

# ADAM ASPELUND

## CHEF & ENTREPRENEUR



A lot of people say it's a trade some disagree and say it's an art. Well, I can say it has opened many doors and has brought me many places in the past 13 years. I went from being a kid, not knowing what I wanted to do, to living and working in France, to working in some of Montreal's top restaurants, to being an entrepreneur.

Growing up in the Chateauguay Valley, on a small hobby farm, with my mom's great meals she prepared us, it inspired me to

take this career path. So I enrolled at Pearson School of Culinary Arts in Lasalle for the DEP program.

It wasn't set in my mind that it was what I wanted to do from the beginning though. I worked 2 years at a small bistro in Westmount and had doubt due to the long hours, the meager pay, and the troublesome lifestyle of late nights.

My dad prompted me to take an entrance exam for the large technical company he worked for. I said "sure" so I could try out a new career. While I prepared for my exam, I started looking into internships in Europe as well and applied to l'Institut d'Hotellerie du Quebec for the advanced cooking course (ASP). Needless to say, I didn't score well on the technical exam because my mind was made up already. I went to ITHQ, and then went to France to work at one of the country's best restaurants. The experience opened my eyes to what this career is, dedication and long hours.

After a few years working under some of Montreal's best chefs, I got my first head chef job in PEI, at a small 15 room inn directly on the ocean. It was a dream job for the summer, with lush gardens and seafood surrounding me every day. It was an amazing experience and one that wet my appetite to want to open my own business. So I invested in a small restaurant becoming my own boss, working hard to build a solid reputation for myself and then selling it two years down the road so it could continue to grow.

Now, running three different types of kitchens, corporate (for one of the biggest Quebec brands), restaurant, and catering company, all at the same time, my passion continues and I continue to educate myself and learn daily.

My message for young students- follow your dreams and prepare to work very hard for them, nothing is given!