

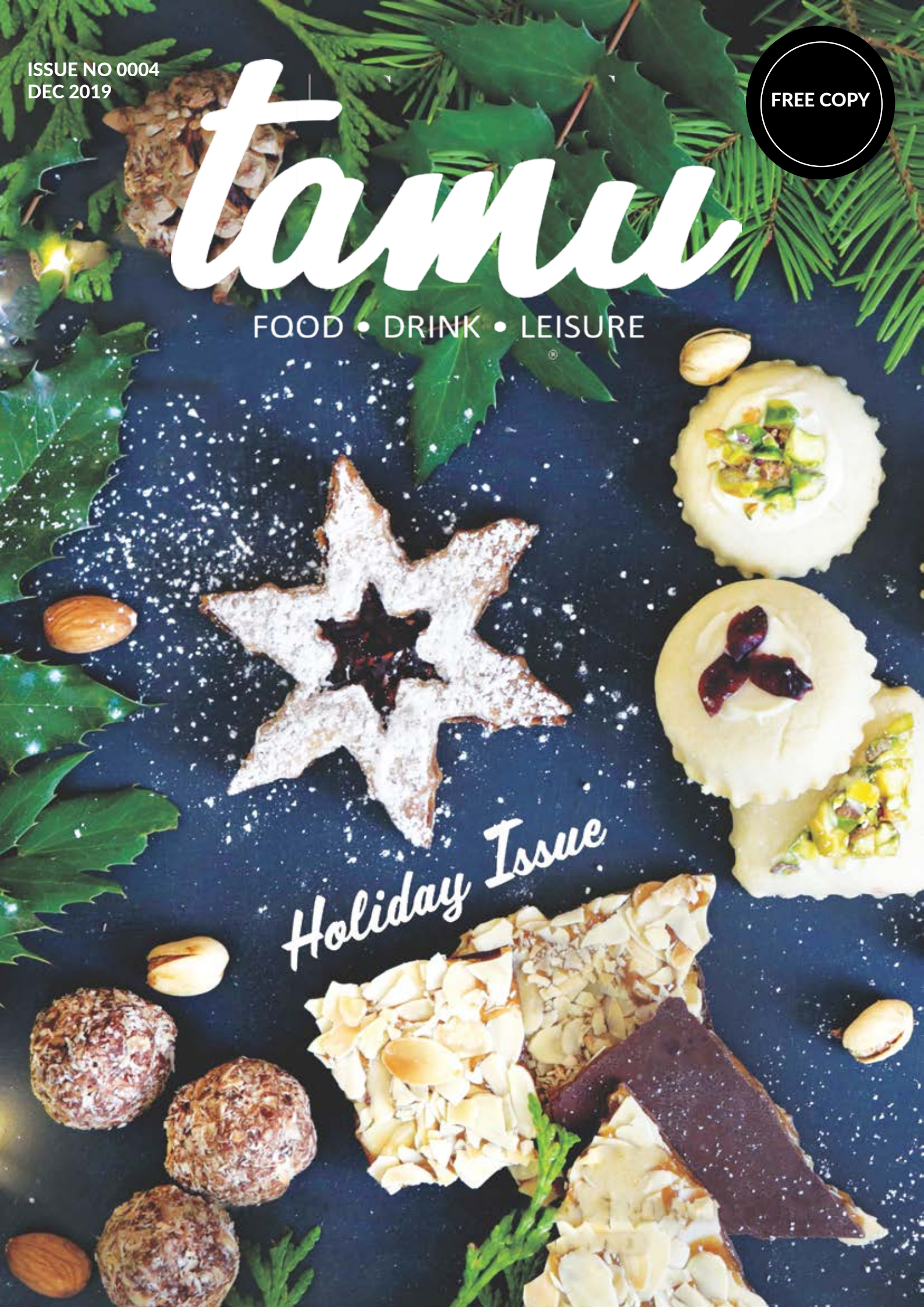
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FOOD • DRINK • LEISURE

Holiday Issue



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Editor's Note

It's the end of the year, and time to reflect upon all the great food and drink moments of 2019.

2020 is TAMU magazine's 1st Anniversary, I have decided that this should be celebrated. So we are bringing back the Exceptional TAMU Readers Choice Awards.

As always, we are letting the readers to choose the place the best place to eat and drink in their communities. Why? Because we have always valued the opinions of the people who are out there dining, shopping for food, wine, and beer, taking the cooking courses, going to festivals, and meeting the people who are doing extra ordinary things. TAMU readers vote with their wallet - they put their money where their mouths are. If an experience is exceptional, they remember and they will go back.

