Located in East Africa, Tanzania is considered among the World’s Top Safari Destinations in terms of quality, quantity, diversity, and visibility of wildlife, natural and cultural resources. In addition to thrilling nature and wildlife, Tanzania has diverse cuisine or cooking traditions and practices that are influenced by its rich trade, ethnic, religious, racial, cultural, agricultural, and heritage. Besides the various indigenous people's diets, it has for centuries welcomed the culinary traditions of the Arabian Peninsula, South and Southeast Asia, Europe, the Americas, and other African regions. Country’s key food crops include maize, sorghum, millet, rice, wheat, beans, cassava, potatoes, and a wide variety of fruits vegetables and spices. For most Tanzanians, breakfast usually a simple consisting of tea or coffee taken with snacks; lunch often consists of starch foods like ugali, bananas, rice, potatoes and cassava, eaten with cooked vegetables, meat, and greens; dinner tends to be the most leisurely family meal which usually features the same as lunch or different dishes. (Otiso,2013)

While in Tanzania there is always more to discover, and our gastronomy is an ingredient that makes a visit to Tanzania an unforgettable experience!
TAKE YOUR PALATE ON A TOUR
SPICE UP YOUR LIFE WITH PRODUCTS FROM TANZANIA

TILAPIA
Fish is considered as among the healthiest and vital to Tanzanian gastronomy. Frying is the most favoured way of cooking and enjoying Tilapia fish by most Tanzanians.

CINNAMON & CLOVES
These spices are commonly grown in Zanzibar and used for preparation of different kind of dishes and tea. Can be found in stick or powder form.

TANZANIA PEABERRY COFFEE
A unique and highly regarded coffee beans in the world grown in the southern highlands and under the foot of mount Meru and Kilimanjaro.

CASHEWNUT
Grown mostly in regions of Mtwara, Lindi and Ruvuma cashew nuts is important in Tanzanian gastronomy. It is normally seasoned with salt then roasted to provide a snack that can be taken at anytime of the day.

GRAPES
Popularly grown in Dodoma, the capital city of Tanzania, it is mostly used for production of different types of wines from Tanzania.

WANT TO BRING SOMETHING BACK AS A SOUVENIR?
There is everything for everyone, but also there are areas and exclusive items that can only be found in Tanzania. The popular and famous food market is known as Main market which located at Azimio road, Bondeni road, Martin road, and Nyamwezi road near the NMB bank and St. Thomas hospital. Varieties of spices, fresh food items and fruits are available and the market is open from 7:00am to 6:00 pm daily.
FISH COOKED WITH COCONUT SAUCE (SAMAKI WA KUPAKA)
Darne cut of fish, cooked together with spiced coconut sauce can be eaten with ugali, or plain steamed rice. Popular in Tanzanian gastronomy.

SPICED RICE (PILAU)
A cooked mixture of rice, spice and meat. A flavorful dish mostly cooked during Sunday and ceremony days such as Christmas and Eid al-Fitr.

FRENCH FRIES OMELETTE (CHIPSI MAYAI)
It is generally prepared with potatoes, oil and beaten eggs fried together in a pan. It is often served with vegetable salad.

ZANZIBAR MIX (UROJO)
Starches of boiled potatoes and Indian-influenced items such as deep-fried potatoes flour noodles simmered with turmeric, mango, flour, and other ingredients.

STIFF PORRIDGE (UGALI)
Ugali is a stiff maize/cassava flour porridge usually served with cooked vegetables, beans, or stewed or grilled fish, beef, chicken, or goat meat.

DID YOU KNOW?
Because of high population diversity with more than 120 ethnic groups and people from other backgrounds, Tanzania has no national dish. Nevertheless, ugali (stiff maize/cassava has become closer to most preferred dish due to its popularity. Ugali is normally eaten with cooked vegetables or meat.
A CHEF FROM TANZANIA

CHEF GREYSON

AGAPITY has more than five years of experience working in five star hotels and lodges, including Serena Hotel and Lodges. He has been employed by the National College of Tourism for more than 11 years, and during that time, students have benefited greatly from his knowledge and experience in the culinary field.

“Tanzanian cuisine has a big influence on the social and economic growth of Regions that depends on agricultural activities, and it involves local farmers in the growth of the tourism industry as a source of differentiation, distinction, and diversification. However, due to the diversification of resources drawn from more than 120 ethnic groups, Tanzania has the potential to become the top and more attractive competitive gastronomic destination in Africa.”

Chef Agapity was born and raised in the Tanzanian city of Arusha. He earned his certificate in food production from Arusha Hotel Training Institute, then went on to earn diplomas from Mt. Meru University and the Open University of Tanzania, as well as a bachelor’s degree in tourism and hospitality management. He is currently pursuing a master’s degree in tourism planning and management. Since he began his studies at the hotel school, his goal has been to empower Tanzanians to become more skilled in the culinary arts. As he currently works for the government, his contribution to the nation is crucial to the hotel industry in Tanzania. Due to his expertise in the field of culinary arts, he also offers consulting services.
LOCAL CHICKEN COOKED IN SWAHILI SAUCE

INGREDIENTS

• 1 pc chicken of 1.5kg
• 1 clove of garlic
• Crushed
• 1 piece of small grated ginger
• 1 tea spoon turmeric
• 1 teaspoon paprika
• ½ teaspoon fresh chili
• 3 teaspoons tomato paste
• 2 tablespoon of salt
• 2 tablespoon chicken masala
• 3 tablespoon of vegetable oil
• ¼ cup of natural yoghurt
• ¼ cup of coconut milk
• 1pc medium chopped onion
• 2 bunches coriander

STEP BY STEP

1. Chicken should be cut into 8 pieces, boiled until medium-tender, and then separated from the boiled liquid.

2. Onions, garlic, and ginger are chopped, and vegetable oil is added to a large pan that has been placed over high heat.

3. Add the chicken masala, paprika, turmeric, and fresh chilies after cooking for three minutes.

4. After the ingredients have been thoroughly combined, add the tomato paste, then the liquid from the boiled chicken, then coconut milk, the yoghurt, and the chicken pieces.

5. Simmer for 10 to 15 minutes.

6. Once sufficiently heated, remove from the heat and serve with ugali/rice/fries.