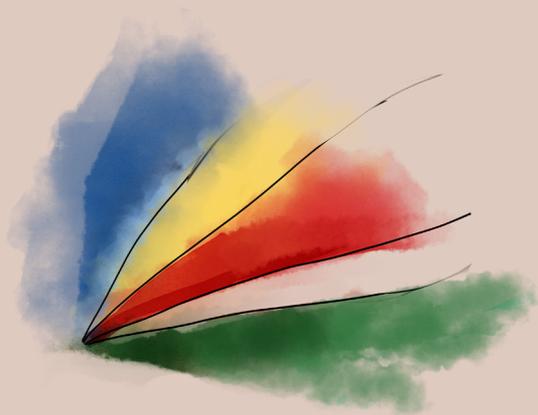


A TOUR OF AFRICAN GASTRONOMY



SEYCHELLES

A TASTE OF SEYCHELLES' GASTRONOMY



A NATION'S GASTRONOMY IS ITS MOST INFLUENTIAL AMBASSADOR

Seychelles is all about diversity - harking back to a time when its archipelago of over one hundred islands was settled by a prophetic assortment from four corners of the world.

Silky notes of **vanilla, muscat, coconut, lemon grass, cinnamon, allspice** and a myriad of other spices is what gives our exquisite Seychellois Creole cuisine its tantalising choice of salads, mouth-watering main courses and decadent desserts. A lot of the spices in Seychelles were first introduced by 'Pierre Poivre'. It was 1772, sixteen years after the Seychelles had been taken possession of by the French. **Cloves, nutmegs pepper and cinnamon** grew and flourished for some time until one day in May 1780 when the spice garden was deliberately destroyed by a monumental act of blunder.

French cuisine was brought to the islands by the first settlers and later added to by English colonists and influences from immigrants from India and China, making Creole cuisine a melting pot of cultures. With them they brought their legendary skills in the kitchen and aromatic blend of spices and herbs which they adapted to an island life where seafood was abundant from the surrounding seas, meat less so and vegetables

somewhat scarce. Necessity being the mother of invention, one way they achieved this was by **using fruits as vegetables**. This is why one finds particularly coconut, mango, papaya, pumpkin, eggplant and golden apple prepared as chutneys to accompany tangy salads as well as dishes of pork, chicken and beef and, of course, fish, shellfish and crustaceans in all their Seychelles splendour. Your trip would be incomplete without tasting **the five typical most popular traditional dishes** available not only in some of the best local restaurants but also as quick takeaways at attractive prices in local fares and night bazaars.

If you are experimental enough, other delicacies like the *boudin or blood sausage* is worth a try, washed down with a *bacca*, a local fermentation or one of our excellent local beers; all of which mirror the varied ethnicity of its population and produce the grand symphony of flavours, tastes and textures which we know today as our local gastronomy.

TAKE YOUR PALATE ON A TOUR

SPICE UP YOUR LIFE WITH PRODUCTS FROM SEYCHELLES



TUMERIC POWDER

(Safran in Creole)

collected and dried for use mainly as a seasoning and colouring agent in food.



MASALA

A mix of spices used in a curry to add more flavour and taste



NUTMEG

The spice is made from its seed. It has a warm slightly sweet taste and used to flavour many kinds of baked goods, confections, puddings etc ...



VANILLA

The bean (fruit) of the vanilla plant is commonly used to make flavouring



CURRY LEAVES

(Kari Pile in Creole)

A blend of spices that come together to give a warm and hearty flavour to whatever dish it is used in.



CINNAMON LEAVES

Often dried and has a lighter taste and aroma compared to cinnamon bark when used in teas or cooking.

WANT TO BRING SOME BACK AS A SOUVENIR?

These spices can be found fresh at *The Sir Selwyn Selwyn Clarke* market in **Victoria city**, as well as at side road markets across the islands. You can view spices growing at the *Jardin Du Roi* at **Anse Royale**; *Vanilla plantation* at the **L'union Estate** on **La Digue Island**.

Spices can also be bought and are grown at major farms in different districts; **Anse Royale**, **Anse a La Mouche**, **Dame Le Roi** and **Baie Lazare**.

