



Chef

MATT ATKINS

COMMON GROUND PROJECT

COMMON GROUND PROJECT

a cultural food education program

PROGRAMS, WORKSHOPS & CLASSES

Plate Events & Catering is a 100% Indigenous owned and family operated business with owner and executive chef, Matthew Atkins, a Malyangapa Barkindji Wiimpitja, at the helm.

Plate Events operates an 8.5m mobile commercial kitchen, uniquely named *Wilka Thalta*, meaning 'Hungry Kangaroo' in the Barkindji Language of the Baarka/Darling River region, Thalta being the Red Kangaroo totem of Matthew's family.

With culture and community being at the centre of Plate Events' core values, we have developed our Cultural Food Education Program with the aim of educating and training individuals on day to day tasks in the kitchen, allowing them to connect on *Common Ground*. These tasks are not only a necessity to eat, survive and become independent, but also serve dual functions in an indirect way with an equal impact on participants learning outcomes. We aim at teaching individuals these fundamental life skills in a safe and sacred place.

Sharing a food experience together is a communal activity that has been done so for thousands of years by our ancestors, sharing in the production and harvest of food together, communally preparing and cooking meals as a unit and of course enjoying the end product sitting as one, all the while breaking down barriers and opening up communication.

Our Cultural Food Education Program is both fun and interactive for participants with a focus on cultural food practices of Aboriginal people through time, drawing on the social, economical and nutritional impacts that food and a healthy lifestyle has on an individual's wellbeing.

Our Programs, aimed at community, Workshops, aimed at corporates, and Classes, aimed at the general public, vary in length and desired outcomes to suit a range of skills, needs and timeframes. We're also able to tailor make programs to a particular organisations approach, customising the project as need be. Join the experience with *Chef Matt Atkins!*

1 ON 1 MENTORING

programs

PROGRAM OUTLINE

This program explores elements common to Aboriginal and Torres Strait Islander cultures both pre-colonisation and post. Through native flavours used for thousands of years in the preparation of a food item familiar to all Indigenous peoples that was formulated from rations post-settlement, participants take away valuable knowledge whilst not losing sight of the diversity amongst our cultures.

This program allows participants to take-home their baked goods for family, friends or their community to communicate with and share in the experience's key learnings.

1hr duration \$200.00pp+gst

Minimum of 6 attendees throughout the course of a day,
with 1hour assigned for each participant.

LEARNING OUTCOMES

On successful completion of this program, individuals should be able to:

- Demonstrate an appreciation for a range of native flavours and their origins.
- Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
- Demonstrate an understanding of basic cooking skills.
- Demonstrate the preparation and cooking of a food item following a recipe card.
- Understand and demonstrate cleaning up in a kitchen atmosphere.
- Demonstrate communication skills.

TEACHING & LEARNING STRATEGIES

This program is taught through face to face contact with one on one service delivery in our *Wilka Thalta* mobile commercial kitchen. One on one mentoring allows for differing learning capabilities to be taken into account and our facilitator to customise their approach dependent on the individual's needs, willingness, existing knowledge and understanding, as observed through communication, body language and demonstration of skills or as identified to us upon application.

HALF DAY

programs

PROGRAM OUTLINE

Through the exploration of native flavours used for thousands of years by First Nations peoples, this program allows participants to prepare a substantial meal with significant health benefits, taking away valuable knowledge whilst not losing sight of the diversity amongst our cultures.

Participants also take-home foods produced for family, friends or their community to communicate with and share in the experience's key learnings.

Foods produced showcase to attendees the benefits of a healthy meal, as well as the versatility of foods with multiple uses.

3hr duration \$2,000.00+gst
Maximum of 8 attendees per intake.

LEARNING OUTCOMES

- On successful completion of this program, individuals should be able to:
- Demonstrate an appreciation for a range of native flavours & their origins.
 - Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
 - Demonstrate an understanding of basic cooking skills.
 - Demonstrate the preparation and cooking of food items following a recipe card.
 - Understand the health benefits on general wellbeing when selecting foods and meals.
 - Understand and demonstrate cleaning up in a kitchen atmosphere.
 - Demonstrate communication skills and work in a team.

TEACHING & LEARNING STRATEGIES

This program is taught through face to face contact in a group situation in our *Wilka Thalta* mobile commercial kitchen. Service delivery in a group allows for teamwork to take place and greater peer interaction to flow on, increasing communication skills and the ability to learn from one another.

FULL DAY

programs

PROGRAM OUTLINE

This program explores elements common to Aboriginal and Torres Strait Islander cultures both pre-colonisation and post, through the explorations of native flavours used for thousands of years by our Ancestors in the preparation of food items familiar to all Indigenous peoples that were formulated from rations post-settlement, whilst not losing sight of the diversity amongst our cultures.

