

# Cooking workshop to discover the local produce and culinary traditions of Kef with Cuisart



## Discover ancestral culinary traditions alongside Keffois craftswomen

Enjoy this unique private culinary experience with a discovery of local produce followed by an exclusive cooking demonstration, and sample authentic recipes from the people of Kef. In a Tunisian

family atmosphere, you'll discover our history and know-how, the "oula" of Kef and the various seasonal products we produce in keeping with ancestral local traditions. Curious about how local products are made? Join us!

Period: year-round

Duration: 2 hours

Participants: 10 people per workshop

Level: accessible to all

Languages: Arabic, French, English

Location: Chez Cuisart un HOUCH in the medina of Le Kef

Transport and accommodation: Not included in the experience.

Location: 18 Rue Moncef Bey 7100 El Kef

### Your host: Azza Bdioui

A biotechnology engineer with a passion for Keff's culinary heritage, I started making local products inspired by grandmothers' recipes and women's know-how. I'm committed to safeguarding their secular know-how and passing it on through culinary workshops.

### Highlights of the experience

- Discover the culinary heritage and natural wealth of the Kef region.
- Meeting and exchanges with craftswomen;
- Preparing local products ;
- Tasting of the products you have made and of our tasty recipes;
- Experience a unique moment in a family atmosphere.

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

- Solo travelers;
- For those who enjoy culinary encounters and discoveries;
- Retirees;
- Friends and groups of friends ;
- Lovers of nature and organic products;
- Families with children.

## The spirit



Our culinary workshops are designed primarily to preserve ancient culinary traditions, and to protect and pass on the skills involved in preparing and preserving products. This is no easy task, given modernization and changing tastes and eating habits. With us, you'll discover natural products with original flavors and take part in our conversation effort, while supporting the craftswomen for whom this work is the only source of income. When you take part in our workshops, you'll enjoy experiences that are committed, supportive and fair.

## We've got you covered...

Arrival at our premises. Meeting and discussions about the experience and how it unfolded. Presentation of the house and the natural and botanical riches of our region, and meeting with the craftswomen: explanation of the tasks carried out and the products used. In their company, you'll prepare different products according to the season: traditional pasta, dried tomatoes, sorghum with carob or sesame, olives, tapenades... All this after a demonstration and with the help of the women.

Afterwards, you'll enjoy authentic recipes in a family setting, surrounded by "Tunisian moms".

Throughout the experience, you'll enjoy Tunisian hospitality as you connect with the women around their kitchen table. You'll enjoy delicious dishes that will tantalize your taste buds.

## Price

- On request.
- Our prices include: organization of the experience, tour, preparation workshop, tastings, lunch.
- Our prices do not include: transport, insurance and extras.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Recommendations for running the experiment smoothly :

Bring comfortable clothes for the workshops.

## Contact us

- Email : [bdiouiazza@gmail.com](mailto:bdiouiazza@gmail.com)
- Telephone / WhatsApp: +212 94409402
- [Facebook](#)
- [Instagram](#)



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