

# Learn how to cook octopus with Najet, chef at Le Régal restaurant



## **A dream day around the Kerkennah Islands speciality**

Combine business with pleasure by visiting our archipelago paradise and savoring our octopus, lovingly cooked for an authentic taste thanks to our experience dating back to 1989. For one day, I invite you to enjoy a culinary and gustatory experience as you discover the special characteristics of Kerkennah octopus and my various dishes lovingly prepared with natural ingredients in keeping with the traditions of the island's inhabitants.

Period: All year round

Duration: One day

Participants: 2 to 12 people (for more than 12 people, please contact us)

Level: Accessible to all

Languages: French, Arabic... (On request)

Location: Restaurant Le Régat, El Attaya, Kerkennah Sfax

Accommodation : Not included in the experience (possibility of staying in studios, hotels or guest houses nearby).

Transport : Not included in the experience.

**Your host: Najet Werda**



Najet's smile invites you to immerse yourself in Kerkennian culture and the traditions of these dream islands. A native of the region and an expert in gastronomy, specializing in seafood in general and octopus in particular, she will offer you a panoply of tasty dishes at very attractive prices. Above all, Najet is passionate about passing on her knowledge and love of cooking, making you feel like part of the family!

### Highlights of the experience

- Live an authentic cultural immersion and human experience for a day;
- Learn the techniques of octopus fishing, and how to recognize and appreciate the special characteristics of ;
- Share a convivial, multigenerational and multicultural moment;
- Promoting maritime heritage ;
- Enjoy freshly prepared octopus.

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

- Families with children and teenagers ;
- Retirees ;
- Solo traveler ;
- Women's tourism ;
- Team Building ;
- Passionate about culinary experiences.

### The spirit

- Imagine yourself swept away by the calm and charm of the Kerkennah archipelago;
- Discover the world of the Kerkennah people and its special features;
- Enjoy our authentic octopus dishes;
- Discover the secrets of octopus fishing with a trip out to sea.





### We've got you covered...

- Welcome and tour of the property, sea outing (possible);
- Meet Najet and talk about Kerkennah octopus and octopus dishes;
- Discover recipes and ingredients ;
- Lunch ;
- Tastings ;
- Time for photos!
- Departure.

### Price

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

### Recommendations for the workshop :

The best season for octopus fishing is between October 15 and May 15 (with the possibility of extending the opening date to November 15 and the closing date to the end of March).

### Contact us

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