



SPICE SPOONS

SAVOUR THE CUISINE OF MOZAMBIQUE

Like the country itself, Mozambique's traditional dishes are rich and spicy, reflecting their cultural roots and influences. Flavourful, spicy stews and an abundance of seafood feature strongly, as does the unmistakable Piri-Piri; a classic, Portuguese-inspired sauce of chilli, garlic, and lemon, found in kitchens across the country.

Mozambique's shellfish is of the highest quality, and the creative use of acidity and spices transforms each dish. Markets overflow with sweet and succulent fruits: oranges and grapefruits, bananas and mangos, and of course coconuts, the main ingredient in many sauces and marinades that define authentic local dishes.

The heart and soul of Mozambican cuisine come from the people and their culture. Spice Spoons offers guests the opportunity to work with personal chefs. Culinary adventures start with learning how to choose fresh produce from the resort's vegetable garden and progress on to learning how to cook Mozambican dishes with step-by-step guidance.

Flavour enthusiasts will also learn traditional cooking techniques, crafting authentic African recipes and enjoying their creations during a chef-hosted meal. Guests are immersed in an unforgettable experience of local cuisine.



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Anantara Bazaruto Island Resort, Ilha do Bazaruto, Inhambane, Mozambique

Tel: +258 84 304 6670, Email: bazaruto@anantara.com


ANANTARA
BAZARUTO ISLAND
RESORT



SPICE SPOONS

COOKING CLASS PROGRAMMES

Kids' Culinary Journey

10.00 am – 12.00 pm

1 to 2 kids USD 15

3 kids or more USD 10

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

The Spice of Life

10.00 am – 12.00 pm

1 hour + lunch

1 adult USD 90

1 couple USD 120

Kids up to 12 years – 50% discount

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



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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

Main

5. African rub Tuna Steak
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



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