

The Heat: A Kitchen (R)evolution

A film by Maya Gallus





Logline

It takes a bold personality to ascend the ranks of the male dominated restaurant industry.

Meet seven female chefs at the vanguard of change.

Synopsis

Restaurant kitchens are a pressurized stew of brutal hours, high stress and sleep deprivation. Acting out goes with the territory and anyone lower on the totem pole is fair game. But the familiar macho posturing of celebrity chefs has reached a tipping point.

Now with an influx of women at the helm of restaurants, and a younger generation unwilling to submit to the brutal conditions once considered the norm, the rules of “kitchen culture” as we know it are being rewritten.

The Heat takes viewers behind-the-scenes to meet pioneers who broke through the glass ceiling, including Michelin-starred chefs **Anne-Sophie Pic** (a.k.a. the “Queen of French Cuisine”) of *Maison Pic* in Valence, France; beloved UK star **Angela Hartnett** (and Gordon Ramsay’s former protégé) of *Murano*; and award-winning New York chef **Anita Lo** (who closes her iconic New York restaurant *Annisa* after 17 years).

We’ll also meet the hungry talents of a new generation, including **Amanda Cohen** of the trendy vegetarian restaurant, *Dirt Candy* in New York’s Lower East Side; **Victoria Blamey** of the famed Greenwich Village *Chumley’s* in New York; **Suzanne Barr** of Toronto’s trendy *Saturday Dinette*, who is diversifying her kitchens one restaurant at a time; and renegade chef **Charlotte Langley**, who has done away with traditional brick and mortar to host elaborate pop up dinners out of her home.

From grassroots to haute cuisine, The Heat is a provocative journey into the culinary world.





Director's Statement

The subject matter of *The Heat* is very much in the zeitgeist. Public awareness around the lack of representation of women in male dominated professions has dramatically increased in the last two years, from the Presidential race, to women on Wall Street, to women in Hollywood, casting a glaring light on gender biases and societal assumptions about power, who is allowed to wield it, and who is most vulnerable to its misuse.

My intention with this film is to explore how “kitchen culture” itself is actually changing and evolving as more women ascend the ranks of the culinary industry and helm restaurants. The film is told from the point-of-view of the female chefs themselves – from the pioneers to a new generation who are redefining “the rules” – allowing us to see and, more importantly, feel, how they took up their space in male (largely white) dominated environments.

With the #MeToo and #Times Up movements, we are in the midst of radical societal change. The global conversation about gender inequality has become especially urgent now as women are coming forward with personal stories of discrimination, harassment and abuse in numerous professions. The culinary industry, like other male dominated professions, has been rife with stories of sexual harassment and abuse. Women, considered the “weaker sex” in restaurant kitchens, have had to prove themselves, at times also mimicking the same patterns of bullying or harassment.

According to recent studies, less than 20% of chefs in the American restaurant industry are women, (although they make up more than half of the national food services workforce). In addition to a lack of gender parity, women are traditionally relegated to stereotypical roles in the kitchen, such as pastry (a.k.a. “the pink ghetto”), or the entry level *garde manger* (salads and appetizers). Working the hotline, and the handling of meat, is still considered a male domain, perpetuating dated notions of women as too delicate to “take the heat” of active restaurant work.

The structure of most restaurant kitchens utilizes the *Brigade de Cuisine* (a.k.a. Kitchen Brigade), a clear hierarchical chain of command that, at its best, is an efficient, smoothly running machine. The Kitchen Brigade was modelled on the military, and also parallels its macho, bullying hazing rituals . Surviving abuse is a rite of passage; tattoos and scars are literal badges of honour. Bad boy chefs are celebrated – the more potty mouthed the better: “If you can’t take the heat, get out of the kitchen.”

The Heat is a companion piece to an earlier documentary I made – ***Dish: Women, Waitressing & the Art of Service***– this time moving from the front of the house to the back of the house, continuing my exploration of social and gender constructs that shape the experiences women have in the industry.

“Women are supposed to nurture but we’re not supposed to lead,” observes veteran New York chef Anita Lo of *Annisa*. And transplanted Canadian chef Amanda Cohen, of New York’s *Dirt Candy*, argues that many women chefs run small “mom and pop” operations rather than grand restaurants because “they don’t have the financial backing. Without that financial backing, it’s really hard to get the media coverage and the profile to win those awards. If you don’t win those awards, then you can’t open a bigger restaurant. And so the cycle just goes, and goes, and women keep getting left out of this conversation.”

There is an irony in all of this – women once fought to get out of the kitchen and now have to fight to get back in. This is not a women’s issue, but a societal one. ***The Heat*** is a film that speaks to our times, illuminating the greater question of what constitutes a just and equitable society.

