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A walk through the Drum Café
with Mikey

CHOCOLATES FOR DAYS

Relationship between chocolate and
valentine's



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Valentine's Day is really great for some, really bad for others and a perfect excuse to drink for most.

Red hearts and chocolates are the hallmarks of the 14th February across the world. Another, unsung but equally important tradition comes in the form of a bottle. One a fear, on the day dedicated to love, even people who abstain from drinking splash out on a bottle of fizzy grape juice.

Valentine's Day is always marketed to people already in relationship of some sort. But Valentine's Day is also a day of hope, when those with romantic ambitions dream that there might be enough love in the air on the day for that crush to catch the feels.

We at Tamu have indulged our passion for all things romantic! I know it can seem like a lot of fuss and pressure around Valentine's (especially for you gents) but here's a thought: isn't it beautiful that we have a day dedicated to loving one another and boldly displaying it?

We hope this edition gives you some inspiration in the build up to the day!

Lots of Love

Tamu Team

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Our famous Thursday night seafood buffet is back!

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EXCLUSIVE INTERVIEW WITH MIKEY AT THE DRUM CAFÉ



TM - So Mikey we're here at The Drum Café and we must say we like what we see, it's beautiful!

We understand you have been in the F&B industry for a while, can you explain the concept of The Drum Café?

M. Ha, straight in then!? Alright well, I can only describe the place as an urban garden, it's like a little hidden treasure. You can't see us from the road and we like to keep that little cosy garden vibe. We've got the bliss of shade cast from mature trees and the breeze blowing in from Coco beach so it's that perfect little spot to chill and enjoy our passion of Food & Drink. On the grounds we also have an art room, a shop called Make it Matter and a recording studio called Drum Records so it's always got creative types passing through and without sounding too millennial it's like a creative hub. Is that a concept?

TM – Hahahah yeah you can pass that off as a concept. So what can people expect from The Drum Café?

M. Ohho... ..Now you're talking. Firstly you can expect nothing too serious, you can expect a lot of me and my team, a menu with tongue in cheek and a good time; after all the place has charm but not as much as our staff. Food wise be ready for big bold flavours, colourful plating & out of the

box combos, our primary menu was crafted by Eoghan Were a boss chef that I am constantly trying to make proud.

Beverage wise; the smoothie menu speaks for itself full of fresh and delicious combos so expect a lot of homemade ingredients from sherbets, bitters and our new range of Vitamin Spritzers are doing well for those on a health kick.

In terms of cocktails well, I've been in this game for a while so we have a little for everyone; low ABV cocktails, sundowner classics and the signature drinks that are unlikely to be seen anywhere else in Dar. We are blessed with an awesome team who are creative so I urge everyone to try their drinks to give them the spot light they deserve.

TM. Sounds like you are quite confident in your creations, can you give us some examples.

M. Oh for sure, where to begin? Ok so Samia's Crush is a top seller, Low in alcohol, as I said big flavours of Martini Rosso, Orange Marmalade, Lime juice, homemade Orange and lime sherbet topped up with tonic. We've got the Zanzibar Sour which is a legit winner containing Whiskey, Orange Liqueur, homemade Tamarind Puree, Cardamom and Ginger Ale; it's an absolute belter! All the credit goes to Grace on that one.

The Wasaaaaabi na Wewe martini, The Shillawadu, & the Gin-Ger Pineapple are all superb creations. Food wise the Tunataka Tuna is a signature dish from Eoghan with a beautiful crusting



of Fennel and other spices served with flash pickled cucumber and red cabbage it's superb. The Kuku's Nest is great, we got creative this year with our new Radish, Spring Onion & Dill Chimichuri.

We also have an awesome vegetarian menu, one of my favourites is definitely the Soy Much Mushroom with a Papaya Puree, Fennel Kimchi and a mix of Oyster and White Cup Mushrooms. The 'You Knowa Quinoa' salad is excellent and we have also received had a lot of praise on the gluten free and vegan options.

TM. WOW. Ok so what keeps you generating the creativity and what inspires you?