The 1st anniversary Exceptional TAMU Awards Readers Survey is a portrait of who we are as an eating and drinking community.

Who get the buzz this year?

What trended up, and what didn't?

Which restaurant dish got the most rave reviews?

Who's been following sustainable practices?

Where to get the best lunch?

Let's be thankful we have so many choices - the ability to eat fresh from the farm or sea, drink a fabulous cocktail or enjoy a BC Wine, dine on an incredible sandwich or a more complex dish with hints of many cultures.

*Wishing everyone a Merry Holiday
and Happy New Year.*

Kelly Kariuki
CO. Editor

*Happy
Holidays From
everyone at Tamu*





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SPICE ROUTE

Kelly takes us on a journey that sees the Bantu settlers of East Africa radically change their eating habits over the course of half a millennia

Just after 500 BC, a company of bedraggled Bantus from the Congo happened upon East Africa's coast. At the time, food was more a necessary evil than a magical journey through gastronomic wonderlands. Bantu diet consisted mainly of bananas, plantains, sweet potatoes, millet, wild vegetables, berries and arrowroot, prepared with all the imagination of a municipal by-law on drainage - boiled to the taste equivalent of the colour white and the consistency of old, lumpy toothpaste. This blasé attitude towards food, however, was about to be turned on its head.

Spice has run the world nearly as long as money has and historically, the Far East is where it came from.

Before the first century, the Kingdom of Axum in Ethiopia and the Indians pretty much owned the Red Sea spice route that ran from as far afield as Japan, along India's coast, along Arabia's coast and into East Africa.

Around 500 AD, the Arabs had taken over this spice route and were instrumental in establishing the East African coast as an important trading region. Along with their spices, traded for gold, ivory, slaves and timber, they brought with them their culinary influences.

Pilaf - a savoury rice and meat dish made with a battalion of spices that are cooked whole to create an intensely flavoured broth, and that unexpectedly explode in your mouth made its way here and morphed into pilau. Cloves, saffron, black peppers, cardamom and cumin blend seamlessly creating a heady, intoxicating aroma that is instantly recognisable as quintessential Swahili. Centuries later, the Arabs ditched their old, fun gods and introduced their new one along with some new ideas into the nascent Swahili culture. New spices were introduced and some things

declared haram. Indian merchants also began to arrive and another East African coastal staple, curry, made landfall. But it wasn't the only Indian food to be appropriated.

Chapati, a kind of fried unleavened bread, originally made with atta, a type of whole wheat flour, is another fan favourite. Atta has since been replaced by regular wheat flour. From Sofala to Mogadishu, a raft of prosperous cities sprang up. Kilwa in Tanzania, Stone Town in Zanzibar, Mombasa and Malindi emerged as the big, important trading ports. But as they grew, so did their squabbling.

Soon, it was every Sultan for himself. In 1499, the Portuguese, cruising past on their way to India took one look at the ivory, stacked high, bustling trade going on, the squat dhows, heavy with booty and promptly put their India plans on hold. Vasco Da Gama, with gold bars in his eyes, convinced the King to give him more ships and returned with 19 ships. He dominated the bickering East Africans, and, having proceeded to Calicut, India, broke the hold the Arabs had on the spice trade. He brought with him maize (by way of their newfound territories in Brazil), lemons, lime, cassava, chillies and pineapples.

In the 1900s, Europe descended on Africa. Millet and Sorghum were still the default starches for the masses until World War 1 when a mysterious disease swept through the region decimating harvests and leading to famine. Maize, which had slowly been inching its way inland got the foothold it needed. Additionally, labourers in the White Highlands were paid in bags of maize who in turn transported it to their rural homes which then gradually replaced the more traditional grains. Thus, in the early 20th century, ugali replaced pounded millet and sorghum in the family kitchen and became a "traditional" food that is consumed in frightening quantities with vein-popping concentration and a selection of legit traditional vegetable.





mmi
Tanzania



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COFFEE

WHAT YOU NEED TO KNOW

By Zaituni Ituja

When you hear the word coffee, the first thing that comes to mind is energy-boost and keeping sleep at bay.

While that is indeed correct, there are other health benefits from taking coffee since coffee contains useful nutrients such as riboflavin (vitamin B-2), niacin (vitamin B-3), magnesium, potassium, and various phenolic compounds, or antioxidants.

Researches have shown that coffee can offer protection

against type 2 diabetes, Parkinson's disease, liver disease, and liver cancer, and is also a good way to promote a healthy heart.

However, as with any other food substances, too much consumption can present its risks. Drinking too much coffee can have some adverse effects as follows:

Coffee and Pregnancy

Consumption of coffee may not be safe during pregnancies.

