



Aicha



SMITH-BELGHABA

CHEF | EDUCATOR | MEDIA

Aicha Smith-Belghaba, the visionary owner and chef behind Esha's Eats, is a culinary artist whose passion for food is deeply intertwined with her heritage and community. With roots in the Mohawk Wolf Clan and Algerian heritage from Six Nations, Aicha's journey is a testament to the power of blending cultures and traditions to create something truly unique.

As the founder of Esha's Eats, Aicha has established a culinary haven that specializes in contemporary Indigenous cuisine. Her mission is not just to impress your taste buds but also to build positivity within communities through the universal language of food. Aicha's approach is deeply rooted in the values of food sovereignty and storytelling, traditions that are central to her identity and the cultures she represents.

Through her entrepreneurial venture, Aicha has honed a diverse skill set that includes promotions, client intake, consultation, contract development, and program development. Her dedication to community engagement is evident in the Indigenous content she creates, designed to educate and inspire. Aicha's presentations are a masterclass in effective and concise communication, reflecting her ability to articulate complex ideas with clarity and passion.

Beyond her culinary expertise, Aicha is a skilled collaborator and team player. Her positive attitude and collaborative spirit make her a valuable asset in any project or initiative. Whether she's working under pressure or navigating the challenges of business pivots, Aicha's resilience and adaptability ensure the success of her endeavours.

Looking ahead, Aicha is eager to expand her reach and impact. Her aspirations include producing content, on-screen talent, teaching classes, public speaking, event and program consulting, and cooking events focused on food sovereignty. Each of these pursuits is driven by her desire to share her knowledge, passion, and culture with the world.

Aicha Smith-Belghaba is more than a chef or a business owner; she is a bridge-builder, a storyteller, and a beacon of positivity. Through Esha's Eats, she continues to weave the rich tapestry of her heritage into every dish, creating not just meals, but experiences that celebrate the diversity and beauty of Indigenous cultures.

TRAVELS ABROAD



CONTACT AICHA
TO EMBARK ON AN
INTERNATIONAL
JOURNEY OF
CULINARY
CREATIONS AND
CULTURAL
EXPLORATION
THAT KNOWS NO
BORDERS

NOMINATIONS & CERTIFICATIONS

▶ [WATCH RESPONSIBLE
TOURISM NOMINATION
VIDEO >](#)

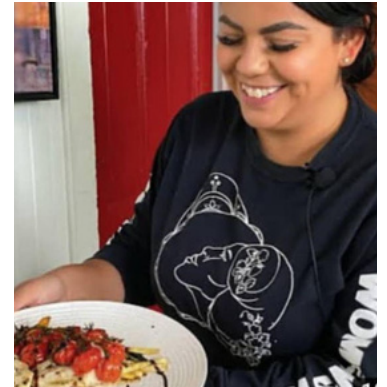
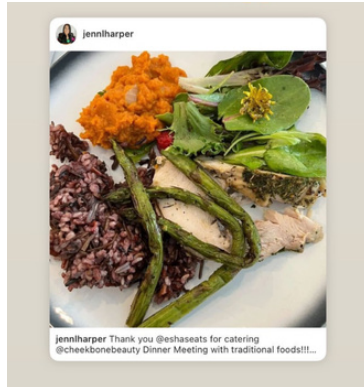
▶ [SEE HONOURS -CHEF DE
CUISINE DIPLOMA >](#)

▶ [SEE FEAST ON® CERTIFIED >](#)

WHAT DOES SHE BRING TO THE TABLE?

CHEF & PROGRAM DEVELOPER

Experience a fusion of traditional and contemporary flavours crafted by renowned Chef Aicha Smith-Belghaba, who amalgamates her cultural heritage with technical culinary finesse. With several decades of experience, Aicha has been running her own gourmet culinary business since 2015, delivering exceptional dining experiences to her patrons. Her culinary expertise is a testament to her mastery of cooking, with decades of experience.



DECADES OF EXPERIENCE



ARTICLE: THE EVOLUTION OF AICHA SMITH-BELGHABA

Aicha's journey as starting as a caterer for large groups and quickly elevated her services to gourmet dining, providing a more refined gastronomic experience.

