

# Chefs and Cooks



Delivering theatre and fun to fresh food  
promotions and events

If you're looking for ordinary Fresh Food events, don't call us. We don't know how to be ordinary.  
If you are interested in making a mountain of fun out of a heap of fresh produce, let's talk!

**Cooking Shows | Fresh Food Sampling | Kids Cooking Shows | Food Styling  
Recipe Creation | Product Promotions**



## Cook Sally

### **Sally "Sweetpea" – Proclaimed foodie, cook and teacher**

Sally has a contagious passion for food her audience loves!

A bite-size sample from Sally's career highlights include planning, managing and presenting cooking shows at The Melbourne Food and Wine Festival, The Mornington Peninsula Australia Day Festival, Frankston's Waterfront Festival, Queen Victoria Market and the South Melbourne Market's 'LG Kitchen'.

Sally has worked numerous events alongside well known culinary talents Tobie Puttock, Lola Berry, Rowie Dillon, Ian Curley, Janelle Bloom, Scott Pickett, Adam D'Sylva and Shane Delia.

Her passion for teaching stems from her career as a primary school teacher and her happy, outgoing and relaxed personality engages audiences of all ages.

Cook Sally is available for Cooking Demonstrations and Shows, Kids Cooking Shows, Recipe Development and Testing and Food Styling.



## Cook Peter

### **Our newest cook packs a punch in the kitchen!**

Cook Peter has 30-years of Martial Arts training. He's a Black Belt in the dojo, with the culinary skills to balance perfectly after a lifetime of health and high energy as a Karate Instructor. Inspired by a close family of great home-cooks, Peter's personal and professional culinary journey began at a very young age!

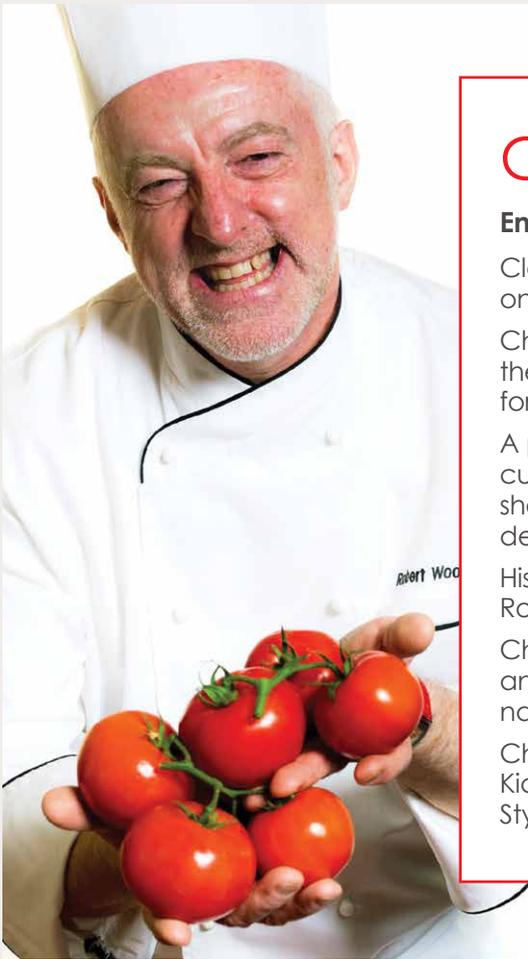
Cook Peter's mother was always interested in Asian cooking lessons – inspiring him to expand his taste for delicious food! When Eastern cuisine wasn't on the dinner menu, Cook Peter's first choice has always been amazing fresh seafood! Relocating to Queensland's Sunshine Coast in his early teens, a new world of taste was explored. Cook Peter never looked back!

A showman was born from the thrill and enjoyment of cooking for close friends – when Cook Peter left the nest, he moved in to a house full of hungry roommates. His toughest critics! Now, it's Cook Peter's Martial Arts training that separates him from the average on-stage cook. A healthy balance between nutrition, body and mind have always been at the peak of Cook Peter's must-do's!

Different diets, delicious cuisines and intense training helped create a broad cooking style Peter is always improving upon.

Both Karate instructor and now a Cooking host – presenting a passion for healthy eating and better well-being is his absolute joy.

"Further inspiring my guests after they've seen my performance," Cook Peter says. "Hopefully beginning their own journey."



## Chef Robert

### English born 'gentleman chef' and global traveller

Classical and sophisticated. Chef Robert crafts a legacy based on a wealth of experience in hospitality and food industry.

Chef Robert began his career aboard the luxury ocean liner, the Queen Elizabeth 2. His storied-career has seen him cook for Royalty, Heads of State, Politicians and movie stars.

A passion for travel has opened Robert to a wide variety of cuisines, which shine through his cooking. Chef Robert loves to share his travel stories in his cooking classes, creating a brilliant demonstration of talent and entertainment.

His audience interaction is second to none, and provide Chef Robert the ability to engage and entertain spectators.

Chef Robert is passionate about creativity in the kitchen and has an excellent eye for design and detail, befitting his gentleman nature and English heritage.