M. The creativity is not something you can switch off, it can come and go for sure but you can't choose to stop it. You



try a new fruit at the market, you have to mash it, blend it, mix it and push it to be complementary to something you enjoy or think others will enjoy.

Inspiration comes from many sources, people, places, sounds, colours, cultures, it's impossible to nail it down.



What keeps it rolling?

Oddly enough and I'm only thinking about this now but is it possible that wanting to inspire others will continue your quest to be inspired?

I don't know really, I definitely feel the need to share my skills and as a teacher of over 200 bartenders here in TZ, I feel the need to tell them that I as the teacher am a guide not the rule.

There are some super talented and creative bartenders in Tanzania especially up in Grumeti National Park & on Thanda Island that have embraced the formulas of bartending not the 'rules' which is exactly what we need here.

If someone is willing to take that leap of faith in me, how can I turn up empty handed the next time? Not possible, new is exciting, twisting is creative and knowing that students are waiting

on me for the next class, I mean come on, how can you stop to be inspired?

TM. I can see you could talk about that for a while so back to The Drum Café. What activities are you rolling out this year?

M. Duh – Ok so we've got the family type of activities like Movie Night Monday with Chicken Wing Challenges, we've got art classes, pottery classes, we just launched 'Burnt Canvas' which is an art oriented event aimed at stirring creativity.

We have different events that will come and go, one thing I really want to aim for this year is 'Industry Night' whereby people in my industry; managers, bartenders & anyone who enjoys our craft can come and learn about new spirits, techniques & homemade ingredients. Basically learn what we do and how to live in this tricky beast of an industry we call Food & Beverage. I aim to create a learning platform for young and passionate people, be it in a hotel, bar or home I want everyone to enjoy hosting and entertaining guests.

TM. Talking about the beast of an industry, is it true you work 15 hour days?

M. Hahahahahahaha have you been talking to my wife?

Alright yes, well I don't know, I get to work at 8:30am and leave around midnight, when the best produce rolls into the market in the morning and the best cocktails are made at night you can't count hours in this game.

If you do then you are what we call a 'jobs worth' and you sure as hell won't make it to the top. Anyway next question please.

TM. No that's about it. Oh well maybe one.

What's your favourite cocktail?

M. Hahahahahahaha get out! Not a chance!



“In terms of cocktails well, I've been in this game for a while so we have a little for everyone; low ABV cocktails, sundowner classics and the signature drinks that are unlikely to be seen anywhere else in Dar”



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DIY COCKTAILS

Bulleit Lemon and Tonic

Ingredients:

- 50ml Bulleit Bourbon
- 100ml tonic water
- 2 lemon wedges

Method:

Fill a collins glass with ice and coat the rim with juice from a lemon wedge.
Mix Bulleit Bourbon and tonic water. Garnish with the other lemon wedge and serve.

Singleton and Cola

Ingredients:

- 50ml Singleton Whisky
- 100ml premium cola
- Cubed ice
- Lime wedge

Method:

Fill a highball glass with ice cubes. Mix Singleton and cola. Garnish with lime wedge.

Apple and Soda

Ingredients:

- 50ml Johnnie Walker Gold Label Reserve
- 50ml clear apple juice
- 50ml soda water
- Apple slice

Method:

Pour Johnnie Walker Gold Label Reserve into champagne glass. Add clear apple juice and top with soda. Garnish with thin slice of apple.

Julep

Ingredients:

- 50ml Bulleit Bourbon
- 15ml sugar syrup
- 8 - 10 fresh mint leaves

Method:

Lightly muddle sugar syrup and mint at the bottom of a julep glass. Add Bulleit Bourbon and crushed ice then stir. Garnish with a sprig of fresh mint.





MAY THIS VALENTINE BE ABOUT YOU

By Asma Mkwata

February is a month filled up with so much love. Valentine's week starts from 7th of February and ends on 14th of February. It starts with the Rose Day followed by Propose Day, Chocolate Day, Teddy Day, Promise Day, Hug Day, Kiss Day and finishes with the Happy Valentine's Day. History has a lot to say about "Valentine's Day", but here is a question for you; when did you last give yourself a Valentine? Yes You, When was it?

