



EBO Strives for Perfection

BY ALFIE LAU

The new EBO Restaurant and Lounge adjacent to the soon-to-be-opened Delta Burnaby Hotel and Conference Centre is already a hit with Burnaby gourmets and the credit has to go to executive chef Patrick Sinclair.

Sinclair, with 17 years of culinary experience throughout Western Canada, prides himself on using the freshest local ingredients.

Long before the 100 Mile Diet and the Ocean Wise program were fashionable, Sinclair has been one of the leading proponents of using local and sustainable products to create a fine B.C. dining experience.

"We'd love to be the first restaurant to be 100 per cent local and 100 per cent sustainable," he said.

That means Sinclair can often be found sourcing out Saltspring Island goat cheese, golden and red beets from Pemberton and spot prawns from Steveston for EBO, which has a Japanese-sounding name but actually stands for East of Boundary.

Sinclair's drive and determination won over Daniel Ilias, general manager of the hotel.

"We had our shortlist and we gave them our vision and Patrick completely blew us away."

The vision Ilias and Sinclair shared was how to create their own unique community within the larger local community. And because Sinclair had seen so much of the province – born in Kimberley, he went to school on Vancouver Island and worked in the Lower Mainland – that meant using local ingredients, adding a

bit of Asian sauces and spices and topping it off with North American resourcefulness.

"We're on the West Coast so I love working with seafood," said Sinclair. "The sablefish is my signature dish. I serve it with local potatoes, a bacon and spot-prawn sauté, an edamame purée and a verjus-sake reduction."

Ilias loves the sablefish so much that he doesn't go a week without having it. But that's not his favourite dish.

"I love Patrick's chowder," said Ilias. "If there's something that's close to perfect, it's the chowder."

The chowder is served French-style, meaning the spot prawns, crab, leeks, potato, corn and Tiroler bacon are already in the bowl while the server pours the broth from a separate container at the table.

Sinclair and Ilias consider themselves lucky they have the opportunity to start something new at the Delta Burnaby Hotel, a chance to put their imprint on what will be one of Burnaby's showcase hotels.

Ilias believes in hiring the right people and letting their full potential come out. With Sinclair, that hasn't been hard because his natural talent in the kitchen has been hard to hide.

Sinclair has benefited from people seeing potential in him long before he saw it in himself.

"I was playing rugby, finishing my second year at UVic and delivering pizza," said Sinclair. "Someone stole my car and they stuck me in the kitchen. I liked it there and then started working at a Greek restaurant. The owner told me I was wasting my talent so he offered to pay for me to go to culinary school."

And so began a career that has culminated in Sinclair running his own show at EBO.

"I've been lucky to have people believe in me and invest the time in me," said Sinclair.



The tall and lean chef also doesn't fit the stereotype of a chef who has to sample everything that goes out the kitchen door.

"I'm a marathoner in my spare time," he said. "I've run 3:10 and I need to get it down to 2:55 to qualify for Boston."

And when he's reminded that shaving 15 minutes off a marathon time isn't easy, the ever-striving-for-perfection chef takes it all in stride.

"I don't put limits on myself," he said. "I'd like to think I've reached perfection but once you think that, you've settled. I'm always trying to get better so if that means never being perfect, I can live with that as long as I continue getting better."

EBO Restaurant and Lounge is located at the Delta Burnaby Hotel and Conference Centre at 4331 Dominion St. in Burnaby. For more information, call 604-453-0788 or go to www.deltahotels.com/burnaby/dining.html.