

AFROS & AUDIO PODCAST FESTIVAL

Connecting the Diaspora

DESCRIPTION:

Connecting the diaspora through our universal love of food, culture, and storytelling. This unique Meetup experience will be a Live and Interactive Cooking Show with Item 13: An African Food Podcast hosted by Yorm Ackuaku. Learn to cook an authentic West-African 30-minute meal (moyo with spiced rice and alloco) that we can enjoy over the lunch hour. Stay for a Q&A with Yorm and guest chef Adé Carrena. This special eat and meet is limited to 30 attendees.



Host:

Yorm Ackuaku is the founder of esSense 13, a platform dedicated to raising the profile of African food globally through interactive online and offline experiences.

Since its inception in 2014, esSense 13 has hosted several events including the African continent's first food hackathon, food business pitch competitions, and dining experiences in Accra, New York City, Washington D.C., and London.

In 2018, Yorm launched and is the host of 'Item 13: An African Food Podcast', an audio production that celebrates the stories of African food entrepreneurs around the world. After 2 years of self-production, Item 13 is now part of Heritage Radio Network, America's premier food radio station.

Yorm also serves as a speaker and event curator, and in 2020 was included in Dine Diaspora's annual '*31 Days of Black Women in Food*', an annual celebration of the contributions of dynamic black women in the food and beverage industry.

A former CPA, Yorm graduated Magna Cum Laude from Marquette University with a BS in Accounting and Information Technology. She holds an MBA degree from Northwestern University's Kellogg School of Management and has lived and worked in the U.S. for over 10 years, with work experience in Europe, the Middle East, and Africa.

Yorm is currently based in Seattle.

Guest Chef:

Born in Porto-Novo, Benin, **Adé Carrena** owner of Dounou Cuisine started her culinary journey in the United States when she was adopted at the age of 10. Though then she cooked just with her family. She says her passion did not grow until a few years ago when her perception of food changed. "I saw that food is more than an edible but is instead a shared emotion and an ever-evolving yet traditional canvas for our history as beings." Adé's objective is to bridge cultural gaps by providing authentic African dining experiences and sharing the land's rich culture while also honoring her blended upbringing within a Puerto Rican home. For the last few years, she hosted Pop-up dinners in which her perception of West African food was showcased. She offers Personal Chef services, catering, Pop-ups, and more. "Where I come from we say, *Wa mi Dounou*. Which means, come share a meal with me. I cherish this thought because there is nothing more special than gathering with fellow beings, nourishing our bodies, exchanging cultures, and creating memories, all in the simple act of savoring a meal. I look forward to sharing a meal with you!"

LOGISTICS:

Time: 30 Minute Cooking Instruction
45 minutes Lunch/Live Show
15 minutes Q & A

Format: Live Show

Platform: Zoom

Meetup is limited to 30 participants. The shopping list and meal prep information will be provided early November. All participants are expected to have food prepped and ready to cook 12:00 prompt.

If you have any questions or need additional information, contact speakers@afrosandaudio.com