The Full Day program allows participants to prepare a snack, a lunch and a dinner with significant health benefits whilst comprehending the importance of nutrition on wellbeing. Foods produced showcase to attendees how to prepare a meal on a budget, as well as the versatility of foods in creating a meal from leftovers, reducing food waste.

6hr duration \$3,000.00+gst
Maximum of 8 attendees per intake.

LEARNING OUTCOMES

On successful completion of this program, individuals should be able to:

- Demonstrate an appreciation for a range of native flavours & their origins.
- Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
- Demonstrate an understanding of basic cooking skills.
- Demonstrate the preparation and cooking of food items following recipe cards.
- Understand the health benefits on general wellbeing when selecting foods and meals.
- Demonstrate an understanding of food versatility.
- Understand food waste, it's impact and how to reduce it.
- Understand and demonstrate cleaning up in a kitchen atmosphere.
- Demonstrate communication skills and work in a team.

TEACHING & LEARNING STRATEGIES

This program is taught through face to face contact in a group situation in our *Wilka Thalta* mobile commercial kitchen. Service delivery in a group allows for teamwork to take place and greater peer interaction to flow on, increasing communication skills and the ability to learn from one another.



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NATIVE FOODS

workshops

WORKSHOP OUTLINE

This workshop series allows for the exploration of native flavours used for thousands of years by our Ancestors in an open and educational way with our presentation. Attendees are introduced to a variety of Native flavours through taste testing salty, sour, bitter & sweet ingredients, whilst also being able to view a varying ranges of herbs & spices, laid out and styled in an Indigenous display with varying traditional cooking artefacts & instruments at each of the series workshops.

The Native Foods Workshops allow participants to interact with us through questioning as we walk them through the growth, wild harvest, preparation and cooking of a multitude of ingredients. A cooking demonstration allows for the tasting of 2 hot meats as well, closing with 2 sweet treats for guests to indulge in then and there, or packaged for them to then take away.

1.5hr duration

Less than 15 attendees \$1,500.00+gst

16-30 attendees \$90.00pp+gst

35+ attendees \$80.00pp+gst (broken into time slot groups)

LEARNING OUTCOMES

On successful completion of this workshop, individuals should be able to:

- Demonstrate an appreciation for a range of native flavours and their origins.
- Understand traditional foods and how they are grown, wild harvested, prepared & cooked.

TEACHING & LEARNING STRATEGIES

This workshop is conducted through face to face contact in a group setting.

SERIES OF WORKSHOPS

#1: Murnde / Ground

#2: Napa / Water

#3: Yarto / Wind

#4: Kulba / Fire

#5: Topoilla / Smoke

TEAMS CHALLENGE

workshops

WORKSHOP OUTLINE

This workshop allows for the exploration of native flavours used for thousands of years by our Ancestors in an open and educational way. Teams are afforded the opportunity to be adventurous in the preparation of food items utilising Indigenous ingredients, whilst not losing sight of the diversity amongst our cultures.

The Teams Challenge workshop allows participants to prepare a main dish, a hot side, a cold side and a dessert using a mystery box of ingredients and a standard pantry of basics to creatively compete against one another for the ultimate dishes. Foods produced should showcase a variety of well-paired flavours with attention to styles of cookery used, presentation, creativity, versatility and minimal waste produced.

4hr duration \$300.00pp+gst

Maximum of 10 attendees per intake, 5 to a team (minimum charge of 10). We are open to larger groups, so please contact us for further information.

LEARNING OUTCOMES

On successful completion of this program, individuals should be able to:

- Demonstrate an appreciation for a range of native flavours & their origins.
- Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
- Demonstrate an understanding of intermediate cooking skills.
- Demonstrate the preparation and cooking of food items without a recipe card.
- Demonstrate an understanding of food versatility.
- Understand food waste, its impact and how to reduce it.
- Understand and demonstrate cleaning up in a kitchen atmosphere.
- Demonstrate communication skills and work in a team.

TEACHING & LEARNING STRATEGIES

This challenge is conducted through face to face contact in a group situation in our *Wilka Thalta* mobile commercial kitchen. Service delivery in a group allows for teamwork to take place and greater peer interaction to flow on, increasing communication skills and the ability to learn from one another in a fun and interactive environment that encourages creativity, versatility and quick thinking. If you're looking to increase motivation and improve your team's culture, this is the program for you!



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VIRTUAL

online

WORKSHOP OUTLINE

This online workshop allows for the exploration of native flavours used for thousands of years by our Ancestors in an open and educational way, virtually. Participants are able to join in and cook at home while we walk them through an everyday meal made with our Indigenous Fusion culinary flair, whilst not losing sight of the diversity amongst our cultures.

