

Exotic cuisine

# CHAKULA KIZURI

## Home Cooking Lessons

Learn traditional  
Swahili home cooking  
from a Zanzibar women group



# ZANZIBAR

TANZANIA

It is not surprising that the food of the "Spice Island" Zanzibar 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 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, and 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* or *Wali* - but the unrivalled favourite, which is only cooked on special occasions, is *Pilau*, a rice dish meticulously flavoured with a variety of spices including cumin, pepper, cloves, cinnamon, cardamom and raisins.



Octopus (*pweza*), swordfish (*ndoaro*), kingfish (*nguru*), lobster and prawns (*kamba*), tuna (*jodari*), squid (*ngisi*), and seashells (*chaza*, *makombe*) are often cooked in coconut sauce.



Our Chakula Kizuri 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 group.



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

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