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# tamu

FOOD • DRINK • LEISURE



## FASTS AND FEASTS

### TIPPING CULTURE IN TANZANIA

Get to understand the culture of Tipping.

### FROTHY COLD COFFEE

Quench your thirst and have a glass of Cold coffee.

### GET TO KNOW HIM/HER

Catch up with the best Chefs in Town, a chitchat in discovering the secret to delicious dishes.

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### Easter Golf Tournament

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Happy Easter Holiday

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**7:30 am - 10:00 pm**

Hello

As you all know we at Tamu love shouting about the people, communities and businesses around us that make us tick. However, given the current circumstances, we appreciate that you cannot pop into the usual food and drink joints.

So in light of the unsettling and uncertain, we find ourselves in. We feel it's our responsibility to use our platform giving you the right information and continue supporting those who makes Tamu shine, while encouraging you to stay as safe as possible at home. That's why in this issue you will find more inspiring article about the joy to be at home and discover the art in you.

Keep on the lookout through our online portals and Instagram page, (**tamu\_magazine**) or website **tamu.co.tz** will continue giving you more tips and ideas with different **RECIPE'S, DO IT YOURSELF** and interactive sessions to keep you on check.

Stay safe , keep sane and look out for one another.  
We'll get through this together!

**Tamu team**

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**MANAGING DIRECTOR** Kelly Kariuki **EDITOR** Asma Mkwata **DESIGN** David Mwaibula

**SALES AND MARKETING** Tamu Team **PHOTOGRAPHER** Ezra S Machumu

**SALES ENQUIRIES** Call: +255 787 646 745 **EMAIL:** tamumagtz@gmail.com





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Ts & Cs apply. The visuals are for descriptive purposes and meals served could vary. Portion weights are raw weights.

01/18





# CHEF AYMAN A HADY



## **What was your earliest childhood ambition?**

To become A Chef, I am glad I have lived to achieve this.

## **What inspired you to become a Chef?**

I have been inspired by my uncle, he was head chef for Hilton in Egypt, while we used to go for holiday, I was just talking to him all the time about what he is doing and this inspired me a lot to be a Chef.

## **What was your worst Culinary catastrophe?**

We were having a one day Egypt fair/ event and one of my staff instead of putting sugar, he put salt in some dessert, which he is still calling me to remind me about it, that was worse for me and it was fun the same time.

## **Tell us about the Menu at Double Tree and what guests should expect once they get here?**

Our menu at Double tree, we usually try to fix it for everyone, international

foods, international cuisine, local cuisine, also we think about people who are vegan or vegetarian, so our menu is complete for everyone to come and have a meal with us.

## **Who is the most famous person you have cooked for?**

The most famous person I have cooked for which was in 2016 was Egyptian President, where I used to work, he was there for the opening at the hotel and he had a meal with us which was lunch with most of the Ministers.

## **What's your signature dish and what are your favorite ingredients you work with?**

My Favorite cuisine which is Stretch, it's Italian food...ahh I love pasta a lot that's my favorite ahh spaghetti bolognese I am dying for it that is my best.

## **Will the world right now going through a battle with Corona Virus a Chef what measures and precautions**

## **do you take in preparing your meals?**

With the corona virus right now, it doesn't mean actually it is just for a big hotel like us, it is for everyone even at home you have to use sanitizer, you have to use tablets for washing vegetables, you have to be cleaning and sanitizing everywhere, tables everything it is not just about big hotels, it is everywhere at home even you also have to be safe make sure you clean everything.

## **One last question.... Is it true that cooking can make a person less hungry? What is your opinion about this?**

Cooking never make people that less hungry because we are always eating whatever we cook so you will find us not having similar days, we might have a lot every five minutes we are just tasting, eating. That's why we don't sit to have a proper meal because we are always eating everything.





# MEET MR. JEROME

THE FOOD AND BEVERAGE MANAGER



**Tell Us about yourself and what are your duties at Double Tree?**

My name is Jerome I am the food and beverage manager at Double Tree and I manage the department where we serve food and drinks.

**What can we expect to find at Double Tree in the Drinks Section?**

Since it's an International hotel we do have variety of drinks which includes wines and all other types of beverages I mean you will find beers, wines, spirits, cocktails and as you walk in the hotel you will definitely get what you need and always we do have what you need so feel free when you come to Double tree.

We have Professional Barmen, actually who are ready at any time to make cocktails apart from what we have in our menu. Name your cocktail and we will make it for you.

