



ESSQUE

ZALU ZANZIBAR



SWAHILI COOKING

QUITE LITERALLY IMMERSIVE

Built-in the traditional style, with a rustic thatched roof but a state of the art cooking facilities, the studio has been dedicated to our native African chefs, who have been developing the cooking classes at the resort.

We are delighted to showcase the best Swahili cuisines at Maisha Cookery Class and inspire guests with an endless list of treasured Swahili dishes passed from generation to generation and from expert to expert.

After picking fresh herbs and vegetables from the kitchen garden heaving with sage, basil, mint, coriander and thyme, our chef guides guests through the method of creating a three-course meal, peppering practical tips and advice with insight into ingredients and stories about our local recipes.

The rich culinary heritage and history of Zanzibar combine 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 fruit and baobab to name a few.

The studio has five live cooking stations centred around communal learning, which can also bring forth a friendly competitive edge between friends and family.

Tantalizing dishes on the menu include Pweza wa Nazi; an octopus curry prepared with fresh coconut. Authentic Lamb Samosa. Chicken Biryani or Pan Fried Fish with coconut sambal. Afterwards, guests can reward themselves with a seat at the Maisha Cookery Studio Dining Table to taste the fruit of their labour paired with a wine chosen by the sommelier.

For more information please contact the Navigator on Extension "0" or our Reservations Team at reservations@essquehotels.com or +255 778 683 960