



Take a traditional Berber Cooking Class



The cooking class is offered in the beautiful Haha region located 35 km south of Essaouira. We visit a local Souk featuring freshly harvested fruits and vegetables in addition to meat, eggs, and honey – in short, all the staples for daily living including the essential ingredients for our Berber cooking class. The class takes place at an ecofriendly farm centred around an authentic Berber kitchen stocked with traditional items for food preparation.

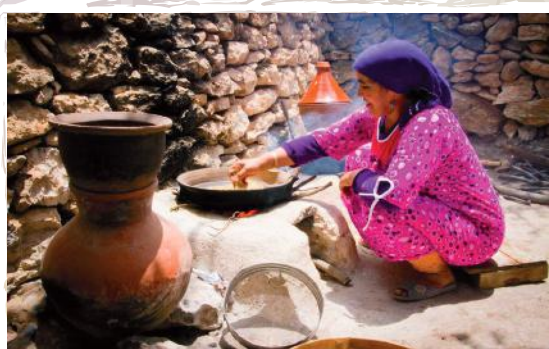
Two lovely locals, show you how they roast barley grain on the fire, and then grind it in a stone mill to produce the flour and semolina used as the basis for traditional flat bread and couscous. We bake flat bread in a clay oven and steam couscous in a traditional clay pot. We learn to make traditional tagine of vegetables and goat meat with Moroccan spices and olive oil – oil derived from the olive trees growing on the farm. Eating outside in beautiful, calm, and natural surroundings is a special event. After lunch we enjoy tea infused with fresh herbs from the garden.

On our return trip we have the option to visit an Argan oil cooperative and learn about the production. There's a good chance to see the famous goats in the trees on this tour.



HIGHLIGHTS !

Visit its rural markets and
discover the cookery
secrets of
Essaouira's region.



Full day

Departs : 9a.m Essaouira
Return : 4.pm Essaouira
Rural market visits only on Thursdays
and Wednesdays. Other weekdays
in the souk of the medina.