

# **Traditional cooking classes with Najia at Dar Lella Aïcha**



### 3 immersive experiences of your choice in a rural gîte in the Sfax countryside

Enjoy unique experiences in a traditional, family-friendly setting. A few kilometers from the center of Sfax, I invite you to discover new dishes through three immersive gastronomic experiences in the pure Tunisian tradition. In my company, you'll visit our organic orchard and prepare authentic dishes that you can easily reproduce at home.

Period: All year round

Duration: half a day to 3 three days (at your convenience)

Participants: 15 to 20 people

Level: Easy

Languages: French and English, Arabic

Location: Dar Lella Aicha

Transport and accommodation: Not included in the experience (Possibility of staying at Dar Lella Aicha)

Location: Al Hajeb, Route de l'aéroport Km 9, Sfax Tunisia, 3078

#### Your hosts: Najia Ben Rhaeim and her charming team

Having returned to this beautiful region of Tunisia after living in France, and with a love of nature and sharing, I opened Dar Lella Aïcha to share this love as well as our culinary traditions.

#### Highlights of the experience

- A unique setting just a few kilometers from the center and airport of Sfax, as well as Thyna ;
- A traditional house in a beautiful olive grove;
- A very warm family atmosphere;
- Discover new dishes from Tunisian gastronomy;
- Participation in immersive workshops (cooking, painting, tasting...);
- Child-friendly experiences.

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

- Families with children ;
- Women and only women Travelers ;
- Solo Travelers ;
- Groups and individuals ;
- Team Building ;



- Groups of friends ;
- Retirees ;
- Works councils and employees.

## The spirit



In my Lella Aïcha self-catering cottage, I welcome you in a relaxed and friendly atmosphere. Here, you'll feel right at home, in a haven of peace surrounded by nature. I built my house in the pure Tunisian architectural tradition, a few kilometers from the ancient city of Thyna. With us, smiling is a motto and welcoming is a way of life. Relaxation, conviviality and a change of scenery guaranteed. You'll have a delicious and unforgettable time. Welcome to our haven of peace!

## We've got you covered...

An immersive culinary experience in a traditional home that will leave you with unforgettable memories. Three traditional dishes to choose from, which you'll have the pleasure of making again at home.

Arrival at the house. Welcome and introduction to the experience before we begin our discovery of traditional Tunisian dishes.

We'll start by choosing the ingredients for our dish, and then begin preparing it in a friendly, family atmosphere with our cook, Me Douja.

<sup>1st</sup> choice: MLOUKHIA with beef or lamb

Mloukhia is the most popular dish in North Africa and the Middle East. To prepare, we'll need olive oil, meat, garlic, onions, bay leaves, Mloukhia powder, salt and pepper. After mixing these ingredients, we let them simmer for hours on a low heat.

While we're waiting to bake, we'll start preparing our Sfax bread, Mabsout, which will be baked over a wood fire.

Lunch, followed by an olive wood painting workshop. Using a simple, educational method, you'll be able to make your own takeaway creations.

2nd choice: Mtabga (ideal for families with children)

Your children enjoy fast food in general, and "foreign" dishes such as hamburgers, wraps, pizza etc., in particular. In this experiment, we propose a typically healthy Tunisian dish for your children that's easy to reproduce at home. The famous Mtabga is part of our southern culinary traditions. It is served with a Tunisian salad. It's a real treat.

On arrival, a traditional Tunisian breakfast: milk, olive oil, homemade jam, tabouna bread, doughnuts, honey, egg and fresh fruit juice (in season).

Afterwards, you and your children will take part in all stages of the preparation of this lunch (except cooking, for safety reasons).

Lunch will be served in a Berber tent.

In the afternoon, we've reserved an authentic and picturesque activity for you: a ride through the olive groves on a donkey cart, followed by a healthy snack to round off the day.



3rd choice: Wood-fired zammit

The satiating dish with multiple virtues, the secret of tolerance to the heat of southern summers: it's wood-fired Zammit. As part of this experience, we're offering you a demonstration and a chance to help prepare this essential summer dish.

After your arrival, welcome and chat with our cook, Mme Douja, who will be delighted to explain the steps involved in making Zammit. The first step is to explain the ingredients and recipe, followed by preparation and cooking. At the end of this process, the mixture is taken to the mill.

Back from the mill, Zammit is sieved and prepared in its various forms before being served.

After the workshop, enjoy this delicious recipe with the famous Tabouna and Mabsout breads, prepared on site. The tasting will also give you the chance to sample our finest local produce: homemade olive oil, fresh olives, tuna, homemade harissa and seasonal fruit. \*(each participant will receive a 250 g bag of Zammit and a recipe card).

### Price

- On request.
- Our prices include: workshop participation, lunch, recipe cards, painting workshop.
- Our prices do not include: transport, insurance.
- Payment terms: cash or cheque.
- Booking and cancellation conditions: please consult the host.

### Recommendations for running the experiment smoothly :

- Comfortable shoes and clothing;
- A desire to share and exchange.

### Contact us

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