Chef Robert is available for Cooking Demonstrations and Shows, Kids Cooking Shows, Recipe Development and Testing and Food Styling.



## Cook Lauren

### BHSc (Health Promotion & Nutrition)

Cook Lauren developed her palate as a young-child – from both edible and non-edible items!

Fuelling her delight and curiosity of flavour, she's built a career understanding food's components and medicinal properties. Lauren studied nutrition and health promotion, forming in the development of her sensational culinary skills.

Over the last decade, Cook Lauren has eaten her way through several continents and explored many amazing places and cultures. These adventures unlocking a wide variety of cuisines and flavours, with each new land lending a fresh style to be adapted into her cooking.

With a strong passion for all things nutritious and delicious, Lauren conducts cooking classes for children and teenagers, gluten free cooking demonstrations and 'Fresh is Best' cooking shows. Cook Lauren's objective for her shows is to demonstrate how creating healthy and tasty meals can be easy-peasy lemon-squeezy!

Using fresh and simple ideas, Lauren can show you how the most nutritious, healthy meals can also be the tastiest, presenting them in a way that inspires others to try it at home.



## Cook Sophia

**BASc (psychology and health)**

**Passionate Mediterranean cook and entertainer!**

Sophia found comfort in the kitchen from as young as 8. Wearing her mother's heels and lipstick she idolised Tess Mallos, the famous Greek chef.

A natural entertainer from such a young-age, Sophia loved to play cooking show host for the enjoyment of her family audience.

Through her early teens, Sophia would discover cooking delicious food to be the key to her father's heart. Thus, began her lifetime interest of connecting others through her culinary skills, sharing good food and always being entertaining!

With a Bachelor in Health and Psychology, Sophia's wealth of experience extends from running cooking classes around the world, to being the Head Cook at a popular bistro in a Greek fishing village.

Sophia's boundless energy and delightful way of presenting captivates her audience. Cook Sophia is available for Cooking Shows and variety of demonstrations.



## Cook Julie

**A passionate Italian cook with a creative flair!**

Cook Julie has a beautiful style capable of lighting up any room, usually a kitchen! Julie's cooking shows are both educational, engaging and always delivered with a positive smile.

This Italian-wonder performer has always considered herself a 'hands-on' cook, and since a very young age, cooking traditional Italian with her family has been her passion. She persisted with her culinary dreams, achieving her formal food qualifications before developing her own company, 'Grow, Cook, Share'.

Julie specialised in workshops, festivities, dinner party menu planning and corporate-team events. Julie loves to travel and always takes the opportunity when abroad to learn new skills. These talents have given her the ability to develop new recipes and create an amazing range of cuisines across diverse styles – of course Italian but also; Middle Eastern, Chinese, Asian fusion, Malay, Mexican, Japanese and more!

Jet-setting around the world has also given Julie a great understanding of current food trends, how to educate the audience on healthy options, and working within food intolerances. Minimising food waste is another top-priority for Julie, she's more than happy to teach her audience her creative tricks.

Julie's larger than life personality along with her cooking knowledge and professional presentation make Cook Julie the complete package and perfect choice for your next promotion or event!



## Cook Colleen

**Cook Colleen is a Master MC, mum to two gorgeous young sons, and an astonishing storyteller**

Believing 'food is the fuel for life,' Cook Colleen combines a vibrant energy and sensational cooking skills.

Searching for stimulating tastes, Colleen travelled the globe adding exciting new techniques to her repertoire. Her travels are the inspiration behind her wonderful zest and fantastic stories – beautifully delivered, they captivate her audience.

Cook Colleen also draws from her family life while performing. Cherished memories of baking with her family are now passed on to her own young children.

Healthy lifestyle options for families are her top priority – today, it's her turn to be clever about making tasty, nutritious recipes. Occasionally with 'hidden veggies' for her boys.

It's this collaboration of knowledge, paired with colourful stories her audience loves.

Whether creating exciting tastes the entire family will love, or being adventurous with Chinese flavours, Colleen's emphasis on engagement and energetic charm is a delightful winner.



## Cook Brett

**There's a recipe for FUN and the main ingredient is Cook Brett!**

Start with one exceptional cook, add a healthy serve of master MC and season with a born entertainer and you've created Cook Brett!

Brett's objective throughout all his unique-shows is to involve the audience as much as possible. He encourages questions and wants his audience to take with them new skills, and always to be hungry for more.

In recent years, Brett has combined his passion for food and travel by working as a tour guide showing American families the real Melbourne and all it can offer.

"We have this amazing multi-cultural city, offering a wonderful variety of food from all over the world," Brett believes. "This is one my favourite attributes making Melbourne such a spectacular city!"

Cook Brett has spent over 15-years in catering, a valued experience he considers making him the master cook he is today!

"Food gives you the opportunity to relax and take time out from the hectic lives we live," Brett says about cooking quality meals at home. "With little effort, everybody can be creative in the kitchen and create delicious healthy meals."

Cook Brett is available for Cooking Demonstrations and Shows for adults and children.