

August 12, 2022

# Five questions to Alex Bouchard, co-executive chef of Chez Muffy

These ads are how we manage to feed our people ☺



These ads are how we manage to feed our people ☺

Alex Bouchard became known to Quebecers in 2019 when he won the TV show *Les Chefs*. Since then, the talented young chef has been working alongside Chef Arthur Muller, both at the helm of Chez Muffy and the complete culinary offering at Auberge Saint-Antoine, a renowned hotel in Quebec City.

We asked the chef five questions to help you discover the man behind the friendly face.

## Tell us a little about Chez Muffy

"Chez Muffy is the restaurant of the Auberge Saint-Antoine in Old Quebec. The motto of the address is "from the farm to the fork". We work closely with local producers in the area to create generous and balanced menus. In addition, we have a market garden farm on the island of Orleans. Many of the vegetables, herbs and fruits that our customers find on their plates come from there."

## What changed after your victory on Les Chefs?

"It's a tremendous amount of pride to win a culinary competition. You can never be prepared enough to face this kind of test. Although the win gave me a lot of visibility and credibility, I would say that it was in terms of confidence and assurance that the win was a turning point. There are so many good chefs in Quebec that one often feels like an imposter. With this victory, I have fully assumed my potential and my art. I became more mature and free in my creations, more assertive in my craft."

## Where did your passion for cooking come from?

"I have to admit that until I was 16, I was almost solely fed on buttered pasta, pogos and pocket pizzas. In fact, it was the love of adrenaline that made me want to work in the kitchen. I have always been attracted to extreme sports. When I was young, I did a lot of skiing and kayaking. I enrolled in the hotel school thinking that the life of a chef would necessarily be accompanied by a lot of adrenaline. I wasn't wrong!"

## Tell us about one of your fondest restaurant-related memories

"It always gets the world going a lot, but one of my fondest memories in the kitchen has to do with the European tour of the punk band The Hunters. The band members are good friends of mine and they asked me to join them on one of their tours. I cooked for them for a month while touring the Old Continent. It was a wonderful experience."

## How do you see the future of gastronomy in Quebec?

"I think the Quebec culinary scene will continue to shine internationally. We have so many good products and expertise that it stands to reason that we will become a great gastronomic destination. For my part, I love helping young people who want to pursue a career in the restaurant industry. I also give workshops at the hotel school to share my passion with the next generation. I tell myself that if I succeed in convincing two or three young people from time to time that this is the most beautiful profession in the world, I have succeeded in my mission."

All you have to do is go to Muffy's and enter the world of Alex Bouchard and his team of passionate people!

Written by Mikael Leblieu

These ads are how we manage to feed our people ☺

# More chats with industry legends

# Industry legends



INTERVIEW

## Phillip Viens: A new approach to charcuterie

December 06, 2019

Presented by  
Boulevard St-Laurent



INTERVIEW

## François Côté: A prophet in his own country

June 03, 2022



INTERVIEW

## Hubert Marsolais: The outstanding restaurateur

May 04, 2015

# From the magazine



REVIEW

## Ketiw: Cambodian noodles, soups and sandwiches

August 07, 2022



REVIEW

## Cabaret l'Enfer: Massimo Piedimonte's gastronomy

August 03, 2022



NEWS

## Chomchom: Vietnamese counter at Le Central

August 03, 2022



REVIEW

## La Bête à Pain Fleury: More than just a bakery in Ahuntsic

July 28, 2022



REVIEW

## Le Système: Dine, drink and dance on the Plaza

July 26, 2022



NEWS

## Farewell, Dominion Square Tavern

July 22, 2022



REVIEW



### Épicerie Chanhda: Asian counter and market in Quebec City

July 20, 2022



REVIEW



### La Jeune Espiègle: Unpretentious new buvette in Ahuntsic

July 20, 2022



REVIEW



### Cantine Pollens & Nectars: Exceptional delights at Ferme- Neuve

July 20, 2022

LOAD MORE

TASTET



About Tastet  
Advertise With Us  
Make a suggestion  
Legal

Proud partners:

MONTREAL  
EN LUMIERE  
Banque Scotia



House9

ADVISOR



© 2022 TASTET