And, it’s also a fun ride with a lot of gorgeous food!





MAYA GALLUS
Director, Writer, Producer

Maya Gallus is an award winning filmmaker who was honoured, at *Hot Docs* 2017 with a “Focus On” mid-career retrospective of her work, which explores “a female gaze” (across gender spectrums) through a contemporary lens.

Her first film, the award-winning docufiction, *Elizabeth Smart: On The Side of the Angels*, (about the celebrated author of *By Grand Central Central Station I Sat Down And Wept*), premiered at the *Toronto International Film Festival* in 1991.

Her follow up, the feature length *Erotica: A Journey Into Female Sexuality*, explored eroticism from a woman’s point of view, and featured Pauline Réage, the mysterious author of *Story of O*, French dominatrix Catherine Robbe-Grillet, sex educator Annie Sprinkle and porn star-turned-director Candida Royalle, among others. *Erotica* premiered at the *Toronto International Film Festival* in 1997, and was nominated for several awards, including the *Genie* for Best Feature-Length Documentary.



In 2003, Maya formed **Red Queen Productions** with her partner, Justine Pimlott. They co-produced and co-directed **Punch Like A Girl**, a six-part series on amateur women's boxing, and each received two *Gemini* Nominations for Best Direction. Red Queen Productions mission statement has been to create provocative, artful films about women and social issues.

In 2008, Maya won the *Gemini* Award for Best Direction in a Documentary for **Girl Inside**, an intimate portrait documenting 23-year-old Madison's outward transition over three years, with the help of her glamorous and opinionated grandmother, Vivien. **Girl Inside** premiered at *Hot Docs* (2007) and was nominated for the prestigious *Donald Brittain Award for Best Social Political Documentary*.

She then wrote and directed **Dish-Women, Waitressing & the Art of Service**, which ranged from low end North American diners to high end Parisian restaurants, Montreal's topless "sexy restos" and Tokyo's fantasy maid cafes. The film premiered to accolades at *Hot Docs* (2010) and played at film festivals around the world.

Maya returned to docufiction with **The Mystery of Mazo de la Roche**, a lyrical portrait of one of the most famous, now forgotten women writers of the 20th century, including de la Roche's hidden love story with her lifelong companion, Caroline Clement. The film screened at *Hot Docs* (2012) and received a *Golden Sheaf Award* for Best Social Issue Documentary.

In 2013, Maya co-directed **Derby Crazy Love** with Justine Pimlott, about the revival of roller derby as a third wave feminist sport, featuring larger than life derby stars Suzy Hot Rod, Raw Heidi, Smack Daddy and Plastik Patrick, among others. The award winning feature premiered at RIDM and continues to be a popular favourite.

Her most recent film, **The Heat: A Kitchen (R)evolution**, launched the 25th anniversary of the Hot Docs festival (2018) to critical acclaim.



CHEFS

A portrait of Anne-Sophie Pic, a woman with dark hair pulled back, wearing a white chef's jacket. She is smiling slightly and has her right hand resting against her cheek.

Anne-Sophie Pic

Dubbed the Queen of French Cuisine, Anne-Sophie Pic is the only woman chef in France - and one of only four female chefs ever - to hold three Michelin stars. Her restaurant, Maison Pic, in Valence in southeast France is part of French culinary history, carried on from her father and grandfather, both of whom were also three-star chefs. Although she grew up at her family's restaurant, Maison Pic, she initially decided not to follow in their footsteps, and instead travelled overseas to study management. At the age of 23, in 1992 she returned to Maison Pic to train under her father to become a chef. He died three months later, and she moved to working the front of the house. In 1995, the restaurant lost its third Michelin star, for which she felt she had lost "her father's star", which spurred her to return to the kitchen. In 1997, Pic took control of the restaurant, with no formal training in cooking. In 2007, she regained Maison Pic's three Michelin stars. This was only the fourth time anywhere that a female chef had achieved three Michelin stars. Four years later, Anne-Sophie Pic was named the Best Female Chef by The World's 50 Best Restaurants (eater.com). She is also a chevalier de l'ordre des Arts et des Lettres (the equivalent of receiving a knighthood), and has two further stars for her restaurant at the Beau-Rivage Palace hotel in Lausanne, Switzerland. Anne-Sophie Pic has published nine cookbooks, and since 2012 she has opened two more acclaimed restaurants (both named La Dame de Pic) in Paris and London. In March, 2018, Anne-Sophie Pic became the first female chef ever to be awarded le prix Ominvore de la Créatrice de l'année.

A portrait of Angela Hartnett, a woman with light brown hair pulled back, wearing a white chef's jacket and a blue and white striped apron. She is smiling broadly.

