**BHM 2024 Theme: Culture/Diversity**

**Tre Sanderson: Nova Scotian Black Chef**

by [**Kayla McLean**](https://globalnews.ca/author/kayla-mclean/) **Global News**

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# Tre Sanderson, Top Chef Canada’s first Black winner plans to shake up the industry with Caribbean fine dining.

For Tre Sanderson, cooking Caribbean food is not only baked into his DNA, it’s his pride and joy.

“Growing up in a household full of flavour, you know, my mom would always cook amazing, classic Caribbean dishes,” the 28-year-old told Global News one afternoon.

“That love of food and the flavour and the process that went behind it, you know, made me really appreciate everything.”

That appreciation and respect for island cuisine lingered with Tre through the 10 years and counting he’s spent in the culinary industry, chefing in some of the finest kitchens in the GTA, learning French, Italian and Asian cuisines.

But a glaring absence, Sanderson noticed, from these Michelin-star restaurant menus? Caribbean cuisine.

“They don’t take it seriously,” said Sanderson. “My goal right now as a chef is to bring that cuisine to another level, modernize it and make people appreciate what it is and view it differently.”

Then late last year, life served up a golden opportunity for Sanderson to compete on one of the hottest cooking shows on Food Network: Top Chef Canada.

“I was like here’s my chance,” said Sanderson. “Here’s my chance to showcase what a Black chef could do on a really high level, you know? I broke the boundaries by bringing Caribbean flavours to the table.” **(read more):**

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