

# The Sioux Chef

## Sean Sherman



Chef Sean Sherman, Oglala Lakota, born in Pine Ridge, SD, has been cooking in MN, SD & MT for the last 27 years. In the last few years, his main culinary focus has been on the “pre-reservation” indigenous knowledge of wild and traditionally cultivated food history, flavor, and culinary technique. His studies have taken him to the Crow tribes of the Bighorn and Beartooth Mountain Ranges in Wyoming and Montana, to his native Lakota plains in the Dakotas, to the Ojibwe and Dakota forests and lake regions throughout Minnesota and Wisconsin.

Through documentation and experimentation with wild and indigenous flavor profiles and recreating and utilizing “ancient pantry” items, Chef Sherman has been readying his own concept of Modern & Traditional Native American Foods of the Dakota, Lakota & Ojibwe to bring to the public. This year, he opened his business titled, “The Sioux Chef” as a caterer and food educator to the Midwest. His focus now is providing catering, cooking classes, speeches and food demonstrations. He’s been able to source locally, using many regional Native run businesses to bring the flavors of these traditional foods to Minnesota region and ultimately to the world.

### Press links:

[National Public Radio](#)

[Al Jazeera](#)

[Heavy Table](#)

[Sean Sherman speaking examples](#)

[Video of Sean Sherman teaching](#)

### Praise for The Sioux Chef:

“His flavors and technique are pitch-perfect.” (The Line Media)

“This is truly local, beautiful food that nourishes body and soul. I wish every success to Sean as he expands into a restaurant.”  
(Mother Nature Network)

“(The) dish was a study in unforced, balanced flavor – ingredients that spoke for themselves. Again, the plating was modern and artful.”



### Key areas of consulting expertise:

- Pre-contact Native American foods
- Catering events
- Cooking classes
- Speaking engagements
- Nutrition
- Food preparation
- Culinary history
- Wild food crafting
- Foraging, edible identification
- Restaurant consulting and structuring