



Date: October 22, 2021
Time: 8:30 a.m. to 3:30 p.m.
Host School: Coastal Alabama Community College
Location: Fredric's at Coastal Alabama Community College
3301 Gulf Shores Parkway, Gulf Shores, AL 36542
Instructor: Chef Matt Palamara

Title: Sustainable Seafood

Objectives:

Attendees to this professional development event will:

- Discover the importance of utilizing sustainable seafood in their classrooms and places of employment for the benefit of the local and global ecosystem
- Prepare, evaluate, and critique dishes made from local, sustainable sources and their by-products in a lab environment
- Acquire knowledge on the ecological benefits of oysters and how we should utilize them

Agenda:

8:30am-8:45am	coffee and introductions
8:45am-9:45am	presentation on sustainable seafood and how chefs and educators play a part
9:45am-12pm	hands on lab utilizing local Gulf Seafood and their by-products
12pm-12:45pm	lunch
12:45pm-1:45pm	presentation on invasive species, locovorism, conservation efforts
1:45pm-3:30pm	tour of local oyster farm (weather permitting) and talk with the farmer

Instructor Bio:

Matt Palamara was born and raised in Eufaula, Alabama, and has been drawn to cooking ever since he first roasted marshmallows on a stick in Cub Scouts. He moved to Gulf Shores in 2003 to go to culinary school at Faulkner State's Gulf Coast Culinary Institute, where he graduated Magna Cum Laude in 2005. Palamara helped open Cosmo's as Sous Chef in 2006, and two years later was selected to be on the opening management staff for Cobalt Restaurant. Matt was promoted to Executive Chef of Cobalt Restaurant in 2010 and held that job for seven years during which the restaurant was voted Best Seafood in Alabama and Best Brunch in Alabama. He has competed twice in the World Food Championships, placing 12th in the world in the seafood category in 2019.

In 2017, Palamara applied for the culinary instructor position at Coastal Alabama Community College. He has been in that position to this date, sharing his passion for food and the hospitality industry through helping young culinarians develop their skills and professionalism. He lives in Gulf Shores with his wife, Lindsay, and their two sons.

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