

Traditions

Indigenous Storytelling Through Food

ABOUT CHEF CHRIS



Chef Chris Commandant

Mohawk Chef Chris Commandant, originally from the Wahta Haudenosaunee community, is a graduate from Le Cordon Bleu in Paris and owner of Otsenha Indigenous Culinary Solutions, bringing three decades of industry experience. Commandant served as the coordinator for Algonquin College's Indigenous Cook Pre-Apprenticeship Program and actively supports the Ottawa Carleton District School Board with Indigenous food education development. As an Indigenous Food Knowledge Keeper, Commandant is especially passionate about sharing the history and values passed onto him from his ancestors with Indigenous community members and allies.

ABOUT CHEF JOSEPH



Chef Joseph Shawana

Chef Joseph Shawana is Odawa, part of the Three Fires Confederacy. Born and raised in Wikwemikong Unceded Indian Reserve located on Manitoulin Island in Ontario, Shawana was brought up knowing that food is life. Chef Shawana trained in classical French cuisine, and his cooking infuses classical French techniques with Indigenous cuisine. Currently a professor and the Indigenous culinary advisor at Centennial College, he is committed to furthering culinary education in all communities and providing hands-on experience to Indigenous youth. Shawana is also the Chair of Indigenous Culinary Associated Nations (ICAN). Under his leadership and guidance, ICAN is dedicated to breaking barriers and sharing Indigenous food, culinary and cultural experiences from across Canada with the world.



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