

INTERNATIONAL COOKING EVENT, KENYAN FOOD.

Jambo. On the 23rd of February, as the rest of Japan celebrated the Emperor's birthday, the Tokushima International Association held a cooking event. I was honoured to teach about my country's food and culture.

On this day, the menu was **Matoke**(plantain/green bananas), **Chapati and Chai tea** Kenyan style.

We had many participants, foreign residents and Japanese. Men and women showed up. Not only adults, but kids too. The youngest participant was a 3 year old girl. She had to stand on top of a stool to reach the table to roll her chapati. Our star chefs were a junior high school girl and a 10 year old, combined I think they made almost half the Chapatis in their respective groups.

I was wonderfully surprised by the enthusiasm the participants showed about learning about African food. It was the first time for almost all participants to see or eat plantains. It wasn't easy to peel bananas by hand compared to potatoes as they have a thicker skin. The challenge though was making the Chapati dough and rolling round chapatis while making sure they're soft and cooked through.

All in all, I think everyone enjoyed and learned something new.

A few comments from the participants.

*1. I was glad to attend Irene's cooking lesson. I enjoyed cooking and the presentation about Kenya was made more fun by Q&A session. We learned about the language and practiced some Swahili words.

*2. My favourite drink is tea. I am soo happy that I learned to make real Chai tea. The ginger made it taste wonderful. Now i understand why Irene said we boil the tea twice 😊

*3. I want to get a doggie bag to bring home some leftovers to my husband. I want him to taste Matoke, green banana food in Japan.

*4. Everyone in my group had soo much fun cooking. We made a lot of mistakes, but Teacher Irene said, " use feeling" don't panic about not being perfect.

When I asked most participants what was their take home point about Kenyan cooking, They almost all agreed" use feeling" to cook, menus' are guidelines ha ha ha!

Asante sana.

