



# SPICE SPOONS

BY ANANTARA



## Explore The Cuisine Of Mozambique

The heart and soul of Mozambican cuisine come from the people and their culture. Like the country itself, traditional dishes are rich and spicy.

Flavourful stews and an abundance of seafood feature strongly, as does the unmistakable piri-piri sauce. Markets overflow with sweet and succulent fruits: oranges and grapefruits, bananas and mangos, and coconuts, the main ingredient in many sauces and marinades that define authentic local dishes.

Add new flavours to your culinary repertoire with a richly immersive, step-by-step class. Flavour enthusiasts will learn traditional cooking techniques, craft authentic African recipes, and enjoy their creations during a chef-hosted meal.







# Cooking Class Programmes

## Kids' Culinary Journey

10.00 am – 12.00 pm

**USD 15** for 1 to 2 kids

**USD 10** for 3 kids or more

- Welcome drink
- Vegetable garden tour
- Spice Spoons cooking class
- (Pizza or pasta at Clube Naval)
- Savour your creations for lunch

## The Spice of Life

11.00 am – 13.00 pm

1 hour + lunch

**USD 90** per person

**USD 160** per couple

- Welcome drink
- Vegetable garden tour
- Spice Spoons theory and cooking class
- (Choose dishes from our indigenous menu)
- Savour your creations for lunch with wine pairing





## Menu Options

### Soup

1. Mozambican Caldo Verde

### Appetisers

2. Mozambican Prawns Nacional
3. Shrimp and Black-Eyed Pea Croquettes
4. Avocado Salad in Peach dressing

### Mains

5. Tuna Steak in African Rub
6. Mozambican Crayfish Rice
7. Goat Meat Stew
8. Chicken with Mango and Cashew Nuts
9. Zambezi Chicken
10. Crab Stew
11. Grouper and Cassava Stew
12. Prawn and Pineapple Curry
13. Grilled Fish with Piri-Piri
14. Piri-Piri Chicken
15. Prawn Matapa

### Sides

16. Shima
17. Piri-Piri Sauce

### Dessert

18. Pineapple Cake

