

## NEW FOR 2018 ESSQUE ZALU ZANZIBAR LAUNCHES DEDICATED SWAHILI COOKERY STUDIO



**18 December 2017:** [Essque Zalu Zanzibar](#), already a culinary hotspot on the island, is proud to announce the launch of their Swahili cook school, the [Mosha Cookery Studio](#). Built in the traditional style, with a rustic thatched roof but state-of-the-art cooking facilities, the studio has been dedicated to native Tanzanian Sous-chef Rose Mosha, who has been developing the cooking classes over her six years with the resort. They are now a much in-demand signature fixture, teaching eager students from around the world how to prepare mouthwatering traditional dishes and sample the best that the ‘Spice Island’ has to offer. Chef Rose says “I am delighted to be able to showcase the best of Swahili cuisine at the Mosha Cookery School and inspire guests with my personal favourites and treasured family dishes which have been passed down from generation to generation”.

After picking fresh herbs and vegetables in the kitchen garden heaving with sage, basil, mint, coriander and thyme, Chef Rose - a gifted and eternally patient teacher - guides guests through the method of creating a three course meal, peppering practical tips and advice with insights into ingredients and stories about her own family recipes. The rich culinary heritage and history of Zanzibar combines Swahili, Persian, Portuguese, Arab and Indian influences, introducing guests to a heady mix of fragrant cloves, nutmeg, cinnamon, green and black pepper and vanilla as well as an exotic tropical array of fruits and vegetables, from gleaming chillies, aubergines and tomatoes, to okra, lychees, star fruit and baobabs to name a few.



The studio has five live cooking stations centred around communal learning, meaning those with a competitive edge can even challenge friends and family, MasterChef style! Tantalizing dishes on the menu include *pweza wa nazi*, an octopus curry prepared with fresh coconut; authentic lamb samosas; chicken biryani or pan fried fish with coconut sambal. Afterwards guests can reward themselves with a seat at the *Mosha Cookery Studio Dining Table* to taste the fruits of their labour paired with wines chosen by the sommelier.

Avid fishermen – or gourmands looking for ‘line to fork’ eating – have the opportunity to head out in a local fishing boat and try their luck with traditional fishing materials and methods before returning to the resort to grill their catch. Budding pastry chefs will enjoy the *Just Desserts* class, in which sweet creations such as *kaimati* (a crunchy dumpling in a sugar syrup) or *kashata* (caramelized, candied nuts) are delicately perfumed with aromatic spices such as cinnamon, cardamom, and nutmeg, whilst early birds can create a brunch menu, enjoyed with a glass of chilled bubbly.

Perfect for individual foodies or groups travelling together, the school caters for amateurs, enthusiasts and accomplished cooks alike. Available for all age groups, the studio even offers fun kids’ cooking classes for budding young gastronomes from the age of four and above.

Guests will depart Essque Zalu with a ‘Taste of Zanzibar’ spice gift bag, a collection of Chef Rose’s recipe cards, personalized aprons and Chef hats, and all the inspiration to continue their Swahili culinary odyssey back at home. Duarte Correia, General Manager at Essque Zalu, said of the new facilities “I am proud of the vast array of cultural activities we offer at the resort, which enable us to cater to guests’ desire for immersive experiences which complement their enjoyment of activities around the island”.

#### **EARLY BIRD OFFER: FREE NIGHTS & 10% SAVING**

**Book a 7-night stay at Essque Zalu Zanzibar and save £812 per couple with Turquoise Holidays ([turquoiseholidays.co.uk/](http://turquoiseholidays.co.uk/) T.+44 207 147 7087). Prices start from £1,340 per person and include two free nights and 10% early bird discount based on two people sharing a Garden Suite on Half Board basis, including a cooking class at the Mosha Cookery Studio, return international flights and private airport transfers. Bookings must be made 90 days in advance.**

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### **ABOUT ESSQUE ZALU ZANZIBAR**

Located on the north east coast of Zanzibar, in its own natural cove, and framed by lush green forest and the turquoise waters of the Indian Ocean, Essque Zalu Zanzibar offers a mix of villa and suite accommodation crafted from local materials. All 40 suites are luxuriously styled spaces, and comprise a master bedroom, lounge and outside terrace or balcony, under a traditional pitched Makuti roof.

The crystal clear waters of the Indian Ocean offer superlative snorkelling and diving opportunities, the beaches are immaculate and the island itself is steeped in history, from the UNESCO heritage site of Stone Town and the footprints of Africa's greatest explorer, Dr Livingston, to the birthplace of Freddie Mercury, arguably Zanzibar's best known performer.

Essque Zalu Zanzibar is a member of the Preferred Hotels & Resorts Lifestyle Collection. All guests of Essque Zalu Zanzibar are eligible to enroll in the [iPrefer](#) hotel rewards program, which extends points redeemable for cash-value Reward Certificates, elite status, and special benefits such as complimentary Internet to members upon every stay at more than 600 participating Preferred Hotels & Resorts locations worldwide.

**For more information or to discuss feature ideas and press trips please contact [Sarah Harvey](#) or [Flora Gandolfo](#) at [Bacall Associates](#) or Tel: +44 (0) 8704 288 401**