



Sharing stories, finding solutions

KWP presents **Mabu Mabu virtual Damper making class**

Mabu Mabu is a saying in the Torres Strait that means 'help yourself' or 'bon appetite.' It is announced at the start of a banquet or at a gathering of friends and family.

In this virtual class, we will make three kinds of damper: pumpkin and peppercorn, wattleseed, and saltbush.

There will also be Q&A on how you can use native ingredients in your everyday cooking, while sharing stories about Indigenous food, cooking, and the Chef's (Nornie Bero) culture heritage: the Komet Tribe of the Meriam People of Mer Island in the Torres Strait.

Workshop details

When: Monday 20th July

Time: 2.00pm - 3.30pm

Registration is a must. We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women

Please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

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