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# Kitchen Warrior News



First Nations Chef David Wolfman

**Greetings!** *Its summer!*

Hi Marlene

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That way, we will keep emailing you this newsletter every season. You will be entered into a draw for one APTN exercise shirt below, size XL, as a thank you. The draw will take place July 15.

Otherwise, if we don't hear from you, new anti-spam legislation in Canada requires us to remove you from our email list.

Cheers!



**UPCOMING EVENT:**

**THE FOOD COURT SOCIAL**  
September 25, 2014

The best chefs of Toronto. The best restaurants. For one night only.

Enjoy an elegant affair and visit my Aboriginal Fusion delights at a charity event in support of a partnership between George Brown College and the Centre for Addictions and Mental Health.

[More info](#)



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## Recent News

### World Indigenous Television Broadcasters Network Conference

*Northern Lights Dinner in Winnipeg*

An interesting theme for the gala dinner of the World Indigenous Television Broadcasters' Network Conference recently - the northern lights. In keeping with this colourful theme I served:

[Musk Ox Prosciutto Cup with Pear and Fig Chutney](#), [Cloudberry Glazed Duck Breast](#) served over [Wild Rice Risotto](#), and garnished with crispy beet chips and bean succotash stuffed tomato, and a Saskatoon Berry Cheesecake with a Saskatoon Berry Coulis and Northern Lights Cookie. Oh, but it was good!



### World Presidents' Organization

*Dinner in Toronto*

The World Presidents' Organization hosted a dinner in Toronto recently with Chief Clarence Louie of the [Osoyoos Indian Band](#), BC (see photo) as one of the guest speakers who addressed the audience on Aboriginal economic development.

I had the pleasure to design the menu for this dinner and work with some of my George Brown College culinary students who operate a catering company, [Gourmet Queens](#). All the best to WPO and I hope to visit the legendary businesses on the BC First Nation some day soon.

## Feature Recipe

### Bannock

*Go gluten-free with this recipe!*

This recipe uses "sweet" white sorghum flour, made from a cereal grain native to Africa and Egypt. It digests more slowly than wheat flour and has a lower glycemic index. The recipe also calls for tapioca flour which is the starch extracted from the cassava root, indigenous to South America. Note: Bulk food stores and health food typically stores sell these types of flour.

1 1/4 C sorghum flour

1/2 C tapioca flour

[Recipe continued](#)



[More free recipes](#)

## Health Tips

### What is Gluten-Free Cooking?

Gluten is the general name for the storage proteins found in wheat, rye and barley and which damage the intestines in people with Celiac Disease. Those with gluten intolerance must also avoid any exposure to gluten in their diet to prevent reactions. [Gluten-free cooking](#) requires significant education on the *many* gluten-containing foods and ingredients to avoid, as well as knowledge on hidden gluten, safe substitutes, and techniques to avoid cross contamination.

### Who's a Caveman?

The Caveman diet, more formally referred to as the Paleo diet, but sometimes also called the Stone Age diet, is named after Paleolithic times, more than 10,000 years ago. Somewhat trendy now, the Paleo diet is based on the theory that humans haven't evolved to properly digest grains, legumes, and dairy, let alone high-calorie processed foods. The diet attempts to mimic the food groups of our ancestors, for a longer, healthier, more active life. [The Paleo diet](#) is even more restricted than the Gluten-free diet. Not everyone agrees its healthy, though. Learn more to decide for yourself.

### Traditional Aboriginal Diet

Much like the Paleo diet, the Traditional Aboriginal diet is based on the belief that we should not consume anything that our Aboriginal ancestors did not consume, here in North America - and that includes bannock! Beef, chicken, pork, dairy, coffee, refined foods of any kind, salt, pepper, sugar - all banned. There are those who are following this diet and have found it very challenging, but very rewarding, especially for obesity. [Here's a story of one Metis man who changed his life this way.](#)

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