**What is your bestselling Cocktail?**

The Bestselling cocktail, we have variety of cocktails but the number of people who come here are internationals, people from different nationalities.

Our cocktails are international cocktails and we have tried to incorporate Tanzanian cocktails so that we advertise Tanzania as well. So that people can come to know about the country.

So we have this cocktail called Dawa, Dawa is a Tanzanian cocktail and Dawa is a Swahili word which means medicine and people love this cocktail because it has healthy benefits.

The cocktail is made of honey, lime and added with a Tanzanian spirit which is called Konyagi, so it sells a lot at the bar. This is our pride as all the ingredients are found in Tanzania.

But if you go for International cocktails all are available, call it a pina colada, you will find a very nice pina colada, we do sell mojito, mojito so far is our first moving cocktail and you know mojito also is a cocktail which has a healthy benefit, it incorporates a herb which is called mint and you know many people love mint so being a healthy cocktail people do love it. So mojito is the other cocktail that sells more.





# DAR ES SALAAM FEST



“

*Dar Es Salaam Cocktail Festival is the first ever social gathering of drink makers and lovers in the country, ready to experience the Art of Mixology in drinks while enjoying good music. Tamu is anxiously waiting for the next one, keep yourself alerted not to miss the next one again.*

”



# AM COCKTAIL FIVAL







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# RAMADAN

# IFTAR RECIPE



**R**amadan is a month of fasts and feasts. it's not an easy task to stand in Kitchen for preparing multiple dishes while observing fast. So, we are here to solve the issue and came up with some Easy Ramadan Recipe for you.

### Fish cutlets

Are simple fish kebabs , very quick and easy recipe and good for tea time, dinners, and kids lunch boxes. Just use good quality fresh fish and you would love the taste.

### Ingredients:

Fish boneless (I use cod) 100 g  
Potatoes boil and mashed 1 cup  
Fresh bread crumbs 1-1/2 cup  
Onion 1 small  
Green chili 1  
Fresh Coriander hand full  
Salt 1/2 tsp

Garam masala powder 1/2 tsp  
Lemon juice 1 tbsp  
Egg 1  
Oil for frying  
Hot sauce 2 tbsp  
Homemade sauce of your desire 1 tbsp

### Directions:

1. In a pan add fish, hot sauce, homemade sauce and cook it until fish will nicely tender.
  2. Mash it with spoon, let it cool.
  3. Now in a bowl add this fish with potatoes, bread crumbs, salt, onion, green chili, coriander, garam masala powder and egg.
  4. Mix it well.
  5. Make small kebabs
  6. Shallow fry them
- Fish cutlets are ready, serve them with yogurt dip or ketchup.





# The Culture of Tipping in Tanzania

**By Asma Mkwata**

In most western countries tipping is a custom and a way of rewarding a person or a team for good services. Tipping is voluntary, most western countries offer a gratuity of 15% - 20% of the amount of the customer's check before being taxed.

In Tanzania it is pretty different, most of locals do not offer tips at the end of the services but we see foreigners doing so. Tipping in the country should always depend on the quality of the services offered and most importantly it is a choice whether to tip or not but just be careful not to tip the wrong person or the wrong amount.

Some Restaurants and Coffee shops have tipping jars, where the money collected in jars is divided equally to the workers in the restaurant or coffee shop. It is also a good idea, since not only a waiter or waitress has put effort into providing good services but there are people behind the scene putting it into hard work for you to have the best services. So in some cases use the tipping jars to show generosity.

I encourage both local and foreigners to appreciate good services but also to draw a line between tipping fairly and tipping excessively so as to achieve balance of the local economy. Consider this example a senior tour guide has

taken years of experience, a certificate and perhaps multiple jobs to provide you with the best services, a bellman is very necessary and his/her job in a luxury camp is to unload luggage at car side upon guest's arrival and deliver the luggage to the guest's room once checked in and yet he/she doesn't have to be very educated neither does he/she carry the same duties like the senior tour guide. So imagine tipping a bellman to a total of more than USD500 monthly. If this happens often it will distort the local economy and will result to Senior tour guide to give up the job, loss of commitment and perhaps wanting to become a Bellman causing a decline in the camp services and disrupting the tourism economy. Tipping too much can result to a lot of problems in a working environment.

So an advice to you before you tip, try to keep your tips proportionate basing on the services offered to you. Check on the exchange rates frequently since currencies value differ from one country to another.

