

**The Original Corporate Master Chef Company**

**Why Book Us?**



We guarantee to challenge employees with our hands-on cooking experience this Interactive kitchen bootcamp will deliver. Guests and facilitators will ultimately create the buffet lunch. Presenting informative, entertaining, nutritious and hilarious cooking demonstrations incorporating the healing cuisines of the past and present with the culinary principles of the classical way.

Gowings Food Health Wealth offers a unique investment into the corporate health market delivering the essential ingredient for decreasing levels of stress, team building and fortifying loyalty.

We are leaders in the field of culinary activities for the corporate sector and have been rolling corporate events in food for over 20 years. Our corporate health philosophy reflects the fundamental principles of holistic health, incorporating stress management, communication and leadership activities to ensure an increase in productivity, employee longevity, and overall performance of company staff. Understanding the needs of the corporate client is our priority, therefore a full assessment of participating staff members is systematically addressed.

*“Sam is a funny, intelligent and engaging teacher and avoids the po-faced preachiness that is sometimes associated with whole and health foods. She is a woman who can make cooking with beetroot (The Beauty of the Beets) seem like the most fun you’ve ever had.”*

**Michael Harden, Scoop Traveller**



welcome to food - health - wealth

Our vision is to radiate global awareness through our mentoring, coaching and culinary programs so as to empower others by cultivating their effective motivational mindset so they may enjoy the power of positive energy as a vital healing force to reunite family, restore community and renew planetary health.

## What's on the Menu?

### 1. Entrée:

#### **Inspired by Nature: 60-90 minute motivating wellness seminar**

*An inspiring optimal health workshop from \$1750+ +Travel Expenses*



A look at selected seasonal ingredients and the healing properties they possess to achieve optimal wellness every day. Focus is on stress reducing foods and lifestyle choices. We'll discuss healing foods for optimal health and debunk myths of fad diets and food trends by creating a harmonious wellness intention so they may depart brimming with confidence that they will be able to successfully implement and integrate at home and in the workplace.

**Format:** PowerPoint, data projector & screen, whiteboards. Fresh ingredients and dried spice platters to pass around, scratch, smell and discuss. A great team building incentive in the comfort of next conference, retreat or boardroom.

#### **Key strategies for discussion:**

- Maintaining the balance
- Taking action and strategic planning
- Setting realistic, achievable goals

## **2. Hors d'oeuvres:**

*Canapé Capers – A hands on Cocktail & Canapé class*

*From \$75 per person+ + Travel expenses*



*Are your staff a little underdone? Then break the ice and emulsify the team with a 90 minute cocktail and canapé workshop for 12 to 25 guests incorporating nutritional information and seasonal produce. Everybody gets to make a canapé and taste the delicious outcomes with cocktail selection of your choice. The perfect end to a great conference day. Each guest enjoys a cocktail while making their own canapés to enjoy either on the spot or at their pre-dinner event.*

**Format:** *Informal setting, trestle table for cooking demos and hands on. Bar set up.*

## **Menu suggestion:**



*Peking duck pancakes (left)*

*Cantonese shitake wonton deluxe*

*Seared tuna with wakame seaweed, wasabi mayo*

*Goat's cheese and caramelized onion tarts*

*Balinese satay skewers*

### **3. The Main Event:**

#### **Grill Seekers- Licensed to grill: The Ultimate hands on BBQ experience**

*From \$155 per person+ + Travel Expenses*

*Is your team undercooked or over roasted? Then give them a license to grill with this fun, interactive BBQ workshop for up to 24 guests incorporating local produce with an international twist.*



**Format:** **Outdoor** BBQ station required, selection of trestle tables for prepping and dining facilities as required. Guests and facilitators will ultimately create the BBQ lunch.

#### **Menu suggestion:**

*Recipes might include Yamba prawns, Japanese Yakitori chicken skewers, Balinese chicken with macadamia satay, Spicy lamb kofta, Chinese char siew lamb cutlets, or Lemongrass fish in banana leaves.*

*Although this is not a vegetarian class, we promise to include some lime seared tofu and macadamia satay sticks. And of course, there'll be a swag of locally made gourmet snags. Decorate your own pavlova to finish the ultimate Australian BBQ.*

**4. Degustation:**

**The Culinary Olympics – 4 hour motivational masterclass**

*\*Price on application*



**Discover your hidden talents to create the Ultimate Office Dream Team!**

*This activity is a must for your next conference or retreat. Corporate cooking incentives are proven to be one of the greatest group unity exercises around. Imagine competing in your company's very own Culinary Olympics where you get to grill the competition! Every team makes a different dish to ultimately assemble your lunch or dinner!*

*“Entertaining, educational, relaxed and left us wanting more. Sam filled the room with laughter and a passion for food, giving our team an aromatic experience. Every biteful released a new taste sensation that was accompanied by a glass of refreshing organic wine.*

*Sam's feel good recipes are easy to replicate at home especially the Turmeric tonic which one of us found out that it was an excellent revitalization after a late night! Simple, yet deliciously scrumptious. We will definitely be coming to see Sam again very soon. Bravo!”*

**Tegan Carter, News Magazines**