

Mabu Mabu damper-making workshop with Meriam chef, Nornie Bero

In this online experience, Meriam chef, Nornie Bero will share her love of Australian native ingredients in a damper-making demonstration, showing participants how they can incorporate indigenous ingredients and flavours into their own home-cooking.

In each session Nornie will make a variety of dampers in Torres Strait Islander style - wrapped in banana leaves and baked with pumpkin, wattleseed and saltbush varieties. She'll share tips on how to get the perfect damper softness, and where to source ingredients.

Mabu Mabu is a Torres Strait Islander owned and run business with an emphasis on using fresh, seasonal and native ingredients to create beautiful dishes that bring people together. Mabu Mabu is a term from the Torres Strait that translates to 'help yourself.' Traditionally, a Mabu Mabu is a banquet, shared table or big family meal. It's how we like to enjoy food on the islands: surrounded by the people we love.



Nornie Bero is the head chef and business owner. Originally from Mer Island in the Torres Strait, Nornie has been a professional chef for over 20 years. Her style of cooking is all about generosity and flavour. She has been creating dishes using native ingredients for much of her career, and is currently on a mission to make Indigenous herbs, spices, vegetables and fruits part of everyone's kitchen pantry.

Free event open to all VWL members. Attendees are welcome and encouraged to include members of their household, including children, and cook alongside Nornie. Registered attendees will receive an email with a link to the online workshop and damper recipes.

DATE: Tuesday, 1 September 2020

TIME: 12:30 - 1:30pm

LOCATION: Online (invitation to be sent to attendees)

REGISTER: vwl.asn.au/events-3 by 22 August 2020

To purchase a damper kit (including dry ingredients, indigenous spices, cryovaced banana leaves and a recipe card), as well as other native Australian ingredients to add to your pantry, visit the online store here: <https://www.mabumabu.com.au/shop>

Should you wish to cook along with Nornie, we recommend placing your order for a damper-making kit by **5pm Wednesday 19 August** for best chances of delivery before the event.