



Tour Name

Kumasi Traditional Cooking Tour

Tour City

Kumasi

Tour Snapshot

Taste the distinct flavours of West Africa on this Kumasi tour which will give you the low down on how to create Ghanaian snacks and meals via a local home cook who has skills and stories to share.

Highlights

- Shop for fresh produce and spices at a Kumasi market and learn how to bargain and buy like a local
- Learn how to cook some of Ghana's favourite dishes
- Discover the origins of West African cuisine's key ingredients and use them as you whip up local staples
- Pick up some Ghana cooking tips straight from a talented, home cook

Inclusions: Local English speaking guide, shared public taxi, cooking lesson, ingredients for cooking lesson.

Exclusions: Items of a personal nature, additional food at the market, tips / gratuities for your guide.

Schedule details

- Duration: 3 hours
- Meeting point:
Prempeh II Jubilee Museum at Kumasi Cultural Centre.
- Find the exact meeting point with what3words: [///armful.giggles.educates](https://armful.giggles.educates)
- Starting time: 3.00 PM
- Ending point:
Kumasi Urban Adventures, Adum Kumasi.

Full Itinerary

Get acquainted with the unique flavours and ingredients of West African cuisine on this Kumasi culinary adventure.

Join your local guide and set off for a market visit for some bargaining lessons amongst the colourful produce. Take the time to learn a little about bargaining, as well as the various uses of spices and other key ingredients in local and national cuisines. With markets playing an integral part in modern African life, be sure to soak it all in, wander the market aisles and discover what's on offer.

After the market visit, meet up with an experienced local home cook to learn how to prepare a delicious, traditional Ghanaian feast. With a variety of tribes all coexisting within the country, there are many different influences present in the cuisine of Ghana, so this experience promises to be both informative and supremely tasty.

Take your first steps towards mastering Ghana's cooking style by learning how to cook one of the staples of Ghanaian food known as *wakye*. This simple yet filling meal of beans and rice, flavoured with spices, is considered a local delicacy and is a hit

with vegetarians. Also on the menu is *koose*, a snack made from fried beans, which is a popular street food with locals and travellers alike. Don't forget to indulge in your new Ghanaian cooking prowess by sampling your culinary creations!

With a full stomach and a range of new cooking skills ready to use in your own kitchen back home, your Kumasi food tour comes to a close. Keep this experience in your back pocket - you never know when you might want to break out the waky back home!

Additional information

Inclusions: Local English speaking guide, shared public taxi, cooking lesson, ingredients for cooking lesson.

Exclusions: Items of a personal nature, additional food at the market, tips / gratuities for your guide.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Local contact

Office phone number: +233 (0) 244 156309

Email address: info@kumasiurbanadventures.com