



Indigenous

RECIPE BOOK

2022





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Indigenous **RECIPE BOOK** **2022**

Aramark Canada is launching the Indigenous Recipe Book 2022 edition to celebrate Canada's Indigenous cuisine and ingredients. For this edition, three chefs from the Indigenous Culinary of Associated Nations (ICAN) were selected. You will learn more about them in the following pages.



INDIGENOUS CULINARY
of Associated Nations

ABOUT ICAN

ICAN's purpose is to share with the world the many facets of Indigenous food, culinary and cultural experiences across each region of the country. ICAN's vision is a world where Indigenous food is not a dish served for one but a cultural feast and celebration of Nations.



Indigenous **RECIPE BOOK** 2022



WATCH THIS ICAN VIDEO





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Indigenous RECIPE BOOK 2022



Chef Joseph Shawana

Board Chair ICAN

Former Executive Chef at Kū-Kūm Kitchen and Professor at Centennial College's School of Hospitality, Tourism and Culinary Arts Centennial College in Toronto. Chef Joseph won best world cuisine in Ontario for 2019 beating out over 33,000 restaurants. He was named as top ten chefs in Ontario and had reviews in the New York Times, Toronto Star, the Globe and Mail, Food & Wine. He is also in great company on Air Canada's top 20 restaurants in Canada for 2019.





Indigenous RECIPE BOOK 2022

ROASTED MAPLE & SUMAC ACORN SQUASH RECIPE

INGREDIENTS

1 acorn squash
1/4 cup maple syrup
2 tbsp sumac
Salt and pepper

DIRECTIONS

Preheat oven to 375

Cut squash into 8 pieces, season with maple syrup
sumac and salt and pepper roast in oven for 30 mins
serve and enjoy!



by Chef Joseph Shawana





Indigenous **RECIPE BOOK** 2022



Chef Paul Natrall

**Creator & Executive Chef of Vancouver's
first Indigenous food truck Mr. Bannock**

Owner of a small Indigenous business in Vancouver cooking for up to 2,400 people, Mr. Bannock. Chef Paul received 2019 Youth Entrepreneur of the Year. Paul has been specializing in Indigenous Cuisine for over 10 years. His unique flavours and textures create Indigenous Fusion Cuisine. A key priority for Paul is educating the next generation of chefs on sustainable food supply, cooking methods and preserving culture through Indigenous culinary experiences.



Indigenous RECIPE BOOK 2022

CLAY BAKED SQUASH RECIPE

Servings: 4 - Ready in 45 minutes

INGREDIENTS

2 acorn squash
6 oz clam shell black berries
680g cherry tomato
100g goat cheese
4 tbsp honey
4 tbsp balsamic vinaigrette
Oil, salt and pepper to taste
Edible flowers

DIRECTIONS

Cut the squash in half, and hollow out the inside. Lightly drizzle the inside with oil, salt and pepper. Pre-heat oven to 400c

Using a clay baker shell, soak the top half with cold water 30 mins before using. Empty the clay baker and put in the squash and cook for 25-35 mins. (rotating halfway through the time)

Once the squash is fully cooked and tender, scoop out or cut into bite size cubes. Put into a mixing bowl, and put in half of the black berries, half about 7-8 cherry tomatoes, slice some sage, half of the goat cheese, drizzle some honey and balsamic vinaigrette and mix.

Once mixed well and tastes good, start portioning onto your plate\ bowl, then garnish with rest of black berries, sliced sage, edible flowers, and drizzle some more honey and balsamic vinaigrette..

Serve with your favorite protein or fish and enjoy.



by Chef Paul Natrall



Indigenous RECIPE BOOK 2022



*Chef Marie-Cecile Nottaway
"Cezin"*



Owner & Executive Chef of Wawatay Catering

Marie-Cecile Nottaway, known as "Cezin", is an Algonquin Anishinaabe from Rapid Lake Quebec, born and raised. A mother of 2, she is the owner and founder of five-time award winning company, Wawatay Catering. Wawatay catering specializes in Anishinaabe cuisine with a modern twist, inspired by her kokoms recipes. Wawatay is her family name and it means Northern Lights in Algonquin representing the colors of the spirits of our ancestors who continue to guide us from the spirit world.

She has been featured in the New York Times, hosted two episodes of Award Winning docu-series Red Chef Revival, and recently won the honour of distinction award at Algonquin college and named the country's next top chef in the Globe and Mail.



Indigenous RECIPE BOOK 2022



by Chef Cezin Nottaway

MAPLE CRÈME BRÛLÉE

(8 yolks per litre)

INGREDIENTS

6 X 6 oz ramekins
500 ml heavy cream
1 vanilla bean
4 large or (8 small eggs)
125 ml awazibi maple syrup
1/2 tsp maple extract
Pinch of salt

DIRECTIONS

Make the custard: Warm the cream, sugar, and a vanilla bean in a saucepan. In a bowl, whisk together yolks and the maple syrup. Slowly whisk the warm cream into the yolks, and remove the vanilla bean. This is your custard and the base for the creme brulee.

Bake the custard: Divide this custard mixture between several ramekins, place in a hot water bath, and bake until the custard is set, but still jiggly. Chill the custards.

Torch the top to caramelize: Just before serving, sprinkle the surface with a little sugar and use a creme brulee torch to caramelize the sugar and form a brittle crust





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INITIATIVES

Rising Sun ERG



Some of the initiatives that Aramark Canada has been working on to raise awareness about the Indigenous culture and also to be a more inclusive workplace is the creation of our Rising Sun Employee Resources Group. Rising Sun ERG is to represent a bright future, filled with opportunities for Indigenous peoples who join our team.

LEARN MORE
ABOUT OUR ERGs



The Path



The Path
Your Journey through
Indigenous Canada

Aramark partnered with NVision so to introduce The Path: Your Journey Through Indigenous Canada™ - a five modules course brought to our employees to raise awareness around Indigenous History and Culture as well as to build an understanding intercultural communication in the workplace.

LEARN MORE
ABOUT THE PATH



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