

Chuck and the First Peoples' Kitchen

Long synopsis

Kitigan Zibi, Qc - Beaver and Maple Syrup

Chuck is going to Kitigan Zibi, an Algonquin community, where he meets Cezin Nottaway. The sun is out and the weather is perfect for Chuck to learn how to tap maple. With their snowshoes tightened, they walk through the maple trees and look for the precious liquid that maples offers during the spring: maple water. Following Cezin's advices, Chuck carefully boils the maple water until it reaches the perfect consistency for maple syrup. As an unexpected surprise, a young boy returns with a beaver he trapped himself. Chuck is delighted that he is about to learn how to cook beaver over a fire and finally discover the taste of a "real" beaver tail.

Iqaluit, Nu - Arctic Char

Chuck travels to Iqaluit, an Inuit community in Nunavut territory. Accompanied Sheila and her husband Johnny, Chuck takes a snowmobile to reach an ice lake, ready to fish for the infamous Arctic char. Despite a sudden storm and mechanical problems working against them, Sheila and Johnny are committed to sharing with Chuck a wide variety of the Inuit diet, from bowhead whale to seal fat, sweet arctic shrimp and much more. Chuck is not about to forget this journey in the North, over the 60th parallel.

Iqaluit, Nu - Ptarmigan

Chuck is in Iqaluit, an Inuit community in Nunavut territory where he meets Solomon Awa, a well known hunting expert. Solomon invites Chuck to join him and his daughter Josephene to discover ptarmigan hunting. Ptarmigan is a partridge whose feather turn white in winter and according to Solomon has a red berry kind of taste. Chuck is surprised to learn that Inuit commonly eat ptarmigan raw when Solomon gives him a small piece right after hunting it. Chuck also visits Qajuqturvik Centre, where he meets culinary chef Michael Lockley and his brigade of apprentice cooks and gives them a hand in the kitchen. Chuck is happy to contribute to this centre's mission to fight food insecurity.

Pikogan, Qc - Wild Geese

Chuck visits Pikogan an Algonquin community near Amos in Quebec where Israel, David and other local hunters invite him for a goose hunt. While hunting, Chuck quickly realises that he must be patient, as well as cunning if he ever hopes to catch a goose. Hunters only have one or two attempts to shoot the bird before it senses the danger and runs away. But Israel and David have the final word and are determined to hunt geese and teach Chuck how their ancestors cooked them over a fire. Chuck is honored to be included in such a special culinary tradition with the community.

Gesgapegiac, Qc - Lobster

Chuck visits Norma Condo, from Mi'kmaq community of Gesgapegiac in East Quebec. Norma invites Chuck to experience lobster fishing with fisherman Jeremy Jerome and his crew. Chuck is still learning when, back on the beach, Norma offers to take inspiration from traditional techniques for cooking. He use elements mother nature has provided around them, seaweed and sand! Chuck is amazed by the unique taste of the lobster once cooked and is delighted to see the people gathered around him also appreciating this unforgettable moment.

Gesgapegiac, Qc - Salmon

Chuck visit Gesgapegiac, a Mi'kmaq community in East Quebec. Alongside Stephen Jerome, Chuck ventures to the edge of one of the most beautiful salmon rivers in the Atlantic, Cascapedia River. Chuck also visits Stephen's workshop where he makes handcrafted basket using traditional methods taught by his father to ensure the craftsmanship of his ancestors is never forgotten. Back in the community, Stephen and his niece Angel share with Chuck how to cook salmon traditionally and offers recently harvested fiddleheads to taste.

Waswanipi, Qc - Walleye

Chuck travels to the gates of northern Quebec in the Cree community of Waswanipi. Alongside Matthew Ottereyes, a skilled fisherman, Chuck travels to one of the most beautiful site, Waswanipi Lake hoping to catch walleye. Matthew invites Chuck home to meet his wife Magguie, who is extremely knowledgeable in the cooking of walleye. A shared family moment awaits Chuck when Magguie teaches him her recipe for cooking walleye accompanied by a traditional bannock.

Manawan, Qc - Blueberry paste and partridge

Chuck travels to the Atikamekw community of Manawan. Along with Odette, Thérèse and Menic, three women united by community ties, Chuck goes foraging for precious wild blueberries. The three women also introduce Chuck to the partridge hunt by making a traditional slingshot with him. Odette, Thérèse and Menic agree to share with Chuck the secret of a blueberry paste and traditional recipe to preserve the delicious taste of this wild bird. The three women invite their families, to celebrate together the generous plates of food, much to Chuck's delight!

Six Nations, Ont - Soup of Three Sisters

Chuck travels to Six Nations, in the province of Ontario, where several Iroquois nations coexist. He meets Kitty, a woman who works to preserve the know-how and share ancestral knowledge within her community. From harvesting vegetables at the community garden to sharing tips to make your own garden; Chuck goes through all the fascinating steps in the preparation of this essential of the aboriginal diet: the soup of the "three sisters".

Toronto, Ont - Urban indigenous kitchen

Chuck travels to Toronto, Ontario, where he meets two culinary chefs: Shawn Adler and Johl Whiteduck Ringuette. As chefs they are dedicated to bringing the aboriginal culinary scene to life by sharing their cultural history through food. They invite Chuck to visit their restaurants in order to teach him more about the cuisine of the First People and contribute to its influence within the community. Chuck takes advantage of this urban incursion to discuss one of Chef Johl's long-term goals - the birth of Canada's first First Nations neighborhood right here in Toronto.

Wikwemikong, Ont – Wild rice

Chuck travels to Wikwemikong on Manitoulin Island in northern Ontario where, he meets Theodore Flamand. With his boat, Theodore takes Chuck to the site where he and his colleagues want to reintegrate growing wild rice: a flagship plant of the first peoples' diet. Along the way, Chuck learns more about the chaga, a mushroom with many properties. Chuck witnesses a unique celebration to prepare wild rice in three ways, with the help of culinary chef Hiawatha and several community members who come to assist in this tradition.

Miawpukek, T.-N.-L - Moose hunting

Chuck travels to the community of Miawpukek in the province of Newfoundland and Labrador where, he is invited to take part in a moose hunt with Gregory Jeddore and other local hunters. From a helicopter they are able to locate the animals utilising calling techniques. Chuck follows the teachings of his mentors and hopes to learn more about the traditional recipes and preparation techniques of this animal which is so highly respected by local hunters.

Abegweit, Î.-P.-É. – Eel

Chuck travels to Scotchfort, one of the three communities of the Abegweit First Nation on Prince Edward Island. Accompanied by Brezlyn, a young man who is very involved in his community, Chuck takes part in an eel fishing trip, the undisputed food of the Mi'kmaq diet. A big surprise awaits Chuck when he learns that a special guest is joining their nighttime outing on the water. Chuck also meets Junior Peter-Paul, a community elder with whom he has the chance to learn more about oysters as a delicious food that once contributed to the survival of the Mi'kmaq.