The Virtual workshop allows participants to listen, learn, watch and ask questions about the Native Ingredients introduced to them and general cooking methods demonstrated.

30min duration \$1,000.00+gst

Maximum of 20 attendees per intake to allow for interaction.

LEARNING OUTCOMES

On successful completion of this program, individuals should be able to:

- Demonstrate an appreciation for a range of native flavours & their origins.
- Understand mise en place/preparation in a kitchen atmosphere.
- Demonstrate an understanding of intermediate cooking skills.
- Demonstrate an understanding of cooking with a recipe card.
- Demonstrate communication skills.

TEACHING & LEARNING STRATEGIES

This interactive workshop is conducted virtually in our *Wilka Thalta* mobile commercial kitchen, via Zoom. Virtual service delivery allows for participants to be located anywhere in Australia or the World in order to take part. We post all participants a pack of Native ingredients to be used on the day, along with a shopping list of items to have available and ready to use in the virtual cooking workshop in preparing their meal.

VIRTUAL INTERACTION

online

WORKSHOP OUTLINE

This online workshop allows for the exploration of native flavours used for thousands of years by our Ancestors in an open and educational way, virtually. Participants are able to be adventurous in the preparation of food items utilising Indigenous ingredients that we send to them to partake in the workshop's activities, whilst not losing sight of the diversity amongst our cultures.

The Virtual Interaction workshop allows participants to prepare a main dish and a dessert utilising the Native Ingredients sent to them whilst gathering the remaining ingredients from their own pantry or purchasing from the supermarket prior to the virtual workshop. Corporates may also opt to send their recipients a Supermarket voucher along with their Native Ingredients to purchase the extras to partake. If this is the case, please let us know and we can organise this for you.

90min duration \$2,500.00+gst

Maximum of 20 attendees per intake to allow for interaction.

LEARNING OUTCOMES

- On successful completion of this program, individuals should be able to:
- Demonstrate an appreciation for a range of native flavours & their origins.
 - Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
 - Demonstrate an understanding of intermediate cooking skills.
 - Demonstrate the preparation and cooking of food items with a recipe card.
 - Demonstrate communication skills.

TEACHING & LEARNING STRATEGIES

This interactive workshop is conducted virtually in our *Wilka Thalta* mobile commercial kitchen, via Zoom. Virtual service delivery allows for participants to be located anywhere in Australia or the World in order to take part. We post all participants a pack of Native ingredients to be used on the day, along with a shopping list of items to have available and ready to use in the virtual cooking workshop in preparing their main dish and dessert.

COOKING

classes

COOKING CLASS OUTLINE

These classes allow for the exploration of native flavours used for thousands of years by our Ancestors in an open and educational way. Participants prepare everyday meals made with our Indigenous Fusion culinary flair, whilst not losing sight of the diversity amongst our cultures.

Our cooking classes allow participants to listen, learn, watch and ask questions about the Native Ingredients introduced to them while cooking their dishes and engaging with new cooking techniques.

2hr duration \$250.00pp+gst
Last Sunday of every month (exc. Jan & Dec)
Visit www.mattatkins.com.au for bookings

LEARNING OUTCOMES

- On successful completion of this program, individuals should be able to:
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 - Understand and demonstrate mise en place/preparation in a kitchen atmosphere.
 - Demonstrate an understanding of basic cooking skills.
 - Demonstrate the preparation and cooking of food items following recipe cards.
 - Understand the health benefits on general wellbeing when selecting foods and meals.
 - Demonstrate an understanding of food versatility.
 - Understand food waste, it's impact and how to reduce it.
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TEACHING & LEARNING STRATEGIES

This program is taught through face to face contact in a group situation in our *Wilka Thalta* mobile commercial kitchen. Service delivery in a group allows for teamwork to take place and greater peer interaction to flow on, increasing communication skills and the ability to learn from one another.

CHAMPAGNE VINAIGRETTE
- SALMON ROE CAVIAR
- EUREKA LEMON
- TAHITIAN LIME
FRESHLY SHUCKED
...
#PLATEEVENTS
FACEBOOK INSTAGRAM
PLATEEVENTS.COM.AU



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COMMON GROUND PROJECT

includes Chef Matt Atkins, staff & cooking equipment
prices exclude GST, delivery, table/chair/linen hire & event extensions, to be confirmed in a formal event proposal
bookings and final numbers must be confirmed and paid a minimum of 14 calendar days prior to event
selections are subject to availability and substitutions may be used without notice
please notify us of any dietary requirements when confirming menu selections, prices may vary for optional items

