

Buffalo•Toronto Public Media



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MEDIA NEWS

Turn Up the Heat with Local Chefs at BTPM Studios!

Buffalo Toronto Public Media is bringing its third installment of “Now We’re Cooking Live!” to primetime! Featuring Chefs Fred Torrell of Wegmans Food Markets, Jaspal Bath of India Gate, Rin Suphankomut of Rin Thai Bistro, and Stephen Forman of Thyme-N-Honey and Delaware North Sportservice who will be cooking their signature dishes right here in our studios.

Co-hosted by BTPM’s Peter Hall and Nancy Hammond, this program will be broadcast live on [WNED PBS](#) and the WNED PBS mobile app and streamed to our [YouTube channel](#) on October 23 from 8pm to 10pm.

Want to be a part of our live studio audience? Visit our [Eventbrite page for details](#) to reserve your spot today! Please note that you must be 15+ to attend this event in person. Tickets are available for \$10 to join us in the BTPM Studio at 140 Lower Terrace in Downtown Buffalo.

Learn more about this event by visiting the website and more about the chefs below.

Fred Torrell

Executive Chef Fred Torrell’s restaurant career spans over 40 years. He earned his culinary degree from Niagara County Community College and has worked at restaurants in Chicago and here in Buffalo. He has been with Wegmans Food Markets for over 25 years, working his way up from Café Manager to Cooking Coach, Sous Chef, and now Executive Chef at the McKinley Parkway store. Chef Torrell’s

culinary interest is Classic Fusion, but he has a great passion for preparing fresh and local foods. His specialty is teaching and mentoring aspiring chefs at Wegmans.

Jaspal Bath

Jaspal Bath is the owner and chef of India Gate, an authentic Indian Restaurant in Western New York specializing in North Indian cuisine. He has been cooking since the age of 18, having learned to cook from his father and brother. India Gate is Buffalo's longest-standing Indian restaurant and has two locations on Elmwood and Hertel Avenues. Chef Bath will be preparing the restaurant's Butter Chicken Tikka Masala, winner of the *Taste of Buffalo's* Veteran Restaurant Award, 2018.

Rin Suphankomut

Rin Suphankomut is the owner and chef of Rin Thai Bistro. She emigrated to Buffalo from Thailand at the age of 16 and learned to cook at home. Her mother opened the King and I restaurant in 1998, where Rin worked alongside her until her mother's passing in 2003. The family opened a second King and I location in 2004, where Rin served as CEO until 2016. The following year, Chef Rin opened her own restaurant, Rin Thai Bistro, serving traditional authentic and fusion Thai cuisine. First located on Elmwood Avenue, Rin Thai Bistro is now on Main Street in Snyder.

Stephen Forman

With thirty years of professional experience, Executive Chef Forman's passion pushes him to develop other chefs. In 2020, he started Thyme-N-Honey, a food consultant company specializing in teaching demonstrations of Classical and Modern cooking techniques. Each Thursday, Thyme-N-Honey holds live demonstrations on its Facebook page. Chef Forman is also currently the Regional Executive Chef for Delaware North Sportservice in Buffalo.

"Now We're Cooking *Live!*" Episode 3 is made possible by the Corning Museum of Glass, Artisan Kitchens and Baths, Edible Western New York & Erie Lakeshore Magazine, Buffalo Spree, Wegmans, and Cabinet Reface Direct.

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About Buffalo Toronto Public Media

Buffalo Toronto Public Media engages with our communities through exploration and entertainment – everywhere. Our member-supported services include WNED PBS, WBFO (NPR) (88.7 in Buffalo, 91.3 in Olean, 88.1 in Jamestown), WNED Classical (94.5 in Buffalo, 89.7 WNJA in Jamestown), WBFO The Bridge (88.7 HD2 and 94.5 HD2 in Buffalo), WNED Create, and WNED PBS KIDS. WNED PBS is also a national producer of award-winning documentaries. Additional information about Buffalo Toronto Public Media can be found at wned.org.