



COOKING UP COMEDY IN THREE-INCH CHERRY HEELS

Web Series Goes From Net To Network For The First Time Ever On Food Network Canada

***Bitchin' Kitchen* Premieres April 1 at 11pm ET/8pm PT**

For more information and high resolution images please visit the media site:

www.canwesttvmedia.com

FOR IMMEDIATE RELEASE

TORONTO – February 25, 2010 – What's the recipe for the perfect hangover cure? What can you cook to heal a broken heart – or break someone else's? On **Thursday, April 1 at 11pm ET/8pm PT** Food Network Canada's brand new Canadian series, ***Bitchin' Kitchen*** explores delicious recipes for life and love with a twisted sense of humour and a rock 'n' roll edge. Previously an acclaimed web series, ***Bitchin' Kitchen*** has received awards for 'Favourite Mobile Series' and 'Hottest Emerging Digital Brand in Canada'. Now in its television debut, what was once a series of three-minute webisodes available only online, has evolved and expanded into a full season of 13, 30-minute television episodes airing exclusively on Food Network Canada.

Bitchin' Kitchen is not your average cooking series. Host Nadia G cooks in three-inch cherry stilettos, she has a tea towel made of chain mail and her kitchen is decked out in pleather and animal print. Armed with a crew of misfit food correspondents, fresh organic ingredients and a sharp tongue, she whips up the perfect blend of food and humour. In each episode she shares accessible, inspiring recipes to suit life situations from breaking up to making up, all peppered with her signature 'Nadvice'.

"Ever since I created the ***Bitchin' Kitchen*** web series three years ago, I dreamed of seeing it on Food Network," said Nadia G, host of ***Bitchin' Kitchen***. "I can't wait to rock the kitchen with our bitchin' blend of great Casalinga food, comedy and a sassy attitude that makes cooking fun."

"This is new territory for us – it's the first time Food Network Canada has invested in a web series; we loved what we saw online and were excited for the opportunity to translate that to a television series," said Leslie Merklinger, Director of Original Production, Food Network Canada. "***Bitchin' Kitchen*** has the food sophistication Food Network viewers have come to expect with all the attitude and laughs that made the web series a hit. It's definitely a program that will attract a new generation of foodies."

During the premiere episode of ***Bitchin' Kitchen***, viewers can participate in a live blogging event at www.foodnetwork.ca with Nadia G and Food Network Canada bloggers. Then following each broadcast, full episodes of Food Network's ***Bitchin' Kitchen***, recipes from the series and behind-the-scenes photos will be available for users to enjoy at www.foodnetwork.ca

The first two world broadcast premiere episodes include:

Bitchin' Kitchen: Deflate Your Mate (World Broadcast Premiere)
Thursday, April 1 at 11pm ET/8pm PT

When your lover starts packing the pounds - don't fret! Nadia G has three fantastic low-fat meals that'll whip them back into shape in no time. A pepper-crusting tuna steak with homemade teriyaki and a side of creamy wasabi smashed potatoes and a zesty Mediterranean chick pea stew, packed with flavour, not calories. Enjoy an extra dark and decadent Pot au Chocolat with fleur-de-sel for dessert.

Bitchin' Kitchen: Break up Bonanza (World Broadcast Premiere)

Thursday, April 8 at 11pm ET/8pm PT

Nadia G cooks up a dinner custom-made for dumping -- because you once loved them, but more importantly: they know your secrets and probably got them on tape. Your soon-to-be-ex is going to get *served*... a sweet fig and pesto salad with an aged-balsamic reduction, a juicy Hawaiian burger with spicy chipotle mayo and tender peanut-butter-banana fritters.

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Food Network Canada is a Canwest Broadcasting network.

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Canwest is the proud home of the most diverse slate of Canadian Original programs across the Dramatic, Lifestyle and Entertainment genres. As a steadfast supporter of the Canadian production community, Canwest is dedicated to bringing the best of the country to audiences nationwide - including shows such as; Copper, Family Restaurant, Homes Inspection, Ice Pilots: NWT, 16:9, Re-Vamped and the nation's number one entertainment newsmagazine Entertainment Tonight Canada.

About Canwest Media Inc.

Canwest Media Inc. is a subsidiary of Canwest Global Communications Corp. (www.canwest.com), Canada's largest media company. In addition to owning the Global Television Network, operating 18 industry-leading specialty channels and having ownership in 5 specialty channels, Canwest is Canada's largest publisher of English language paid daily newspapers and owns and operates more than 80 online properties.

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