



ESSQUE

ZALU ZANZIBAR



SWAHILI COOKING

QUITE LITERALLY IMMERSIVE

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 Moshu, who has been developing the cooking class at the resort.

Chef Rose says “I am delighted to be able to showcase the best of Swahili cuisine at the Moshu 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 Moshu Cookery Studio Dining Table to taste the fruits of their labour paired with wines 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

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