

Exotic cuisine

# CHAKULA KIZURI

## Home Cooking Lessons

Learn traditional  
Swahili home cooking  
from a Zanzibar women's group



# ZANZIBAR

TANZANIA

It is not surprising that the food of the "Spice Island" offers an exotic variety of aromas and tastes. For centuries, the Indian Ocean sailing ships brought people from Arabia, Persia, India and the African continent to Zanzibar. Zanzibar cuisine reflects this colourful mix of cultures. From a women's group of Stone Town, you can now learn how to prepare Zanzibar rice and seafood dishes, snacks and sweets.



Arabian coffee, Indian curries, Masalas from Goa, exotic fruits, vegetables, and spices such as manioc, cashew nut, avocado, guava, nutmeg, cinnamon, and coconut are everyday components of Zanzibar's cuisine.



Zanzibar's famous rice dishes include *Biryani*, *Mseto* and *Wali* - but the unrivalled favourite, which is only cooked on special occasions, is *Pilau*. Pilau is a rice dish, meticulously flavoured with a variety of spices including cumin, pepper, cloves, cinnamon, cardamom, and raisins.



Zanzibar's many seafood dishes include octopus (*pweza*), swordfish (*nduaro*), kingfish (*nguru*), lobster and prawns (*kamba*), tuna (*jodari*), squid (*ngisi*), and seashells (*chaza*, *makombe*).



Our Chakula Kizuri (Swahili for "Good food") cooking lesson takes 3-4 hours and includes a main dish, side order, snack, and a sweet. From a variety of suggestions, you can choose the dishes you want to learn to cook. Your cooking teacher will be woman from Stone Town who is member of a local women's group.



You can also book your complete culinary holiday in Zanzibar, which, besides daily cooking lessons, includes visits to markets, agricultural production sites, and food tastings.

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## Exclusive booking office:

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