

INDIGENOUS COOKING DEMONSTRATIONS AND INTERACTIVE CULINARY EVENTS



Events focus
on:

Cooking
education

Cultural
awareness

Entertainment

Health
education

Team building

Want to know more about Indigenous Foods?

Let me show you

Our culinary events feature foods indigenous to the Americas. In Canada, traditional foods include wild game, game birds, root vegetables, smoked fish, beans, wild rice, hominy corn, squash, and wild edibles. I create "Indigenous Fusion" by combining these ingredients with foods and flavours from all over the world for 'traditional foods with a modern twist.'

We want everyone to be able to see the cooking up close, so we include videocamera services. Several of our events are interactive and will engage your participants in fun team building as they learn to cook.

Culinary events include:

1. **INDIGENOUS FUSION COOKING DEMONSTRATION** - I will set up a portable kitchen and show you how to use traditional foods in recipes that will appeal to everyone in the family. Normally I make three to four different recipes in a demo and offer elders samples of what I make. Recipes are available so that participants get lots of opportunity to ask questions.
2. **DIABETIC-FRIENDLY COOKING DEMONSTRATION** - This is the same as above, but features recipes and ingredients that are better suited to diabetics and caregivers of people with diabetes.
3. **KITCHEN WARRIORS COOKING COMPETITION** - I will set up dual kitchens on stage so that teams from the audience or from your organization can enter a friendly competition to prepare dishes under the pressure of a time limit and watching panel of judges. Your sponsors will supply the prizes and everyone will go home with lasting memories.



4. **GROUP COOKING CLASS** - I will do a lesson to briefly illustrate important aspects of a variety of recipes (e.g., knife skills, use of equipment, and food handling, etc.) featuring Indigenous ingredients. Then participants (maximum 24) will break into groups (maximum 4 per group) to prepare the recipes at their work stations using portable cooking burners under my direction. I provide all the cooking equipment and groceries. Each group will prepare 1-2 recipes and participants will enjoy samples and recipes of all the prepared dishes.



CONTACT US

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The Trainer:

Chef David Wolfman

David is a First Nations TV Chef, host and executive producer of Cooking with the Wolfman, aired on APTN in Canada and FNX in the US. He is also a classically trained chef with over 30 years of



industry experience and is a Culinary Arts Professor at George Brown College in Toronto, Canada. He teaches international cuisine and hospitality, cultural influences in food, and food and beverage management to students from around the world.

The Assistant:

Marlene Finn

Marlene, Metis, is a former high school teacher, Aboriginal Relations trainer, and instructor of Native Studies at George Brown College. She has worked in conference planning, marketing and television production but now operates her own indigenous education and research consulting business.

David and Marlene have coordinated culinary events all across Canada and the US for schools, heritage foundations, health associations, business corporations, First Nations communities, tourism agencies, government ministries, and Fortune 500 companies. David shares recipes that he developed as a caterer, as a cooking show host, and as a restaurant consultant.