Angela Hartnett

Angela Hartnett, MBE, is one of the UK's most beloved chefs and restaurateurs, known for her sophisticated yet simple, Italy-inspired cooking. Born in Britain, her passion for good, honest food and the best ingredients was instilled in her by her Italian grandmother and mother. After starting out in the kitchens at Aubergine, Zafferano, L'Oranger and Petrus, Angela became head chef at Petrus within seven short months, helping the restaurant to achieve a Michelin star. She went on to launch Amaryllis in Scotland; Verre in Dubai; MENU and The Grill Room at The Connaught, with Gordon Ramsay. In 2007 Angela was awarded an MBE for services to the hospitality industry, and the following year she opened her own restaurant, Murano in Mayfair, where she is Chef Proprietor, and holds a Michelin star. Serving modern, seasonal food with an Italian accent, Murano is one of the few restaurants to hold 4 AA rosettes. In 2012 Angela opened Hartnett Holder & Co in partnership with Robin Hutson, and with Chef Luke Holder. In September 2013 Angela launched the critically acclaimed Merchants Tavern in Shoreditch, in collaboration with Head Chef Neil Borthwick, and Canteen founders, Dominic Lake and Patrick Clayton-Malone. In November of that year she opened the similarly championed Cafe Murano, a brasserie little sister to Murano, where she creates the menu with Sam Williams as Head Chef. In June 2015 a second Cafe Murano opened on Tavistock Street, Covent Garden. Angela has two cookbooks to her name, *Cucina* (2007) and *Angela's Kitchen* (2011), both published by Ebury.



Anita Lo

Anita Lo, chef and owner of Annisa in New York City, is one of the most respected chefs in the country, earning numerous accolades for her inventive contemporary American cuisine that reflects her multicultural upbringing and classic French training. Lo, a first generation Chinese-American, grew up with her family in Birmingham, Michigan and fostered an interest in food at a young age. While earning a degree in French at Columbia University's French language institute in Paris, she fell in love with the food culture and vowed to return. Lo enrolled in Ecole Ritz-Escoffier, a revered culinary institution where she graduated first in her class with honors, interning under Guy Savoy and Michel Rostang. Back in New York, Lo worked her way through all the stations at David Waltuck's Chanterelle. She developed her culinary style at Mirezi, where she earned a two-star review from The New York Times. In 2000, Lo opened Annisa (whose name means "women" in Arabic), an intimate, upscale restaurant in Greenwich Village serving Contemporary American cuisine. It was an instant hit, earning rave reviews from critics. Food & Wine magazine named her one of ten "Best New Chefs in America" in 2001, and the Village Voice proclaimed Lo as "Best New Restaurant Chef." In 2011, Lo released her first cookbook, *Cooking Without Borders*, which highlights her passion for bringing multicultural flavors to her American kitchen. In February 2014, critic Pete Wells re-reviewed Annisa in The New York Times, bestowing the restaurant with a prestigious three stars. In 2015, Lo became the first female chef to collaborate on a White House state dinner when China's president Xi Jinping came to visit. Lo closed Annisa after 17 years of operation in May of 2017. Annisa held a Michelin star for 9 consecutive years. Lo is presently taking time off while finishing her second book, *Solo: Easy Sophisticated Recipes For a Party of One*, which will be published in 2018 by Knopf.



Amanda Cohen

Canadian Amanda Cohen is the chef and owner of Dirt Candy, the award-winning vegetable restaurant on New York City's Lower East Side. Dirt Candy was the first vegetable-focused restaurant in the city and the leader of the vegetable-forward movement. It became the first vegetarian restaurant in 17 years to receive two stars from the New York Times, was recognized by the Michelin Guide five years in a row, and won awards from Gourmet Magazine, The Village Voice, and many others. Its new location opened in January, 2015 and it was the first restaurant in the city to eliminate tipping and share profits with its employees. Amanda was the first vegetarian chef to compete on Iron Chef America and her comic book cookbook, *Dirt Candy: A Cookbook*, is the first graphic novel cookbook to be published in North America. It's currently in its seventh printing. In 2018, New York Magazine named Dirt Candy "The Absolute Best Restaurant on the Lower East Side."



