

FLAVORS OF TIBET

TIBETAN TEA TASTING AND PERFORMANCES

SATURDAY, MAY 2ND 2009, 3 P.M. TO 5 P.M.

Tastings prepared by Chef Lhamo
+ Indian dance performance by Deepali Lindblom
+ Music by Gyamtso (Tibetan singing and mandolin)

Where: TIBETAN OM Restaurant
4382 St-Laurent

Cost : \$15

RSVP before May 1st @ 514.523.1047



Discover the culinary secrets of Tibetan cuisine, classical Indian dance and traditional Tibetan music with the event **Flavors of Tibet** which will occur at the **Tibetan Om restaurant**. Located on 'the Main', this restaurant is highly reputed in the city for their delicious and generous plates of Tibetan and Indian cuisine. Saturday, May 2nd, starting at 3 p.m., **Lhamo**, the head chef at Tibetan Om, will reveal the mouth-watering secrets of Tibetan cuisine before the audience's eyes. This is an opportunity to taste typical dishes such as *momos* and sip tibetan tea or a refreshing *chang*. *Chang*, commonly known as 'the nectar of the Gods', is an alcoholic beverage that is extremely popular in the eastern Himalayas. *Chang* plays an important role in many religious and social ceremonies, such as to resolve an argument, when hosting guests or to win someone's favor. As if this were not enough, everyone will even be able to leave with a recipe that their future guests will rave about, thanks to the generosity of Chef Lhamo. As they taste *momos* and other sumptuous treats, **Gyamtso**, will play traditional music from his homeland, Tibet.

After tasting these culinary treats, a spell-binding dance performance will follow. Festival Accès Asie is extremely impressed by the exceptional quality of this dancer and is pleased to present **Deepali Lindblom** as part of this year's programming. Deepali is the quintessential union of grace and agility with her mastery of the movements of the classical Indian dance of Kathak. *Festival Accès Asie is definitively bringing Tibet closer, with this sensorial trip offered on May 2nd, 2009.*

CHEF YANGCHEN LHAMO

Chef Yangchen Lhamo was born in Manali, India, educated in Darjeeling and by 1975 was a performing member of the world renown, TIPA (Tibetan Institute of Performing Arts) in Dharamasala. Yangchen and her family were graciously sponsored by Thurbten Samdup and arrived directly to Montreal in 1984. From home cooking to catering, she became the chef of a family business. Restaurant Tibetan OM opened in May 2003 uniting Tibetan and Indian cuisine.

GYAMTSO

Born in Tibet, Gyamtso sought refuge in India in 1992 in the hopes of a better life. While living in Dharamsala, an encounter with a young woman from Quebec changed his future. They decided to marry and Gyamtso immigrated to Canada in 2000 to live with his wife. In addition to being the talented cook at the Tibetan restaurant Shambala, Gyamtso sings and plays the Tibetan mandolin.

DEEPALI LINDBLOM

Deepali Lindblom combines the best of the dance and drama in a unique performing art of storytelling. Proficient in many Indian folk dances, folk theater and puppetry, Deepali combines these art forms with 'Kathak', an Indian classical dance that she continues to train in. Her artistic journey that began 10 years ago in India, took new dimensions in Sweden and continues to grow in Montreal, where she presently resides. Her stay in these countries helped mold her art by lending their distinct influences and thus Deepali blends in the charisma of the East, the precision of the West and the best of the in between, in her present performing arts.

In Montreal, Deepali has already performed in two major events, 'The Day You Came Home' with Cirque Eloize during the 'Festival de Musique, Montréal Baroque' and 'Satrangi- the colors seven' at Gesú- Centre de Créativité during their Art Sacré 2008 festival. She is presently working on, 'A Journey into the Spirit of a Lost Nation', her new dance-drama project in collaboration with the Tibetan community in Montreal.