

# Culinary workshops at Dar Jdoud Zammour, Sondes Zamouri's table d'hôtes



## Culinary experience in Zammour, a Berber village in the heart of the Dahar Mountains

In the Zammouri family, the arts of the mouth are a family tradition. I invite you to discover the history of our house, known as “Dar Jdoud” (the house of the ancestors), and to discover the traditional dishes and products of our region. You'll prepare authentic dishes and discover the secrets of southeast Tunisian family cooking.

Period: All year round

Duration: One day

Participants: 2 to 10 people

Level: Accessible to all

Languages: French, Arabic

Location: Dar Jdoud, Zammour, Beni Khedache, Médenine

Comfort : \*\*\*\*\*

Transport and accommodation: Not included in the experience (On request)

Your host : Sondes Zamouri



Originally from Zammour, I come from a Berber family who lived for a long time in the mountains of Béni Khedache. The love of my village and its culture was the driving force behind the launch of my Dar Jdoud project. My dream has now become a reality, and I offer my visitors the chance to discover the culture and culinary traditions of my ancestors through our gastronomy and local produce.

### Highlights of the experience

- Visit to Zammour and Béni Khedache;
- Discover Tunisian Berber culture;
- Immersion in local life with our family;
- Discover local products;
- Discover local dishes and ancestral recipes;
- Preparation and tasting of local and organic products;
- A family atmosphere;
- Exchanges and sharing.

### Ideal if you're looking for activities for...

- Retirees ;
- Families with children ;
- Groups of friends,

- Lovers of good food;
- Lovers of encounters and immersive experiences ;
- Travelers and solo travelers.

## The spirit



40 km west of Médenine, my village is nestled in the heart of the Béni Kheddache mountains. A Saharan landscape where the harshness of the desert contrasts with the gentleness of the oasis and its palm grove. The population is predominantly Berber. Over the centuries, it has built an arid civilization where water is precious. She used to live in the ksours.

This experience is an invitation to discover the history of the Zamouri family and the depth of our culture. In a friendly and convivial atmosphere, I'll take you on a discovery of our local produce and delicious dishes made with local products and according to a tradition that goes back to our earliest ancestors.









## We've got you covered...

After your arrival at Dar Jdoud, I welcome you and introduce you to the history of our region, the village and my family.

Afterwards, I invite you to discover my workshop and my various local products made from local produce. I reveal the secrets of the preparations and the recipes I got from my mother and grandmother.

Depending on the season, I suggest you join me in preparing one of the artisanal recipes handed down from mother to daughter, before sitting down to enjoy them.

Let yourself be carried away by our flavours and experience moments of pure delight.

## Price

- On request.
- Our prices include: the organization of the experience, the fees of the mediator-trainer, the products used and served during the experience and the tasting.
- Our prices do not include: transport, insurance.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Contact us

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