TOP 5 LOCAL BITES TO SAMPLE



WHOLE GRILLED MACKEREL

Makro Griye Served hot with white rice, creole sauce & golden apple chutney

Course: Main Course

Grilled whole mackerel with a spice crust is the best way to prepare the fish. Mackerel has everything going for it: it's an oily fish, omega-stuff, and cheap

ROUGAILLE OF SALTED FISH

Rougay Pwason Sale Served with hot white rice, lentils & snake gourd salad

Course: Main Course

Rougaille of Salted Rabbit Fish, or Rougay Kordonnyen Sale, is one of the classic Seychellois dishes that everyone on the islands love. It is essentially a tomato-based dish, with incredibly rich flavours thanks to the combination of herbs and spices used.



OCTOPUS CURRY - Kari Zourit

Served with white rice & pumpkin chutney

Course: Main Course

Octopus curry is a simple one pot dish, with most ingredients easily found in the local markets, corner stores or supermarkets.

TREVALLY KATKAT WITH GREEN PLANTAIN

Course: Main Course

The Trevally Katkat is a hearty dish made with roughly mashed green plantain, trevally and coconut milk that we have inherited from the Malagasy slaves and has become a comfort dish of many Seychellois.



SEMI-RIPE PAPAYA JAM

Course: Dessert

This Semi-ripe Papaya Jam- Konfitir Papay Zonn- is a slightly crunchy and nutty jam which is made with coarsely grated semi-ripe papaya that is cooked in caramelised brown sugar and flavoured with nutmeg and vanilla.

FLAVIEN JOUBERT

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With over 45 years of experience in the culinary world, following his studies Chef Flavien Joubert has travelled around the globe to acquire expertise and specific skills to further specialize on what he loves the most. Chef, Writer and Principal of the Seychelles Tourism Academy for the last 20 years, he is well-known for his books on creole cuisine and culture that serve as inspiration for travelers.

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Seychellois cuisine has been influenced by its multi-ethnic people of Indian, Chinese, African, French and English origin.

The most important features of this cuisine is a careful blending of spices. Coconut milk and breadfruit are used very often by locals. The Seychellois specialties include *coconut curries*, *kat-kat babane*, *chatini requin*, *soupe de tectec*, *bourgeois grille*, *bouillon brede*, *kari chauve-souris* or *fruitbat*, *kari bernique* and *salade de palmiste* that consists of coconut palm.

Another delicacy that can be found in Seychellois cuisine is **La Daube** which is made from breadfruit, bananas, yams and cassavas. Potatoes are prepared in many different ways, being chipped, mashed, or roasted. Some of the locally produced vegetables and fruits are aubergines, *choux shoutes*, calabashes, papaya, bananas, mangoes, avocados, pineapples, grapefruits, limes, melons and Golden apples.

Fresh Fish (abundant in the Seychelles waters) is one of the main elements of most Seychellois dishes, and cooked in a variety of ways: grilled, roasted, fried, curried or even made into salads. These are usually served with boiled rice and *chatini*, which are made of fresh or cooked vegetables (pumpkin, eggplant, grated raw pawpaw, Green mangoes). The uncooked version is served with a vinaigrette and the fried version is usually served at room temperature.

BAKED WHOLE RED SNAPPER CREOLE STYLE



INGREDIENTS

- 1 Red Snapper
- 30g of Crushed Garlic
- 30g of Crushed Ginger
- 20g of Chopped Parsley
- 20g of chopped Thyme
- 10g of Fresh ground Chilli
- Juice of 1 Lemon
- 100g of crushed Onion
- 300g of Sliced Onion
- 600g of Sliced Tomatoes
- 60ml of Vegetable Oil
- Salt and ground black Pepper

METHOD

- 1 Clean the fish well and make 3 large incisions on both sides with a sharp knife
- 2 Mix garlic, ginger, parsley, thyme, chilli, lemon juice, crushed onions and seasoning to fill the incisions on both sides of the fish and rub nicely on both sides. Allow to marinate for 2 hours.
- 3 Place the fish in a baking tray with marinade, coat with 35ml of oil and put in a hot oven for 15 minutes.
- 4 Heat the remaining 30ml of oil, add the sliced onions and tomatoes, season well, place on top of the fish and allow to bake for a further 15 minutes.
- 5 Serve with rice and chutney.

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