

CAPE TOWN

Cape Malay Cooking Safari

Code: CAP033

Option: CAPCMC



This interactive experience is with one of the country's oldest established communities that date back to their forced arrival as captives in the 1600's. As their land in the East was being occupied by European Colonists, dissenters were loaded onto sailing ships and banished to other colonies around the world, of which the Cape of Good Hope was one of these colonies. The Cape Malays were a talented and productive people and were deployed in building the Cape Colony. Amongst them were builders, architects, carpenters, tailors, traders, fishermen and gardeners. We visit this community that was confined to an area on the slopes of Signal Hill, called the Bo-Kaap or Cape Malay area.

Departing from your Cape Town city based hotel at approximately 08:45, your first stop will be a walking tour of the historical and heritage protected area of cobbled streets, colourful Cape Georgian homes, community corner stores and a number of mosques that were built between 1795 and 1958.

You will visit a Community Empowerment Project, the popular local spice (Masala) shop and the Bo-Kaap Museum. You will then visit a local resident host for an exciting encounter of her religious, cultural and culinary background within her home. You will participate in preparing and cooking samosas, roti (flat bread), and chicken or vegetable curry within her kitchen and around her table. Afterwards you will be transferred back to your hotel. The drop-off time will be approximately 13:00 – 13:15, except for Fridays, when your drop off time will be after 13:30.

Services Included

- Return transfers with an English guide.
- Entrance fees to Bo-Kaap Museum, a cooking session (demonstration) with ingredients for the cooking session.
- Lunch at the local family's home (excluding beverages).

Please Note

- Departs daily on request.
- Tours do not run on Sundays, Easter Friday, Christmas Day, Cape Argus Cycle Race and the Two Oceans Marathon Day .
- Clients may take as many pictures as they wish. However, we ask that permission be requested before taking pictures of individuals who are not the hosts, service providers or guides.
- It is not encouraged to give children in the streets any sweets or money. Donations or gifts are most welcome and we are happy to assist in determining the appropriateness of the clients' kind gesture. We do have a wish list, which can be provided to clients prior to arrival.
- Clients are to wear comfortable shoes and appropriate clothing in a way that is respectful to this predominantly Muslim community (i.e. please do not wear miniskirts/shorts, sexy clothing, flashy jewellery or display bare shoulders). Women are requested to bring a scarf to cover their heads in case they are invited to visit the mosque.
- Clients are to bring sun, rain and wind protection.
- We recommend that clients bring a little bit of cash for personal purchases.

For bookings and rates, please contact your travel specialist at Sense of Africa.
