

FIRST NATION CHEF CELEBRATES REALITY TV SHOW ROLE

TORONTO— Kai Zygniuk is taking the success of the *Pressure Cooker*, a new reality-TV show he appears in with stride. Pressure Cooker is a 9 episode series featuring sixteen talented rising chefs from across Canada, airing on SUN TV and Men's TV weekly.

After beating out thousands of people to be on the show, Kai says it is his 12 year extensive background in the culinary industry, previously working with Chefs Frank Dodd from London, England (Hillebrand), Jason Parsons (Peller Estates), Jonathan Gushue (Truffles, Langdon Hall) and others that makes his career unique.

"The show is great. I learned so much and the show inspired me even more to pursue my craft as a chef," says Kai.

From Wasauksing First Nation, and with an Ojibwe, West Indian and Polish Ukrainian background, Kai has matured as a chef since his solo arrival at 16 working in Toronto's top fine dining restaurants and private clubs such as the Granite Club, Truffles, the Spoke Club and as the Chef of Cucina, Pure spirits and his own catering on the side to name a few.

"The show was an unbelievable experience for me, I hope to open my own business in the future and my appreciation and passion for great food continues."

The Pressure Cooker, produced by Allan Alykward and Forevergreen Communications, highlights Kai in the weekly series and has lead him to develop new projects like developing his own cooking show.

With a dual interest in video and television, Kai has also taken time to work with First Nations youth producing video, and more recently as an instructor part-time teaching a weekly life skills and cooking class for youth at Native Child and Family Services in Toronto outside of his day job.

"Most people who watch the show don't know I am Native, they are surprised when I describe my Ojibwe, West Indian and Polish Ukrainian background," says Kai. He adds, "I want to get Native youth motivated, and let them know that we're looking for Native people in the industry all the time. It's a great career, it's very tough but it's also very rewarding. It's a win-win!"

The Pressure Cooker TV is produced by Forevergreen Communications Inc. in association with The Shooting Eye and Graham Sanborn Media Ltd. 'Pressure Cooker' TV is on SUN TV every Sunday night for nine weeks starting Sunday, November 2, from 10pm to 11pm (following Boston Legal), and on MEN TV, every Tuesday starting November 4 at 7am, 12pm and 7pm.

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For more information or interviews with Kai, please contact Kai at chefkai@rocketmail.com