PROGRAM DEVELOPER/EVENT PLANNER



EVENT: INDIGENOUS FOOD TOURISM PROGRAM



EVENT: KAYANASE -NATIVE PLANT/SEED BUSINESS

Aicha has partnered with Kayanase, among other organizations, to develop a new culinary tourism program. Kayanase is located on Six Nations of the Grand River and is an ecological restoration and native plant and seed business.

COMMUNITY BASED EXPERIENCES



ARTICLE: SIX NATIONS TOURISM COOKING DEMO

Aicha is part of the "Fireside Foods Experience" at Chiefswood Park, where guests can opt for an educational eating experience in addition to their luxury cabin stay.



ARTICLE: OUR SUSTENANCE IN SIX NATIONS

Aicha was featured in "Our Sustenance" program in Six Nations of the Grand River where they held a live cooking demonstration and greenhouse tours

WHAT DOES SHE BRING TO THE TABLE?

CULTURAL RESOURCE

Aicha, a beacon of wisdom and resilience, has transcended the realms of personal endeavour to embrace a profound calling rooted in the ethos of truth and reconciliation. As a steward of Indigenous heritage, her vocation as an educational and cultural resource extends far beyond the confines of her immediate community, resonating with individuals across diverse landscapes. Aicha navigates the nuanced tapestry of past injustices and present realities with unwavering grace and purpose Through the transformative medium of culinary tourism and courageous dialogues that navigate the complexities of history and identity.



HOT TOPICS: COLONIZATION/RACISM



[CBC NEWS VIDEO: HOW FOOD BECAME A WEAPON](#)

Aicha Smith-Belghaba and experts from Six Nations of the Grand River explore how food has been used as a weapon against Indigenous people and the paths communities are taking toward food sovereignty



[ARTICLE: FOOD IS MEDICINE](#)

Read Aicha's thoughts on why she encourages a pre-colonized diet as an act of resiliency



[ARTICLE: HOW TO USE FOOD TO FIGHT EFFECTS OF RACISM AND COLONIZATION](#)

Aicha shares her thought and uses her platform to educate on how she uses food to fight the lingering and devastating effects of colonization

CULINARY TOURISM



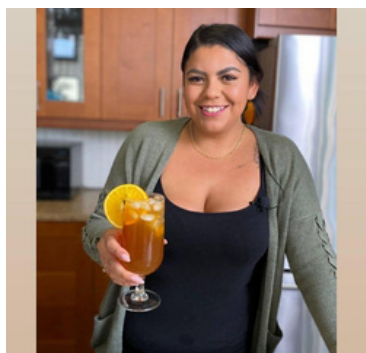
[ARTICLE: CULINARY TOURISM ALLIANCE IS WORKING TOWARDS RECONCILIATION](#)

Aicha is a part of this alliance that works towards steps of education and reconciliation

WHAT DOES SHE BRING TO THE TABLE?

MEDIA PERSONALITY/CONTENT CREATOR

Aicha is an esteemed Media Ambassador who effortlessly captivates audiences with her natural on-camera talent, extensive experience, warm personality, and undeniable presence. With a wealth of experience in front of the camera, Aicha brings a unique blend of professionalism and charm to every interaction. Her ability to connect with viewers and convey messages with authenticity and charisma sets her apart, making her a valuable asset to educate, engage and inspire.



IN FRONT OF THE CAMERA



ARTICLE: CBC NEWS: LIBRARY COOKING SERIES

Aicha Smith-Belghaba is starring in a new cooking show, called In the Kitchen with Esha, where she creates beautiful dishes with Indigenous ingredients.



VIDEO: PANELIST FOR START UP PITCH CONTEST

This was an exciting pitch contest with the top 6 Farm to Table Entrepreneurs.



VIDEO: CBC INDIGENOUS

Watch Aicha make 3 different indigenous recipes in this hour long shoot



VIDEO: SEEING SIX -ESHA'S EATS

Seeing Red Media sponsored Snag Fest 2023 and filmed Aicha

JOURNALIST/FREELANCE WRITER



ARTICLE: PREVIOUS CBC JOURNALIST

Aicha was an associate producer working with CBC Hamilton as part of the first cohort of CBC's Indigenous Pathways to Journalism program.

COLLABORATION



ARTICLE: CHEEKBONE BEAUTY

Cheekbone Beauty, founded in 2016, was the first indigenous-owned cosmetic company.



