

# Indigenous Fusion

## Virtual Cooking Classes

### with Chef David Wolfman



Visit [www.cookingwiththewolfman.com](http://www.cookingwiththewolfman.com)

### Recipes Feature:



Soups and stews using Indigenous large and small game meat and game birds (buffalo, pheasant, moose, deer, rabbit, etc.) or fish



Side dishes using Indigenous vegetables (squash, potatoes, beans, sunchokes, and other wild edibles)



Appetizers, sauces, and desserts using Indigenous berries and flavouring agents



### 1. Watch and Learn Class





**Watch and Learn Classes** are live, challenging and explore a variety of dishes from Indigenous peoples using Indigenous ingredients from across the continent. Watch Chef Wolfman prepare one or several recipes and ask him questions during the class. All you need is a smartphone/computer, stable Internet connection, and an email address. Try making his recipes when you have time, at a later date. Up to 100 people may watch a class.





## 2. Hands-on Class

**Hands-on Classes** are live and geared to the interests and cooking skills of participants. Follow Chef Wolfman's cooking demonstration and instructional slides and ask questions as you cook under Chef Wolfman's guidance and one-on-one support. Participants will require very specific ingredients, culinary equipment, appliances, and the technology listed above. Up to 15 people may actively participate (cooking) but an additional 85 may watch a class. Choose from any of the themes below or let Chef Wolfman customize a class.

-  • Smoking game meat/fish
-  • Senior-friendly dishes
-  • Diabetic-friendly dishes
-  • Kid-friendly dishes
- Budget-friendly dishes
- Gluten-free cooking
- Meals for the freezer
- 10 ingredients or less

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### 3. Pre-recorded Class

Pre-Recorded Classes enable participants to either watch a class or cook by following a taped demonstration of Chef Wolfman preparing a recipe (or several) and providing instructions and tips for success. Chef Wolfman will appear live during timed breaks so that participants can ask questions. Up to 100 people may participate.



### Biography



First Nations Chef David Wolfman is an internationally recognized expert in traditional Indigenous cuisine; a Culinary Arts Professor at George Brown College of Applied Arts and Technology in Toronto, Canada; Executive Producer and Host of the Cooking With the Wolfman television show; and co-author of the award-winning cookbook, *Cooking with the Wolfman: Indigenous Fusion*. Chef Wolfman is also a culinary consultant and sells his own line of merchandise including culinary knives.



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