

## **Goolarri Television series—*Catch & Cook***

**Robert Lee, Julie Nimmo**, Goolarri Television

*Catch & Cook* celebrates Indigenous Australia's innate appreciation of a healthy lifestyle that is culturally satisfying and visually stimulating.

In this innovative cooking show, our presenter Robert Lee wanders into the wet and dry Australian landscape hunting wild animals and gathering bush fruits and vegetables. He then prepares a meal at the end of his wildly invigorating day in his own fusion of Mod Oz/Asian/Aboriginal cuisine.

Robert's style illustrates for viewers that the old ways can be mixed with modern techniques and values; like shopping at supermarkets for fresh salad that can be enhanced with bush produce. Robert is also vigilant when it comes to selecting the 'low fat' option whether it is coconut milk or kangaroo meat.

Goolarri Television's raw, new spin on the cooking format is designed for the traditional cook and the adventurous chef. It's proved extremely popular with local viewers, which can be measured in real terms by the uptake of information sheets. These pamphlets include the weekly recipe, basic nutritional information for healthy living and anecdotes about the cultural history of the meal. They are distributed wherever Indigenous people work, shop and play and they fly off the shelves almost immediately.

The success of the series comes back to the enthusiasm of Goolarri Television's bush cook Robert Lee, an Indigenous man who was raised in the heart of Broome, but who always lived with great respect for the value of his ancestor's ways. It's a tribute to Robert that his people's traditions have been revitalised for a contemporary audience who seem to lap up the ideas and recipes.

*Catch & Cook* shows the landscape is actually a bountiful supermarket, and running around 'catching' a feed is the perfect antidote to the lounge-lizard syndrome. By the time Robert sits down to enjoy his tucka, viewers everywhere would be wishing they could sit with him under a tree and taste Australia's best dishes from this uniquely Indigenous menu.