This may seem as a weird question & I might be meddling with your issues, but your relationship with you is very important. You're the only person you get to spend your entire life with. Make yourself a priority. In most cultures we are taught and encouraged to focus on other people (a husband, a wife, family, friends and many others) which isn't a bad custom but most of the times we forget ourselves during the process.

Growing up the society has programmed us to care on things (cars, houses, latest smartphones and many more material things). We constantly rely on other people & things to make us happy. We ultimately forget that being happy is a

personal responsibility.

The tragedy is that we fail to build our relationship with ourselves and this tends not only to affect our lives but also the lives of the people we love and care about.

Take a calm moment and reflect on yourself, accept your mistakes, weakness and flaws because that's what makes us all humans. Both our past and future mistakes are lessons for us to learn, we shouldn't be so hard on ourselves. Value and love yourself.

Learn to say no when necessary to yourself and others too. Embrace yourself, do what you love, it might not be all the time but enough to create joyous memories in your life. I argue you to devote the entire month of February and this 2020 to Self-Love. Make every day memorable, learn to take care of yourself, dress well, eat well, go out and have fun.

Ways to be with someone who makes you happy

Motivate and Inspire Yourself, Write you a powerful message, buy a Picture or Flowers. Place somewhere you would see. It can be in the living room or the bedroom anywhere you are comfortable with.

Take yourself out for a date, go to the cinema and watch a movie, take a walk to the beach, Dine out in a cozy restaurant with good music. Yes go out have your favorite dish or try a new one, have fun and enjoy your own company.

If that's not enough, how about taking care of your skin and body. Go for a message or spa treatment, in fact that body and skin needs to be rewarded for having you all throughout. It is a true home for you.

Plan for a short holiday or vacation basing on your budget. Imagine that freedom of traveling and exploring a new place, the comfortability of that hotel room or campsite. You get a beautiful time to check on your achievements and strategies on what you need to do to get to where you want to be.

Lastly, Learn to forgive, just imagine clinging on to a past that only causes you misery. You only end up depressed and hurt. Forgiveness is something beautiful. It gives us the opportunity to live in the moment.

Happy Valentine's from you to you

KOREAN BBQ LAMB CHOPS



Serves 4

Preparation time **15 mins**

Cooking time **15 mins**

INGREDIENTS

1 kg baby lamb chops

HOUSE MARINADE

- 5 tablespoons Korean chilli paste
- 3 tablespoons dark soy sauce
- 3 tablespoons sesame oil
- 2 tablespoons grated ginger
- 2 tablespoons grated garlic
- A handful of chopped spring onions
- 1 tablespoon of honey

DIPPING SAUCE

- 1 tablespoon miso paste
- 1 tablespoon Korean chilli paste

- 1 teaspoon honey
- 1 teaspoon sesame oil
- 1 tablespoon toasted sesame seeds
- 1 tablespoon lime juice
- Salt to taste
- Water for consistency

CUCUMBER RELISH

- 1 English cucumber cut into slices
- 1 tablespoon sugar
- 2 tablespoons white vinegar
- Salt to taste
- A handful of spring onions, chopped
- 1 red chilli, finely chopped
- Sprinkle of toasted sesame seeds

***Recommended time for pickling is 5 to 10 mins**

METHOD

- 1.** In a large bowl, mix in all the marinade ingredients together.
- 2.** Add in the lamb chops and rub in the marinade evenly then refrigerate overnight.
- 3.** For the best flavours, cook on the barbecue and baste with the remaining marinade. Cook 5 mins on each side and to keep turning them and checking with the fingers to see when cooked.
- 4.** Once charred, serve with the dipping sauce and cucumber relish.



CHOCOLATES FOR DAYS

By Kelly Kariuki

Chocolate has become almost synonymous with Valentine's Day, and it doesn't seem like this tradition will be phased out anytime soon. And no, I am not complaining. I mean everyone loves chocolates.

