

# Learn how to make your own bread at Dar El Khobz, the “granary of Rome”.



## A culinary experience based on traditional breads from Kef

Take part in our traditional bread workshop in our bread house (Dar El Khobz) in El Kef. Prepare and bake traditional bread and enjoy the real taste of fresh bread in a unique setting. This experience gives you the opportunity to discover the culinary treasures of northwest Tunisia. It begins with a tour tracing the history of wheat from antiquity to the present day, and continues with a stroll through the bakers’ stalls of the Kef medina to meet the bread artisans. The tour ends with a gourmet stop at Dar El Khobz, where you can bake your own bread. So come and break bread with us.

Period: year-round

Duration: 1h30 including tasting (1h more if there are cooking workshops)

Participants: 15 people

Level: Accessible to all

Languages: French, Arabic

Location: Dar El Khobz, Le Kef

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

Your hosts: Radhia, Jalila, Chikira, Aïcha and Najoua



Passionate about bread and after many years of practice, your hosts have mastered traditional Tunisian breads. They have innovated and developed their know-how, which they are delighted to share with you.

Proud of their bread house known as Dar El Khobz, the Museum Lab and GIE team are custodians of a savoir-faire that is written in the feminine. They invite you to meet the artisans of traditional homemade bread made from local products:

- Radhia Tajini: the “Khobz Tabouna” and “Mleoui” specialist.
- Jalila Khadrani: offers “Labraj” and “Khobz Gameh”.
- Chakira Manai : likes to offer the best “Mtabga”.
- Aïcha Belkacem: the innovator, offers “tabouna” with cereals and spices.
- Najoua Ayaria : the specialist in “jardgua” made with pure semolina, oil and aromatic seeds.

### Highlights of the experience

- An authentic culinary experience between history and terroir ;
- An experience that is both human and supportive;
- Authentic encounters with the bread artisans of Kef ;
- Historical and cultural walk around bread in the medina of Kef ;
- Tasting of traditional breads and cakes;
- Cooking workshops for children and families ;

- Human moments of sharing with the inhabitants and craftswomen of Kef ;
- Experience adaptable to all ages and levels.

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

- Families with children ;
- Individual or group ;
- Retirees ;
- Solo traveler ;
- Women's tourism ;
- Team-building activities ;
- Passionate about culture, heritage and gastronomy.

### The spirit



In the heart of the granary of Rome (El Kef), we offer you a unique culinary and solidarity experience with traditional bread artisans. It's an invitation to discover the know-how and taste of our region's culinary treasures. Our team will accompany you on this culinary escapade to identify the ingredients and spices, familiarize you with the steps involved in making each variety of bread and offer you a tasting in the pure tradition of the people of Kef. In Dar El Khobz's stalls and workshop, moments of pure pleasure and gustatory delights await you.

Dar El Khobz is the brainchild of a group of bread enthusiasts and fervent campaigners for the preservation of the tradition and intangible know-how associated with bread. It is a project designed to enhance the culinary heritage of north-western Tunisia. Thanks to women's expertise in wheat and cereal processing, the production and sale of traditional breads and local products, and the use of local seeds... The team works every day to achieve this noble goal of maintaining the traditional Tunisian bread industry.

By taking part in this experience of solidarity, you're helping us to safeguard this heritage, pass it on to future generations and encourage craftsmen to improve their living conditions.

## We've got you covered...

09:30 - Meet next to the Sidi Bouloufa mausoleum. Welcome by our guide and briefing on the experience before setting off on our culinary escapade around the traditional breads of Kef.

Our tour begins in the medina with a QR circuit on wheat, from antiquity to the present day, and with explanations from our guide before heading to the stalls to meet the bread artisans. From one stall to the next, you'll get to know our craftswomen and discover the secrets of bread-making.

We then head to Dar El Khobz, our bread house. Here, you'll get to know other artisans and get even closer to the idea of the project led by ten women. In our workshop, you'll discover just how important this project is for safeguarding the heritage and know-how associated with bread, and improving the living conditions of the women of the Kef medina.

Roll up your sleeves and start cooking; our craftsmen will gently teach you how to prepare one of Kef's breads, in keeping with local traditions. You'll discover and prepare your fresh ingredients before starting to mix and knead your bread to release its flavors. After punching the dough and shaping the bread, marvel at the glow of the fire and smell the fresh bread as it comes out of the oven.

After baking, a moment of pure delight awaits you. We break bread together. Now you can enjoy it... and take away the bread you've made yourself.

## 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, breakfast and lunch.
- Our prices do not include: transport, insurance.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Recommendations for running the workshop smoothly

Bring comfortable walking shoes and a cap or hat.

## Contact

- Email : [museumlab.connexion@gmail.com](mailto:museumlab.connexion@gmail.com)

- Telephone/Whatsapp: 25 895 898 / 55 556 847
- Facebook



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