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CHEF EDWARD MAC COOKS UP CANINE CUISINE THAT DOG OWNERS WILL LOVE, TOO, AT 2010 L.A. COUNTY FAIR

Dog owners have been cautioned not to share “people food” with their tail-waggin’ pets. Chef Edward Mac begs to differ and will show pet lovers how they can concoct healthy cuisine for their dogs and eat it, too, during cooking demonstrations at the 2010 L.A. County Fair.

Chef Mac is the founder and creator of Canine Culinary Creations and will share his secrets in the outdoor Canine Kitchen of the Fair’s Bark Park.

“I eat everything I fix for my dog,” the chef said, crediting a German Shepherd mix named Sapphire he credits with inspiring him to develop his own canine cuisine based on information from other published canine chefs and vets.

His menu for Opening Weekend, Saturday, Sept. 4-6, offers choices one would find at a fancy restaurant for humans

- Saturday, 1 p.m.: All American Favorites - Carob Chip Cookies and Peanut Butter Chip Cookies. 4 p.m.: Chicken Fried Rice. 6 p.m. Alaskan Pink Salmon & Rosemary Cake with Vanilla Yogurt Frosting.
- Sunday, 1 p.m.: Apple Cinnamon Breakfast Muffins. 4 p.m.: Luscious Lasagna. 6 p.m. Blondie.
- Monday, 1 p.m.: BBQ Beef Tips, 4 p.m. Red Snapper Stew, 6 p.m. Peanut Butter & Apple Smoked Bacon Cupcakes.

“People love their dogs, and when they make food for themselves, they want to share some of it with their pets,” the La Verne resident said. Learning how to make healthy dog

friendly foods in essence is teaching you to do the same for yourself. “In this way, they can enjoy a muffin themselves and their dog can, too.”

Chef Mac took his canine treats from his kitchen to Claremont’s Green Market on Fridays to get some human feedback, and the positive response led to him selling his pet treats wholesale and at select retailers. As a special treat, his customers typically mix his cooked culinary cuisine with kibble as a replacement for canned wet food.

The graduate of Le Cordon Bleu-Pasadena has catered events for many celebrities, but also has a passion to teach cooking. Through his *Canine Culinary School: Cooking Classes for People and Their Pets*, Chef Mac often teaches students who have never cooked before.

“They may not have had enough self-confidence to cook for themselves, but once they get a pet there’s added motivation to cook food with healthy ingredients for their dog,” he explained. “By the time I’ve taught them how to cook for their dog, they’ve learned enough to prepare a three-course meal for themselves.”

Here’s a recipe that is as delectable to humans as it is for pampered pooches:

Chicken Fried Rice

1 pound chicken breast without skin or bones, cut up

$\frac{3}{4}$ pound cooked brown rice

1 minced garlic clove

$\frac{1}{4}$ teaspoon minced ginger

$\frac{1}{2}$ cup green peas, frozen OK

$\frac{1}{4}$ cup grated carrot

1 teaspoon extra virgin olive oil

Chiffonade basil leaves to garnish

For dogs: Bone meal and multi-vitamin (Such as Fidonutrients from Liquid Health) as needed

For humans: Add any seasonings you’d like, for example soy sauce

Heat non-stick pan with a little olive oil and cook the chicken until well-done. Fry the rice with the chicken and then add the rest of the ingredients. Set aside a share for your dog and add any bone meal and multi-vitamin such as Fidonutrients from Liquid Health

Serving directions: Use just like wet food and mix your dog’s share with kibble.

Chef Mac will be cooking up a variety of foods, Thursdays and Fridays at 7 p.m. and Saturdays and Sundays at 1, 4 and 6 p.m. Recipes include Organic Cheddar and Apple wood Smoked Bacon Biscuits, Peanut Butter and Coconut Haystacks, Carrot Cake, Zucchini Bread, Tuna Melt, Puperoni Pizza, Fancy Liver Truffles, Veal Meat Balls, Mahogany

Smoked Bones, Tu-na Fish is Better Than One, Cheesecake Brownies, Bacon Snickerdoodles, Cheesy Linzer Tarts; BBQ Beef Tips, Dehydrated, Free-Range, Artificial-Hormone-Free Chicken Liver; Cinnamon Apple Chips, Sweet Potato Fries, Apple Biscuits with Manchango Cheese and Honey, and Organic Punkin Jack 'o Lanterns.

The L.A. County Fair is Sept. 4-Oct. 3. Hours are Saturday, Sept. 4; Sunday, Sept. 5, 10 a.m.-midnight; Monday, Sept. 6, 10 a.m.-10 p.m.; Wednesdays, noon-10 p.m.; Thursdays, noon-11 p.m.; Fridays, noon-midnight; Saturdays, 10 a.m.-midnight; and Sundays, 10 a.m.-10 p.m. For more information, visit lacountyfair.com.

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Under the direction of the Los Angeles County Fair Association, Fairplex is home to the L.A. County Fair, the largest county fair in the world, as well as The Learning Centers which encompasses Fairtime Learning, The Child Development Center, The Career and Technical Education Center (CTEC), the Junior Fair Board, and the Millard Sheets Center for the Arts. Fairplex also operates a diverse hospitality business with the Sheraton Fairplex, McKinley's Grille, KOA RV Park, Finish Line Sports Grill, Cornucopia Foods, and the Sheraton Fairplex Hotel and Conference Center (opening 2011). The campus is also home to the Wally Parks NHRA Motorsports Museum and the Auto Club Raceway at Pomona; horse-racing and Barretts Equine Limited; as well as the Los Angeles International Wine & Spirits Competition. For more information, please visit www.fairplex.com.