Popularized as a go-to symbol of seduction and said to evoke feelings of pleasure, excitement, satisfaction and even attraction by die-hard enthusiasts, it is a no-brainer then it always finds itself in many a dessert and a gift pack every February 14th. But what exactly is the relation between chocolate and Valentine's Day? Is it even good for you?

It is said that Richard Cadbury (yes, the Cadbury) was responsible for the correlation between Valentine's Day and chocolate as we know it today, and he popularized this when he

started producing heart shaped boxes of chocolate back in the 18th century.

This delightfully decadent confection has however been around a lot longer than that. Here's a piece of very interesting chocolate history. It was referred to as 'the food of the gods' during the Aztec civilization. Matter of fact, cacao beans were deemed as valuable commodity as gold, and were even used to pay taxes levied by Montezuma the Aztec leader. Oh, and it was believed to be aphrodisiac. How come? Well, Christopher Columbus brought some to Queen Isabella of Spain, and this new treasure and its legend for being an aphrodisiac spread amongst aristocracy in Europe.

As you can tell by now, Chocolate has intrigued man-kind throughout history. Commercial Chocolate is laden with sugar, hydrogenated fat

and preservatives, but cocoa from which chocolate is made is a superfood containing Iron, magnesium and zinc amongst other minerals.

It is also an antioxidant and limited research shows it may be beneficial. In lowering blood pressure. Depending on the brand, dark or black chocolate, which is generally made by adding small amounts of fat and sugar to cocoa, is therefore indeed as good for you as they say it is. Raw chocolate, which is pure and unprocessed is readily found in chocolate growing countries, and is actually the healthiest kind.

Before you reach for that chocolate

bar whilst rubbing your hands in glee- you may want to consider making your own chocolate confection which does away with all the commercially added nasties and is instead actually good for you.



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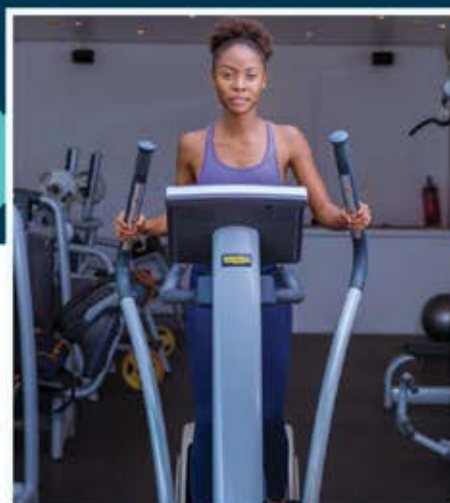
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Prawns Curry



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INGREDIENTS

- 2 tbsp. coconut oil, divided
- 450 g raw King prawns, peeled and deveined
- 1/2 onion, chopped
- 4 cloves garlic, crushed
- 2 tsp. garam masala
- 1 tsp. salt
- 1 1/4 tsp. curry powder
- 1 tsp. chilli powder (reduce to 1/2 tsp. for a less spicy curry)
- 1 can coconut milk
- 1 (140g) can tomato paste
- 1 (400g) can chickpeas, drained and rinsed
- 1 tbsp. corn flour
- 1 tbsp. warm water
- 1 tbsp. chopped fresh coriander
- 450 g cooked rice, for serving

PROCEDURES

- I. In a large skillet over medium heat, melt 1 tablespoon coconut oil. Add shrimp and cook until pink, 1 to 2 minutes per side, then remove shrimp from pan and set aside. Add remaining tablespoon coconut oil, onion, and garlic. Cook until onions are soft, 4 minutes.
- II. Stir in garam masala, salt, curry powder, and chilli powder, then add coconut milk, tomato paste, and chickpeas. Stir until combined and bring to a simmer. Mix cornflour and water together, then stir into skillet. Simmer until thickened, 5 to 6 minutes.
- III. Stir in cooked shrimp and simmer, 2 minutes more. Sprinkle with coriander and serve with rice.

TIPS

The prawns should be fresh, frozen prawns do not taste good with this curry.



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