



[www.pyetsplate.com](http://www.pyetsplate.com)

*Pyet DeSpain*

CHEF, AUTHOR, TV  
PERSONALITY &  
KEYNOTE SPEAKER

MEDIA KIT

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# Meet Pyet!

CHEF, AUTHOR, TV PERSONALITY & KEYNOTE SPEAKER

Pyet is a member of the Prairie Band Potawatomi Nation and an award-winning traveling private chef. She is the first winner of Gordon Ramsay's **Next Level Chef**, a competitor on **Tournament of Champions**, and a judge on **Super Market Stakeout**. She is the author of the cookbook **Rooted in Fire**, which celebrates Indigenous Fusion cuisine rooted in Native American and Mexican foodways. Pyet is the executive producer and host of the PBS series **Spirit Plate**, a traveling culinary show that visits Indigenous communities to highlight ancestral foodways, living traditions, and the people preserving them today. Her work is dedicated to uplifting Indigenous foodways through education, visibility, and storytelling while advocating for sustainable, sovereign food systems for Indigenous peoples within the modern culinary industry.



**140K**   **4.6K**   **19K**

Instagram

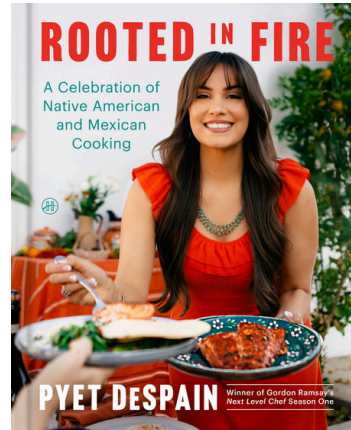
Facebook

Tiktok

## CURRENT PROJECTS

### **Spirit Plate (PBS)**

Spirit Plate is a PBS-supported traveling culinary series created and hosted by Pyet, who also serves as executive producer. The show journeys into Indigenous communities to highlight ancestral foodways, local ingredients, and the people preserving and revitalizing these traditions today.



### **Rooted in Fire (Cookbook)**

Rooted in Fire is Pyet's debut cookbook, published by HarperCollins, celebrating Indigenous Fusion cuisine rooted in Native American and Mexican foodways. Through recipes and storytelling, the book honors ancestral knowledge while inviting readers to reconnect with culture, land, and generational cooking traditions

### **Pyet's Plate (Culinary & Education Platform)**

Pyet's Plate is Pyet's culinary platform dedicated to promoting Indigenous ingredients, foodways, and cultural education through private dining, cooking demonstrations, and community-centered events. The platform focuses on increasing Indigenous visibility in the culinary industry while inspiring sustainable, modern applications of ancestral foods.

### **Advocacy & Education Work**

Alongside her culinary work, Pyet is actively engaged in advocacy, speaking, and education around Indigenous food sovereignty, sustainability, and representation. Her work bridges tradition and modern culinary spaces, creating pathways for Indigenous voices and food systems to be seen, valued, and supported.

## SHORT BIO

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Pyet—short for her inherited Native American name, Pyetwetmokwe—is a member of the Prairie Band Potawatomi Nation and an award-winning global private chef. She made history as the first winner of Gordon Ramsay’s Next Level Chef and was named one of Entrepreneur Magazine’s Top 25 Private Chefs in Los Angeles. Her work is centered on uplifting Indigenous foodways within the culinary industry while advocating for a more sustainable and sovereign food system for Indigenous peoples.



## SPEAKING TOPICS



### **Inspiring Youth Through Personal Journey:**

Chef Pyet leads a live cooking demo featuring recipes from her upcoming cookbook, *Rooted in Fire*. While preparing the dish, she shares the cultural significance of each ingredient, tips on technique, and the ancestral stories tied to the meal. Includes: Optional tasting (if budget/space allows), or printed recipe cards.

### **Reconnecting to Our Roots:**

#### **Food as Medicine, Memory, and Resistance:**

This talk explores the concept of food as medicine, reconnecting to ancestral traditions through Indigenous foodways. Chef Pyet speaks on the significance of ingredients, the spiritual and cultural roots of Indigenous foods, and the journey of reclaiming identity and community through traditional food practices.

### **Personal journey as an Indigenous Fusion Chef:**

In this intimate keynote, Chef Pyet DeSpain shares her powerful personal journey from a humble upbringing on the Osage reservation and in urban Kansas to becoming an international award-winning chef. Through stories of resilience, cultural reclamation, and healing, she explains how reconnecting to her Native American and Mexican roots through food transformed her life. Attendees will walk away inspired, with a deeper understanding of what it means to nourish not only the body, but also spirit, culture, and community.

## AS SEEN IN

NEXT LEVEL CHEF

Tournament of  
Champions

EATER  
MAGAZINE

FOODNETWORK

TASTEMADE

TEDX

E! NEWS

Rachael Ray

LA TIMES

The Today's  
Show