## **When to Tip?**

Tip at the end of the services i.e. At the end of your meal at a restaurant or stay in a Hotel or campsite or tour.

## **Who to Tip?**

Bartender, Parking attendants, Doorman, Bellman, Waiter or Waitress, Tour Guide, Driver and many others based on the services offered to you.



N.B If you are tipping a large amount at the end of your long stay please remember to place the tip in a sealed envelope and hand it directly to the person intended.

## **When not to Tip?**

I understand it is important to be kind but there are situations in which it is better not to tip. For example, in most developing countries, children are forced to stay out in the streets with the expectation of receiving money from people that includes (tourists). Not sounding rude but handing out money to these children only increases the problem since they will never go back to school and to that you will only keep depriving them of the education they need for their future.

In a situation like this I encourage you to show kindness by buying them a meal or groceries, or even donating clothes and school supplies but not giving them money. Please do not encourage begging especially to kids.

I hope this feed will help you the next time you want to Tip.

Be Safe and protect yourselves from Corona Virus.





# An Easter special appetizer: Cream of mushroom soup

By Giza Mdoe

**A**n Easter special appetizer: Cream of mushroom soup  
Nothing says family time like that Easter Sunday lunch. It is a time of joyous celebration that brings the whole family together. It is a time to share, a time to give, a time to show that you care.

Well, nothing says you care like a homemade, wholesome meal with family and friends. And this Easter, Tamu magazine has just the right recipe for you.

Whether you are looking to do a mid-morning brunch, or afternoon lunch or even host a formal dinner, here is a recipe that suits all your needs.

For a well rounded Easter meal, you want to go all out, or at least consider a three course dish. You want it complete with appetizers, main course and dessert.

In this article we will focus on appetizers. And for your Easter special we have selected a non-meat, all vegetarian choice that will have you begging for more. It is none other than the creamy and magical, enchanting, romantic and medicinal, mushroom soup and garlic bread.

Mushroom soup is an all time favorite, it is the ultimate comfort food that is easy to prepare in your own kitchen.

## Ingredients

1. A bowl of shiitake mushrooms

2. 1 tablespoon good olive oil
3. 1 tablespoon unsalted butter
4. 1 cup chopped onion
5. 1 carrot, chopped
6. 1 sprig fresh minced thyme leaves
7. Freshly ground black pepper
8. 2 cups chopped leeks, white and light green parts (2 leeks)
9. 1/4 cup all-purpose flour
10. 1 cup heavy cream milk

After you have collected all the ingredients on the list, you start off, with making sure everything is nice and clean.

**CAUTION:** In this time when the World is grappling with the deadly corona virus, one cannot be too sure. So cleanliness first, wash the dishes clean the table and most important wash your hands regularly.

Ok lets get to it. First, slice the mushrooms. Let loose, no need to be tidy here. Do not try to cut them nice and need, in an orderly symmetrical way, no, they are going to get cooked to small bits in the end so just chop away. Next, get your butter ready. Heap some two tablespoons and heat medium-high then add 1/3 of the sliced mushrooms. These you will let cook for 5 minutes. Remember to stir so you have them cook well all around and to have a constant gold colour in the end.

Now get the stew/stock ready. Start with heating your olive oil and for taste and

thickness, add 1 tablespoon of butter to it. Meanwhile chop up your onion, carrot and thyme. If you don't have fresh thyme then you can use dried kind that comes in small cans in any of your supermarket shelves.

Next add 1 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-low heat for 10 to 15 minutes, until the vegetables are soft. After that, top it up with about 6 cups of water and then let to boil.

Once it starts boiling, you want to let it simmer, so reduce the heat, and let it simmer (uncovered) for about half hour. In a different cooking pot, heat the remaining bit of butter and add the leeks. Cook over low heat just about 15 or 20 minutes then add the mushrooms and cook for another 10 minutes, until they are tender.

Towards the end, add the flour to cook for just about 1 minute. Remember to scrape the bottom of the pot lest it all sticks at the bottom, this is heavy soup after all. Finally, add the mushroom stock, the thyme leaves, teaspoons salt, 1 teaspoon black pepper, and the parsley.

There you have it, serve it hot with a side of garlic bread. Your guests will be delightfully surprised and well appetizer for whatever full course meal you have prepared for them.

That's all for now, from the Tamu team, we wish you all a Happy Easter.



