



Cooking & Culture with Mama Carole

Highlights

In every society cooking and culture are inextricably linked. Within Kenyan communities, the rhythm of life is influenced by the seasons and what is grown in local gardens throughout the year. It is the freshness and home-grown nature of the produce that results in some of the healthiest food available in any country of the world.

Mama Carole and cultural excursion, conducted in the rural home of your host is on the outskirts of Nairobi. A community dominated by small market gardens where the ingredients are picked fresh from the field. More than just a cooking excursion, the day also combines an appreciation of aspects of Kenyan family and culture that you will find intriguing.

What's Included

- Air conditioned hotel transfers
- A Kenyan 'leso' presented to you prior to starting your cooking
- Unlimited fruit, tea, coffee and water.
- 50 images of your adventure as well as videos
- One Horizon staff with you every step of the way.

What's Excluded

- Gratuities (Optional)

Blackout Days

- Easter Friday
- Xmas Day

1 Day
Tour

9 Max
Passengers

Pick Up
@ 9:00 am
from the hotel

Drop Off
@ 4:30pm
to the hotel

And Mama Carole's story is told with song and dance as you learn the secrets of Kenyan cooking. An unbelievable day in grassroots Kenyan society where the humour and friendliness of your host will envelop you.

Tour Itinerary

You are picked up from your lodgings by One Horizon and you embark on a short 25-minute vehicle journey to the rural outskirts of Nairobi. Along the way you will see aspects of both traditional life and the development in modern infrastructure that has dominated the last few years of Kenya. But all this quickly recedes as you enter the rural hinterland outside Nairobi and leave the hustle and bustle of the city behind you.

Upon arriving at Mama Carole's home, you will be greeted with the warmth and spontaneity of Carole and her family. And to the beat of African drums your welcome embraces the excitement that occasions your arrival. And after a welcoming song and dance from your host, it's time to enjoy the day and all that comes with it.

In addition to being shown around her home, you will soon begin the first part of learning about Kenyan food, by helping to prepare and cook chapattis. Chapattis are similar to flat bread are a great Kenyan tradition and favourite. In many Kenyan families, chapattis are prepared only once a year and usually during the Xmas season. It's a great introduction to Kenyan life. You will also experience the use of biogas which provides the fuel that is produced in an energy efficient source from her farm.



The chapattis are then taken over a cup of Kenyan tea and/or coffee as a starter for the day. And during this time, Mama Carol will explain her life's journey and that of her 5 children – the achievements and the obstacles which she has navigated so far. It's a fascinating insight into the life of a citizen of Kenya women.

After this, it's time to undertake the preparation for lunch and being taught the skills of making a fresh Kenyan vegetable stew drawn from the farm veggie garden. It's an entirely organic and healthy lunch and one which is favoured by many Kenyan families (and you will be supplied with the recipe as part of your day).

One of the most fascinating aspects in the cooking of your lunch is that it is done over a 3 stone fire. That is, a traditional lunch cooked over an open fire. It's the most common form of cooking food in Kenya. It's all about cultural immersion on this day and a day which you will remember for ever as the cooking is interrupted by song and dance that is so much part of Kenya. A day which you will never forget and one which enables you to be able to make great nutritious food as memento when you get home. A memory which you can relive with your newfound Kenyan cooking skills