



Sharing stories, finding solutions

KWP presents

Mabu Mabu ONLINE Masterclass series

Unleash your cooking potential and join us for a three-part online series as Nornie from Mabu Mabu takes us through three of her favourite dishes.

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.

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.

After each workshop you attend, you will receive the star ingredient to try at home in your own time.

Workshop details

When: Wednesday 3rd April
Wednesday 10th April
Wednesday 24th April

Time: 11.00am - 12.00pm

Registration is a must.

We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women

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