# DIY



# COCKTAILS

**W**e love experimenting with homemade bitters and infused syrups as much as the next aspiring mixologist (just take a peek at our bar cart if you want proof), but sometimes you just want a cocktail that's edited and streamlined. Enter this list of easy mixed drinks for simplified sipping. Surprisingly, many of the most iconic classic cocktails are composed of only a pair of ingredients. That's right, just two ingredients.

For those days when you're in the mood to simplify, or if you're looking to serve a crowd with a turnkey flourish of mixology, turn to this list of mixed drinks featuring rum, tequila, vodka, and nearly any other liquor you can think of. From tropical cocktails to true classics, these drinks are too good to wait for happy moment. Ahead are 4 of the best mixed drinks that only require two ingredients. 'Cause three's a crowd anyway, right?

## **KALIMOTO**

Is an easy twist on sangria, made with equal parts dry red wine and Coca-Cola poured over ice. You can dress it up with a squeeze of lemon or orange, but purists might say those additions are even too fussy. Overdid it last night? Kalimotos make quite the restorative hangover cure, too.



## **MAD MEN' ERA**

A cocktail made with vodka and grapefruit juice. Just fill a rocks glass with ice, pour in two ounces of vodka and five ounces of grapefruit juice, and stir well. Garnish with a grapefruit peel if you so desire. Want to get fancy? Add 1/2 ounce of rosemary syrup and a rosemary sprig to give this



## **THE SCREWDRIVER**

The screwdriver adds a bit of ginger for some kick. To make it, just fill a rocks glass with ice and add two ounces of Smirnoff Ice Screwdriver, then top with ginger beer. Add a squeeze of lime, and garnish this mixed drink with a lime wedge if you wish.





# Chocolate Peanut Butter No-Bake Cookies Recipe



## Ingredients

2 cups sugar  
1/2 cup butter or margarine, cubed  
1/2 cup 2% milk  
3 tablespoons baking cocoa Dash salt  
1/2 cup creamy peanut butter  
1 teaspoon vanilla extract  
3 cups old-fashioned oats

## Directions

In a large saucepan, combine the first 5 ingredients. Bring to a boil, stirring constantly. Cook and stir 3 minutes. Remove from heat; stir in peanut butter and vanilla until blended. Stir in oats. Drop mixture by tablespoonful onto waxed paper-lined baking sheets. Refrigerate until set. Store in airtight containers.

## Nutrition Facts

1 cookie: 139 calories, 6g fat (3g saturated fat), 8mg cholesterol, 50mg sodium, 20g carbohydrate (14g sugars, 1g fiber), 2g protein.



# GORDON'S

THE WORLD'S FAVOURITE GIN



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# FROTHY COLD COFFEE



## Ingredients

4 tbsp instant coffee powder  
4 cups chilled full-fat milk  
 $\frac{3}{4}$  cup powdered sugar  
5 to 6 ice-cubes  
Chocolate syrup for decoration  
4 tsp chocolate syrup  
Whipped cream spray/2 scoops  
of vanilla ice-cream  
Chocolate sprinkles

## Method

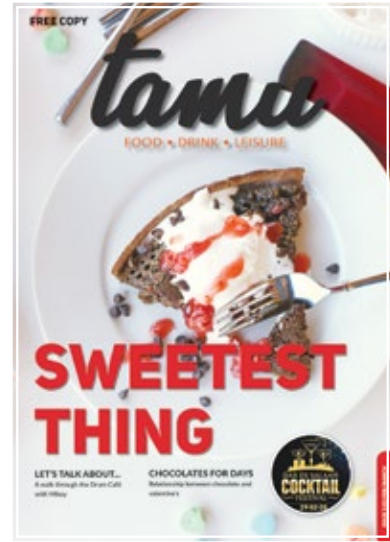
1. Combine the coffee powder with 2 tbsp of lukewarm water in a small bowl, mix well and keep aside.
2. Combine the milk, coffee-water mixture, sugar and ice-cubes in a mixer and blend till the mixture is smooth and frothy.
3. Take a glass, tilt it slightly and pour the chocolate syrup on the sides of the glass while rotating it to form a random design.
4. Pour 1 tsp of chocolate sauce at the bottom of the glass and keep aside.
5. Repeat step 3 and 4 to decorate 5 more glasses. If you wish to serve more people.
6. Pour equal quantities cold coffee into the glasses.
7. Spray the top with whipped cream or add 2 scoops of vanilla ice-cream.
8. Add few chocolate sprinkles on top and serve immediately.



# Brothers of the Grill 2020 the courtesy of Jack Daniels







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