

ADDISON AUSTIN-LOU

STORYTELLER, ADVOCATE, CHEF

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I am a chef turned storyteller and advocate who seeks to explore the culinary landscape through a multidisciplinary lens rooted in meticulous research and ethical community engagement. I strive to amplify diverse voices through change-making storytelling and hands-on advocacy to support more equitable food systems worldwide.

AREA OF EXPERTISE

Japanese Cuisine	Interviewing + Reporting	MLA + APA Writing
Indigenous Food Sovereignty	Audio Editing + Basic Engineering	Graphic Design
Oyster Production + History	Analytical Research	Restaurant Operations

KEY ACHIEVEMENTS

- Co-Produced and Reported Award Winning Episode “Bittersweet History of Pralines.” Episode 191 of Meat + Three on HRN took Gold in Diversity, Equity, and Inclusion, as well as Bronze in History at the Signal Awards, and Gold in DEI at the Davey Awards.
- Scholarship Delegate Recipient with Slow Food USA. Chosen to attend and participate in Terra Madre Salon Gusto 2024 as a United States Delegate in Torino, Italy and Slow Fish in Charleston, SC.

PROFESSIONAL EXPERIENCE

Podcast Producer and Host - HRN (Heritage Radio Network)

Jan 2024 - April 2025

- Conceptualized, produced, engineered, reported, and edited for a full season of flagship podcast Meat + Three, alongside team.
- Invited back for mini series “From the Pantry.” Currently in production for a three episode arc about the sustainability of sushi.

Cheesemonger - Liberty Heights Fresh

May 2023 - May 2024

- Ran the cheese counter, knowledge of all cheese and cured meat styles, handling and cutting techniques, and pairings
- Slow Food Snail Certified Business

Senior Staff Writer - Salt Lake Underground Magazine

December 2022 - Present

- Consistent freelance food writing for a local non-profit publication across culinary topics: restaurants chef spotlights, and food guides.
- Contributor Limelight for SLUG Magazine, September 2023

Sushi Chef, Sous Chef - Kyoto Japanese Restaurant

November 2016 - January 2025

- Capable of fish break down, rice prep, vegetable prep, nigiri, sashimi, and all roll styles
- Creative menu development, team and restaurant management
- Multitasking, self motivation, and organization in high stress, busy environments

EDUCATION

Radio and Research Fellowship

January 2024 - July 2024

HRN (Heritage Radio Network) - Brooklyn, New York

- Gained all necessary skills to research, interview, report, and produce audio programming
- Learned how to conceptualize full seasons of a new show, including pitch deck, audio samples, and listener demographic research

Bachelor of Fine Arts - Printmaking and Graphic Design

September 2011 - June 2016

Emily Carr University of Art and Design - Vancouver, British Columbia

- #1 Ranked Art School in Canada, #29 Worldwide

Expanded Bio

Addison Austin-Lou (they/she) is a mixed-indigenous, queer, food storyteller and chef based on the ancestral homelands of the Ute, Paiute, Goshute, and Shoshone in so-called “Salt Lake City, Utah.” Their work centers the cultural and historic dimensions of food, while questioning the systems that cuisine exists within. Most recently they have been published in *Foyer Magazine* and *Produce Parties Magazine*, and as a contributing editor for *Kitchen Table Magazine*. Their audio work can be found on HRN, a non-profit food media network. An episode Austin-Lou co-produced and reported for “The Bittersweet History of Pralines,” received a gold medal at both the Davey and Signal Awards in the “Diversity, Equity, and Inclusion,” category.