

# Raw & Peace



## Gowings Food Health Wealth Raw & Peace Cooking Challenge

This fully interactive event brings out the corporate competitor and food critic in everyone! Teams prepare selected recipes for the ultimate healthy food cook off. Event includes e-recipes, beautiful seasonal ingredients, inspiring chefs, service staff, cooking equipment and fabulous gifts for the winning team.



# Raw & Peace Cooking Challenge

Welcome to the ultimate lesson in health and wellness, as taught by Master Chef Samantha Gowing and her team. Based in the stunning beachside town of Byron Bay, this unforgettable event teaches participants to embrace all things seasonal, local, organic and wholefood and experience a hands-on taste of popular clean eating trends.

As part of your experience we will guide your teams through a series of healthy cooking demonstrations, hands on challenges and tempt you with tantalising tastings. At the end of the session, we guarantee to leave you feeling both inspired and motivated to stay on the path to wellness and maximum good health. So fire up your finance department, plate up your workmates and blend your business besties together for a team building event to unite on all fronts.



## The Method

Divided into teams of 3 or 4 depending on the size of your crew, each team will chop, toss and whisk it out for victory to discover which current fad is this most doable, delicious and fun! Each team will create a dish designed by Master Chef Sam and will have to execute – and plate - the recipe precisely. Then your group will sit down or stand around with a glass of bubbles and enjoy their team creations. Our chefs or your host will then reveal who the winning team is and award with fabulous prizes. So get down and flirty with the latest food facts and clean eating trends. You'll learn more about your colleagues in the kitchen that you ever thought possible!

## The Menu

Minimum 12 guests \$275pp

The Vegan Megans	The Paleo Petes	The RawKwards	The Vegetarians
Beetroot carpaccio, lime, fig, pomegranate	Paleo cucumber bites	Fluffy berry smoothie	Byron Bay brown rice citrus salad
Kelp & zucchini noodles with mint, sprouts & seeds	Cured ocean trout with lemon myrtle dressing	Cauliflower couscous with macadamia nuts & berries	Sweet potato, tempeh & miso burgers
Rich cacao pudding	Super Paleo power balls	Raw lime bliss bombs	Native parfait of berries, coconut yoghurt