There is evidence to suggest that high coffee consumption during pregnancy can lead to pregnancy loss, low birth weight and preterm birth.

Gastroesophageal reflux

If you experience heartburn, chest pain or a sensation of a lump in your throat after drinking coffee, you might be suffering from coffee-induced reflux. If that happens, stop taking coffee for a few days to see if the problem persists.





Anxiety

Consuming high amounts of caffeine may increase the risk of anxiety, that feeling of restlessness that you just can't shake off. People with panic disorders or social anxiety disorders should especially steer clear of coffee as their risk of anxiety is higher.

Adolescents should also avoid coffee as research has shown that high-coffee intake during adolescence triggers permanent changes in the brain that increase the risk of anxiety-related conditions in adulthood.

Disrupted sleep patterns

Taking too much coffee will have a toll on your sleep cycle as caf-

feine can disrupt your sleep up to six hours after consuming it.

Work backwards from the hour that you would like to be going to sleep to find out what's the cut-off time for taking coffee. For instance, if you have to sleep at 9pm, your last cup of coffee should be at 3pm.

How Much Is Too Much Coffee?

It is generally safe to drink three to four cups of coffee per day, and doing so may actually be beneficial for your health.

Anything beyond four cups is putting yourself at risk of catching the side-effects of coffee. That also goes with what you put in

your coffee, such as how much sugar, milk and other flavourings that you add in your coffee.

Water and Coffee

"Doctor said I should up my water intake, so now I drink 8 glasses of water per day, I just add coffee to it". You probably have a friend that thinks like that. Sadly coffee doesn't count in your water intake. It is generally recommended to drink at least 8 glasses of water in a day, that means pure water, not including coffee, tea, juices, beer or wine. Tough, right?

In fact, to encourage yourself to drink more water, build a habit of taking one glass of water for every cup of coffee.

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KEEP WALKING



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show was the first ever happened in Dar es Salaam where the turnout was amazing for the beer festival lovers. It wasn't only about beer but with activities that included games, fun, food and social.

Well in our humble opinion, we think Oktoberfest is the one that has hit on the right formula. We are looking forward for the Oktoberfest 2020 Edition.



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COCKTAIL- PISCO SOUR

In the spirit of craft, I have selected the Pisco Sour as my number1 cocktail. It is hard to come by and when you do come across it, you know you have stepped foot in to a high-quality cocktail bar, knowing they have sourced some fine Peruvian pisco.

Created initially in Lima in the 1920s ,the South American classic recipe reads like a twist on what most might read as a whisky sour but due to the flavour of the pisco it is a wholly different drink, the addition of Angostura bitters makes a world of difference when left lightly colouring the egg white foam at the top of the glass.



45ml Pisco

30ml lime juice

20ml simple syrup

1 egg white

FUN FACT:

Peru celebrates a yearly public holiday in honour of the cocktail during the first Saturday of February.



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RECIPE

COCONUT PANNA COTTA WITH MANGO

4 cups full fat coconut milk, divided

1 tablespoon unflavored gelatin

1/3 cup raw honey

2 teaspoons vanilla extract

1 cup mango fresh

Procedure:

1. Pour 1 cup coconut milk into a medium saucepan and sprinkle evenly with the gelatin. Let the milk sit for 5-10 minutes to allow the gelatin to soften.

2. Heat the milk and gelatin over medium heat, stirring constantly, until gelatin is dissolved and milk begins to steam. Stir the remaining coconut milk and honey into the warm milk and whisk until all the ingredients are dissolved. Remove the pan from the heat and stir in the vanilla. Let the mixture cool for 10 minutes.

3. Divide the coconut milk mixture evenly among 6 glasses or small bowls. Cover panna cottas tightly with plastic wrap, making sure the plastic wrap does not touch the cream's surface. Refrigerate for about 5 hours, until cold and set.

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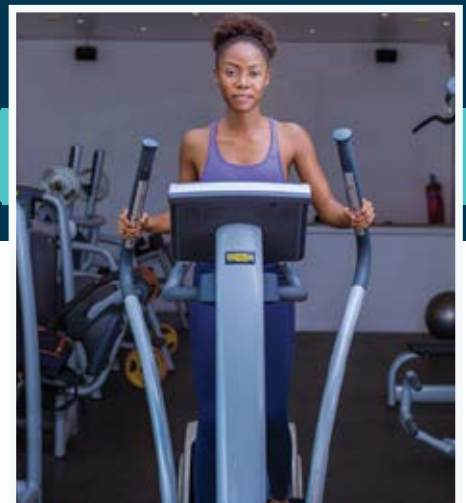


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