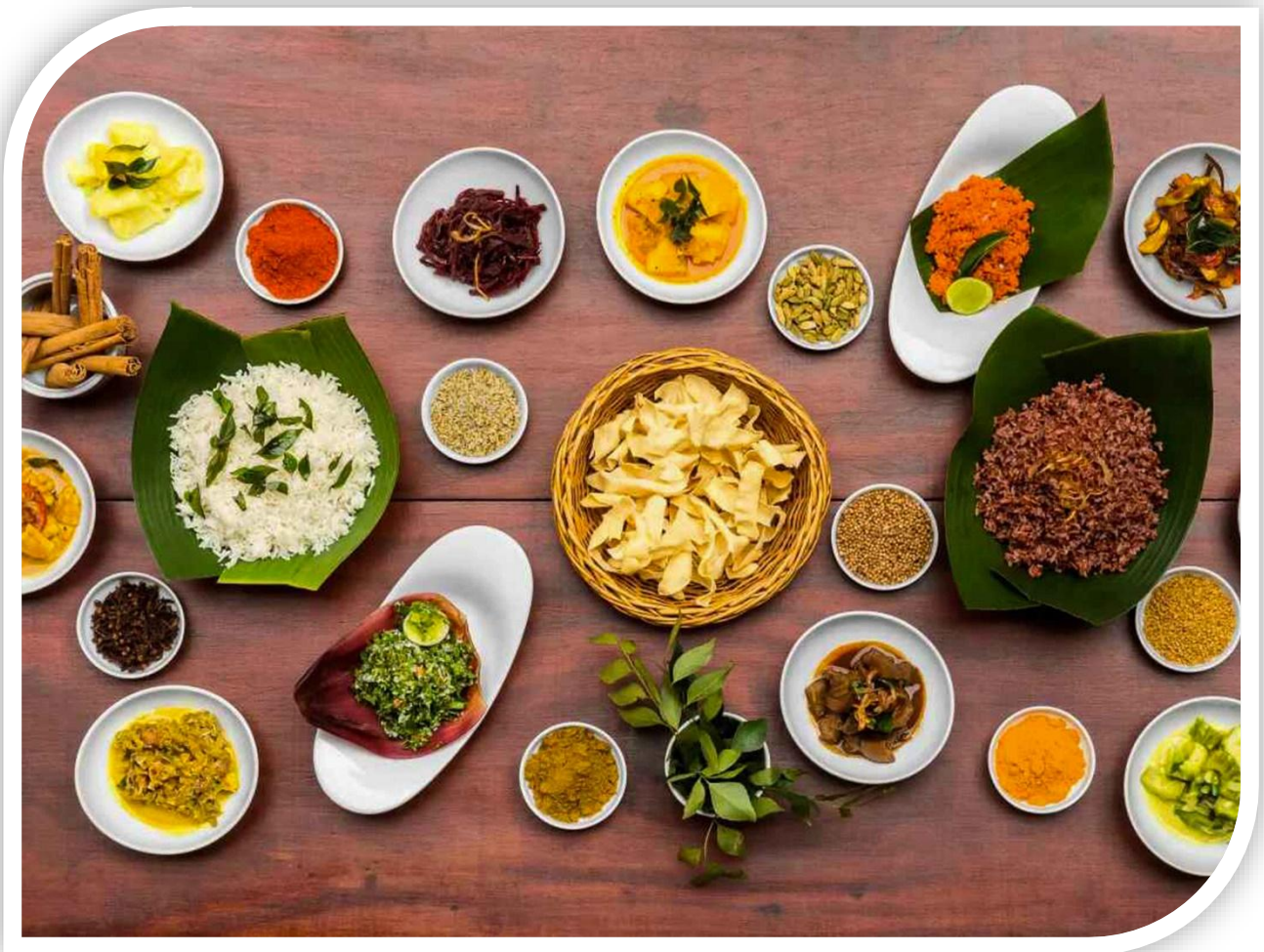




KINGDOM LANKA HOTELS & RESORT

EXPLORE IN SRI LANKA'S UNIQUE EXPERIENCES

3Day Ceylon Special Food Culture Tour with Hotels



Sri Lanka: 3Day Ceylon Special Food Culture Tour with Hotels

Short description

Immerse yourself in Sri Lankan culture on a 3-day food and spice tour. Learn about the history and role of spices in Sri Lankan cooking, enjoy a welcome dinner, and participate in a cooking class.

Full description

Day 1: The Spice Revelation at Kingdom Secret Estate

Arrive at the enchanting Kingdom Secret Estate and settle into your serene resort accommodation. In the late afternoon, immerse yourself in an introduction to spices. Join an expert local guide for a tour through the estate's spice cultivation areas. Discover the history and essential role of spices like Ceylon cinnamon, cardamom, cloves, and nutmeg in Sri Lankan cooking. Learn to identify the raw ingredients and understand their unique flavor profiles.

In the evening, enjoy a welcome dinner at the resort featuring an array of authentic, spice-infused Sri Lankan curries and accompaniments. Spend the night at the resort.

Day 2: The Art of Curry: From Garden to Kitchen

Delve deeper into the local spices and the spice garden at the estate. Witness a demonstration of traditional spice processing, such as grinding and blending, and learn about their medicinal and culinary uses.

In the late morning, participate in a hands-on cooking demonstration and class with the resort's chef. Learn the secrets of preparing a traditional Sri Lankan rice and curry meal. Master essential techniques like tempering, preparing sambols (fresh relishes), and balancing coconut milk and spices.

In the afternoon, enjoy free time for relaxation, exploring the estate, or an optional resort activity. Dinner will showcase another facet of the local cuisine. Spend the night at the resort.

Day 3: Superfoods, Organic, and Local Cuisine

Start the day with an introduction to superfoods and organic produce. Explore the estate's or a nearby local farm's organic vegetable plots, learning about indigenous 'superfoods' like gotu kola (centella) and jackfruit. Understand the importance of organic and sustainable farming in Sri Lankan food culture.

In the late morning, experience an authentic local and organic cuisine cooking session focused on lesser-known, healthy, and traditional village dishes, such as preparing an authentic herbal kanda (porridge) or a special vegetable curry. Conclude your culinary tour and depart.

Highlights

- Immerse yourself in Sri Lankan culture with a 3-day food and spice tour
- Learn about the history and role of spices in Sri Lankan cooking
- Enjoy a welcome dinner with authentic, spice-infused Sri Lankan curries
- Participate in a hands-on cooking class and learn to make rice and curry
- Explore organic vegetable plots and learn about indigenous superfoods

Inclusions

- Accommodation at Kingdom Secret Resort
- Introduction to Spices tour
- Welcome dinner and breakfast with Sri Lankan curries
- Traditional food cooking demonstration
- Cooking class with resort's chef
- Introduction to Superfoods and Organic Product
- Local and organic cuisine cooking session