattro Passi, where he had the privilege of working under the tutelage of esteemed Michelin starred Chef Antonio Mellino, and contributing to the culinary landscapes of Five Palm Jumeirah Dubai, Estrella, and Westin Dubai among others. Sahdev's commitment to his culinary craft is evident in the passion he brings to the kitchen. His creativity and artistry has added an exciting dimension to our offerings, making each dining experience at The Nineteenth memorable. Sahdev will continue to lead our culinary team with dedication, energy and his unique style. In addition to his role with us, Sahdev also owns his own restaurant in his hometown of New Delhi, reflecting his entrepreneurial spirit. We are delighted and privileged to have such a talented chef steering our kitchen, and we look forward to the ideas that Sahdev will continue to bring to The Nineteenth.

B's Eatery at Chances Castlegar

Carrot and Ginger Soup

Ingredients:

- 2.2 kg rough chopped carrots
- 40 g garlic (rough chopped)
- 40 g ginger (rough chopped)
- 400 g onion (rough chopped)
- 40 ml sesame oil
- 3 g dried chilies
- 15 g dried basil
- 1.5 L water
- 2 L coconut milk
- season to taste with sea salt

Method:

Using an 8 L pot or rondo: sweat the carrots, onions, ginger and garlic in the sesame oil until fragrant. Add the basil, chilies and water, simmer until carrots are soft, then add the coconut milk, simmer another 10 minutes then puree smooth. Adjust thickness with more water and seasoning.

Garnishes:

- 60 ml olive oil, 15 g fresh cilantro, 1 g sea salt
- Purée using an immersion blender the oil, cilantro and salt together and put into a squeeze bottle
- 150 g spiralized carrot, rinsed and deep fry 1-2 minutes tossed with sea salt, cool/dry on paper towel.

Serve in a 10 oz bowl with 8-10 drops of cilantro oil and fried carrot nest (as much as desired).

B's Eatery at Chances Castlegar

Aaron Armstrong, Chef



Aaron Armstrong, Chef

Chef Armstrong has been working in the area since 1999, at the Hume Hotel, Adventure Hotel, Kaslo Hotel, as well as 12 years in the Okanagan valley as Chef of the Penticton Lakeside Resort. He is happy to be back in the West Kootenays and looks forward to seeing you all in Castlegar.



Amna's Indo Canadian Grill Chicken Soup

Ingredients:

- 400 grams of butter
- diced celery, diced green peppers, diced onions.
- 3-4 carrots diced
- ½ tbsp of minced garlic
- chicken broth
- Indian spices, i.e. chicken masala, red peppers to taste
- 1 tbsp of rosemary, dried thyme, dried oregano
- 1 litres of dried egg noodles
- 700 grams of diced chicken

Method:

Sauté all the vegetables in a pan. Put some water in a double boiler as per as a quantity of the soup you need. Add some chicken broth. Add some salt and pepper and Indian spices. Add the rosemary, thyme, and oregano. Add dried egg noodles and chicken.



Amna's Indo Canadian Grill

Ripanjit Kaur Aulakh, Chef



Ripanjit Kaur Aulakh, Chef

New to our area, Ripanjit Kaur Aulakh is Chef at Amna's Indo Canadian Grill, located at the Castlegar Community Complex. Ripanjit loves cooking food for family and friends.

Potters

Thank you to all of the potters who contributed their beautiful bowls to **Soup for the Cultured Soul**. To view or purchase additional pieces of their exquisite work stop by the Kootenay Gallery of Art Gift Shop—open from 10 am to 5 pm, Tuesdays through Saturdays!

Fran Bethell

As a potter, with close to 30 years experience, Fran's focus is on functional and useful art that people can enjoy every day and is a part of their lives. Her work is reflective of her love of interesting, complex and textural surfaces and she often experiments with different techniques to add richness to the surface. Fran lives and works in Castlegar and is often inspired by her beautiful surroundings. Fran makes unique, one of a kind pieces and hopes that you will give one of them a happy new home.

Andrea Bryant

Andrea Bryant is a multi-talented artist, now based in Robson. Andrea creates beautiful items including tin heart plaques, ceramic bowls, and magnets, as well as refinishing rustic furniture pieces.

StillPoint Pottery

Located in the heart of Slocan Park in the beautiful Slocan Valley, StillPoint Pottery is the creative partnership of Lance Hall and Maureen McEwen. For over 20 years, they have inspired each other to produce an evolving range of porcelain pieces—from beautiful but functional tableware to unique, one-of-a-kind creations to decorate your home and garden. Inspired by nature, glazes are central to their work. They make and refine their glazes to achieve a layered, organic look. Once glazed, each piece is high-fired to 1285° Celsius, a process that adds depth to the glaze and strengthens the clay. Their gas kiln enables them to fire in a reduction (low-oxygen) atmosphere, which produces rich, earthy tones, while their electric kiln uses an oxidation atmosphere, bringing out vibrant and eye-catching colours.

Potters

Theresa LeRose

Theresa has tried different types of art for many years. She's worked in everything from stained glass to printing, and also has been teaching art from K-12 within the school system as well as with community facilities. Theresa began working in clay after she attended a two year course at Kootenay School of Arts in Nelson. She really loved the "functional art" aspect of clay. It was also a way to combine a lot of the different art forms that she had been working on for so many years. Clay is a slow, multi-layered art form. The clay and the "Clay Gods" expect respect and care when working on a piece. Working with other potters in the area provides feedback and new ideas. It has also encouraged her to try different expressions in clay. It is always nice to have a cup of coffee in a mug that she's made.

Margo McLaren

Margo's aim as a potter is to make clay vessels that are simple in form, and beautiful. She wants her vessels to feel well-balanced in the holding, and extremely comfortable to use! Margo has been making pots of all kinds for many years and truly loves the work. Please do savor the love that has gone into the making of these vessels.

Chris Rookwood

Chris Rookwood's clay journey started in 2009. She is largely self taught and works with a variety of clay bodies creating functional tableware with design that makes each piece unique. In addition she creates larger, sculptural pieces that move beyond function to artistic expression. Creating form and design into each piece is a process that necessitates patience, curiosity, experimentation, thought, and for her, an intimate relationship with the clay itself. The ability to laugh at and learn from disappointments are key to keeping her creative channels open and alive.

We are grateful for the generous support of our sponsors



Andy Davidoff, Regional Director, Area I
Henny Hanegraaf, Regional Director, Area J



Florio Vassilakakis
"Soup-er Star Extraordinaire"



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Fran Bethell • Gentry Konkin and PNT Contracting
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Restaurants

These local businesses have donated the soups that you have enjoyed. Please visit them and support them in gratitude for all they do in our community.



Amna's Indo Canadian Grill

2101 6 Ave., Castlegar, BC

778.687.8707

 Amna'sindocanadiangrill
 amna_indo_canadian_grill



Backeddy Pub and Eatery

1432 Columbia Avenue, Castlegar, BC

250.365.2215

 cartwright's pub
 thebackeddypub



Kim's Creations

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The Nineteenth

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B's Eatery & Public House at Chances

100 Hall Rd, Castlegar

250.304.6300

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