

## Indigenous Cooking with Chase Dockstader

Chase is an Indigenous Chef and Artist, native to Mohawk and Oneida Nation of the Thames. He studied Indigenous programs at Liaison College in his home town of Hamilton, Ontario. He went to S.H.A.E “Strengthening Hamilton Aboriginal Education” at the Hamilton Regional Indigenous Center where he learned Native traditions and cooking. Chase will run a 4-week online cooking program with a focus on Indigenous Vegan food.

**January 4<sup>th</sup> – 4:00 – 5:00pm**

Bannock with Berries

**January 11<sup>th</sup> - 4:00 – 5:00pm**

3 Sisters Soup

**January 18<sup>th</sup> - 4:00 – 5:00pm**

Wild Rice Casserole

**January 25<sup>th</sup> - 4:00 – 5:00pm**

Indian Tacos

To register, please email Pam McDonald [outreach@growcflc.com](mailto:outreach@growcflc.com)

This online cooking program is free and open to anyone.