Victoria Blamey

“Ms. Blamey loads her dishes with more excitement than you will find in other new restaurants that are getting far more attention.” So wrote the New York Times’ restaurant critic Pete Wells of Chef Victoria Blamey’s distinct cuisine in the first Executive Chef position of her young career. At New York City’s Chumley’s, where she was chef from the restaurant’s re-opening in 2016 through late 2017, she drew the attention of some of the top critics in the United States. Esquire magazine declared the restaurant one of the best new dining destinations in the country. The New York Times’ Wells credited Blamey with reigniting the century-old bar declaring that “Ms. Blamey cooked tavern food never before seen in any tavern on this planet,” and dubbing her “a chef worth following.” A native of Santiago, Chile, Blamey initially staged at several acclaimed restaurants, including Chef Andoni Luis Adruiz’s Mugaritz, in San Sebastian, Spain, Wylie Dufresne’s WD-50 in New York City and ABaC in Barcelona. In 2010, she began a run of kitchen positions at some of the most exciting and lauded modern restaurants in the United States, working with visionary and accomplished chefs as Chef de Partie for Paul Liebrandt at Corton in 2010; as Sous Chef to Chef Matt Lightner (an acquaintance from Mugaritz) at Atera in 2011; then back to Corton in the prized position of Chef de Cuisine. She then shifted gears for a few years, working as both Sous Chef and Chef de Cuisine to Chef Justin Smillie at Il Buco Alimentari e Vinieri and Upland, before opening Chumley’s as Executive Chef. As she looks forward to her next chapter, the always-energized Blamey has been creating pop-up restaurants and experiences with popular chefs and restaurants in both New York City and Chile, inviting diners to enjoy her signature cuisine while continuing to evolve it for her next professional home.



Suzanne Barr

Suzanne Barr is one of Toronto’s leading female chefs with a signature flair for fresh comfort food and a passion for local community. She honed her culinary skills at a variety of restaurants around the world: Hawaii, New York City, London, Miami, France and Spain. In 2013, Suzanne returned to her native Toronto to launch Pepper and Sprout Food, a platform designed to educate and promote healthy food choices through food styling workshops and healthy meal delivery. In 2014, she opened her own restaurant, Saturday Dinette, a welcoming space with an evolving menu and eclectic vibe that drew line-ups from the surrounding neighbourhood and across the city. At Saturday Dinette, Suzanne also launched The Dinettes, a program that employed women from the YWCA and provided them with restaurant experience and social skills - a reflection of Suzanne’s passion for empowering females within the industry. Although Saturday Dinette closed in the summer of 2017, a few months later she became the Gladstone Hotel’s first Chef in Residence, creating a unique menu inspired by her mother’s Commonwealth journey from Jamaica to the UK to Canada. Suzanne is currently writing her first book, *Rite of Passage*, which she describes as “a cookbook, a tribute, and a love letter to my mother and the food I grew up eating.”



Prince Edward Island native Chef Charlotte Langley found her dream of becoming a chef at the Culinary Institute of Canada in PEI. As Executive Chef at the Whalesbone Oyster House in Ottawa, she became known for her outgoing personality and exceptional seafood fare. In 2014 Charlotte started her own company, Scout Canning, in Toronto, launching her own line of home-made, sustainable seafood and non-seafood products. She has also gained notoriety in the food industry by hosting popular food events, including Bibs & Bubbles, an oysters and champagne collaboration with “Grape Witch” duo, Nicole Campbell and Krysta Oben. Says Campbell about Charlotte: “Her events feel like you’re at the best dinner party that you’ve never been invited to.” *The Globe and Mail* notes that “One of the unusual aspects of Langley’s success is that it has come outside of restaurants.” Langley has been the buyer and food stylist for Top Chef Canada, has served as chef and culinary curator for the Restaurants Canada annual trade show, and has contributed to an upcoming cookbook by John Bil of Toronto restaurant Honest Weight. She has also taken on the role of Canadian chef and brand ambassador for the Marine Stewardship Council, developing recipes that promote sustainable seafood. One of Charlotte’s latest ventures is to partner with Vancouver chef Mark Brand to create a Greasy Spoon Dinner Supper event with a roster composed entirely of chefs “who happen to be women”. The goal is to showcase some of Canada’s best cooks while also deepening the discussion around gender equality in the industry.



Ivy Knight cooked professionally for ten years before becoming a writer. She has written for *The Globe and Mail*, *The Toronto Star* and is a regular contributor to *VICE* and *Playboy Magazine*. She has interviewed countless top chefs and food personalities, among them Jacques Pepin, Gabrielle Hamilton, Gail Simmons, Anthony Bourdain and René Redzepi. She has published three books and is currently at work on her fourth. She hosts Toronto’s largest and longest running industry night, 86’d Mondays at the Drake Hotel, and a speaker series called Black Coffee + Pie that will be soon be launching as a podcast.

CREW



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John Minh Tran, CSC



Editor
David Kazala, CCE

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Co-Producer - Howard Fraiberg
Writer - Maya Gallus
Director of Photography - John Minh Tran csc
Editor - David Kazala CCE
Composer - Keir Brownstone

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Angela Hartnett
Anita Lo
Amanda Cohen
Victoria Blamey
Suzanne Barr
Charlotte Langley
Ivy Knight

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