



Jamaican Curried Veggies with La-toya Fagon of Twist Catering Services

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A passion for food and a long standing family tradition of West Indian cuisine influenced La-toya Fagon to pursue a career as a chef. La-toya has been driven to learn different styles of cuisine from around the world. She merged Italian with West Indian cuisine and began creating her own dishes. Soon she started her catering company, Twist Catering Services, which specialized in group dinner parties. She also did a programme called Meals To Go for hard-working people alike. She has been a personal chef for families and singles, bringing her style of food to all. La-toya is also a Loblaws Cooking School co-ordinator.



"I love everything about food – the flavours, the tastes, the textures, and how to put it together, the passion of creating dishes and the rawness of it. Culinary simplicity with a twist."