

## Casual Friday Menu – January 15<sup>th</sup> 2016

Collaborative Menu presented by:

Perry McLeod-Shabogesic of the "Crane Clan", an Ojibway Anishinabe from N'biising (Nipissing) First Nation (NFN)

and

Executive Chef John Morris of the National Arts Centre

During the formative years of his career, Executive Chef John Morris, of the National Arts Centre has shared an interest and passion for cooking indigenous cuisine. Throughout his apprenticeship at the Kananaski Lodge, in Alberta for instance, he learned to use and prepare local first nations dishes that used ingredients such as buffalo, elk and caribou, as well as incorporating root vegetables such as turnips, potatoes and carrots, and the "three sisters" of corn, beans and squash, nuts and berries. Many of these dishes also incorporated wild rice and cranberries.

Years later Chef Morris has continued to draw from these formative experiences and most recently he has worked with Inuit Tapiriit Kanatami (ITK) to expand his culinary skills by learning traditional Northern Cuisine.

The NAC has been host to ITK's "Taste of the Arctic" for the past three years, and as a result Chef Morris has become very involved in honing his skills at preparing Northern dishes that use Arctic ingredients such as seal, caribou, arctic char, arctic berries, arctic shrimp, and muskox. The event also showcases Inuit culture and talented performers who demonstrate the modern connections and conservation of long-standing Inuit traditions that keep the beautiful Inuit culture alive and strong.

A chance encounter with artist and elder Perry McLeod of the "Crane Clan" an Ojibway Anishinabe from N'biising (Nipissing) First Nation (NFN) led an exciting collaboration between the NAC and Chef Morris.

"McLeod is a hunter, who likes to cook. He is also a leader and storyteller in his community, and I was fortunate to attend a luncheon at the Wabano Centre in Ottawa, where he had prepared all of the dishes. After talking with him, and tasting these dishes, I decided to change the the menu for Casual Friday," says Morris.

McLeod prepared delicious moose he had hunted, partridge and chaga tea and used maple water and fresh berries. He and his wife Laurie McLeod-Shabogesic, discussed the health benefits and medicinal nourishment these

ingredients contain, and as a result Chef Morris was inspired to collaborate with McLeod.

“I asked him if it was okay if I could weave some of these dishes and ingredients into the menu for our event. Perry said he would be happy to collaborate with us and as a result they are now incorporated into our menu. The menu will feature Chaga tea, and maple water that Perry will be supplying us with.”

**1) Fluffy Wild Rice Pancakes**

blackberry, and raspberry salad, birch syrup & sweetgrass glaze  
V

**2) Carved Buffalo Hump Roast**

toasted juniper and mustard seed jus, creamy sweet potato & purple corn polenta  
GF

**3) Hearty Rabbit Stew**

crispy root vegetable chips & sautéed foraged mushrooms  
GF, DF

**4) Wild Salmon Filet**

chaga tea & blueberry gastrique, hominy risotto  
GF

**5) Three Sisters – Three Soups**

roasted squash puree, grilled corn chowder, chopped green beans in herbal vegetable broth  
GF, V

**6) Moose Meatball Sandwich**

Maple & chili mayo, wild leaves, sundried cranberry bannock  
DF

DF = Dairy Free      GF = Gluten Free      V = Vegetarian