A TOUR OF AFRICAN GASTRONOMY



RWANDA

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A TOUR OF RWANDA'S GASTRONOMY



A TASTE OF RWANDA'S CULINARY DELIGHTS

A nation's gastronomy is its best ambassador

From sustainable farm-to-fork traditions to inventive culinary innovations, Rwanda's gastronomy is gaining global acclaim. Whether indulging in the bustling energy of roadside stalls or savoring exquisite dishes at upscale restaurants and luxury hotels, Rwanda's commitment to farm-to-fork excellence is palpable.

Rwanda's diverse culinary landscape unfolds amidst the vibrant streets of Kigali and the serene shores of Lake Kivu, showcasing a rich tapestry of local and regional delicacies against picturesque landscapes adorned with lush vegetation and mineral-rich red soil.

Discover Rwanda's culinary heritage through a typical Rwandan diet featuring isombe, the most popular dish made primarily of cassava leaves, and discover other traditional foods such as plantains, bananas, avocados, corn, millet, and beans. Experience the richness of Rwanda's volcanic soil, which, combined with high altitudes, creates optimal conditions for coffee cultivation, a top export alongside tea.

Explore Rwanda's coffee culture at establishments like Question Coffee in Gishushu and Rubia Coffee Roasters in Kimihurura, celebrating the empowerment of women coffee growers.

Embrace Rwandan traditions with Urwagwa banana beer, or enjoy a cup of Rwandan tea amidst the rolling hills of tea plantations around Nyungwe Forest.

Embark on a culinary journey and savor the vibrant flavors of Rwanda – a land of rich heritage and culinary delights.

TAKE YOUR PALATE ON A TOUR

STAPLE DISHES YOU SHOULD NOT MISS WHEN IN RWANDA



UGALI

A thick porridge made from maize or cassava flour, cooked to a dense consistency and often served as a side dish with meat, beans, or vegetables.



ISOMBE

Isombe is a stew of cassava leaves pounded into a deep-green paste, then boiled in flavorful beef, chicken, or fish stock alongside onions, spinach, or peppers, and topped with fresh peanut butter, spices, and a bit of palm oil for added richness.



MATOKE

Short and starchy, matoke bananas are harvested green, then steamed while wrapped in their leaves before getting mashed. The result is a sweet paste often served as a side dish with beans, meat, or vegetables.



BROCHETTES

Skewers of beef, goat, fish, or pork spiced with chilies and grilled over charcoal with onions or peppers.



AGATOGO

A filling stew with plantains, cassava leaves, or spinach, and a serving of beef or goat, and dry-fried lime barbeque pork, popularly known as Akabenz.



SAMBAZA

A common starter for people living along the shores of Lake Kivu, sambaza is little sardine-like fish that is deep-fried in butter and served with a dash of lemon and spicy pili-pili sauce made with chili and habanero peppers.

WANT TO BRING SOME BACK HOME?

Tourists can get any of the fresh spices in any of the markets and supermarkets in the country such as Kimironko and Nyabugogo, which Chef Jackson Yamungu frequents. He also recommends tourists to visit restaurants that offer farm-to-table experiences.

TOP 5 LOCAL BITES TO SAMPLE



RWANDAN STYLE PILI PILI CHICKEN AND AVOCADO MANGO SALAD

Succulent chicken marinated in traditional spices and grilled to perfection, which brings a fiery kick of Pili Pili peppers. Accompanied by a refreshing avocado mango salad, bursting with tropical sweetness and creamy avocado slices.



KIVU LAKE BAKED TULAPIA, DODO, KINIGI POTATO AND AKABANGA SAUCE

Fresh tilapia fillets, gently baked to perfection, highlight the pristine flavors of Lake Kivu's bounty. Served with hearty Dodo greens, tender Kinigi potatoes, and a zesty Akabanga sauce, this dish offers a harmonious blend of textures and tastes.



RWANDAN FISH IN AMATIKE STEW

Succulent pieces of locally sourced fish, simmered to perfection in a flavorful broth infused with aromatic herbs and traditional spices. Served piping hot, this hearty stew is a true celebration of Rwandan culinary heritage, guaranteed to warm your heart and tantalize your taste buds with every spoonful.



CHARCOAL GRILLED CHICKEN, ROASTED SKIN BANANA, ROOT VEGETABLES AND AVOCADO SALAD

Accompanied by savory roasted skin banana and a medley of root vegetables, each bite is a symphony of textures and tastes. Complemented by a refreshing avocado salad, featuring ripe avocado slices tossed with crisp greens and a tangy dressing, this meal offers a tantalizing fusion of flavors that will leave your palate craving more.



COCONUT CHICKEN, SWEET POTATO MASH (INOMBE Y' IBIJUMBA)

Succulent chicken breasts are marinated in coconut milk, creating a rich and creamy flavor profile with a hint of sweetness. Perfectly paired with creamy, buttery sweet potatoes, mashed to perfection for a comforting and satisfying side.

DID YOU KNOW?

Experience the Kigali Marriott's signature cocktail Umutobe: crafted with guava and lime juice, blended with tequila and triple sec, and finished with a hint of mint syrup for an unforgettable taste sensation.

Umutobe traditionally refers to a Rwandan unfermented juice made from bananas or other fruit, a refreshing beverage enjoyed during social gatherings and celebrations in Rwanda.

JACKSON YAMUNGU



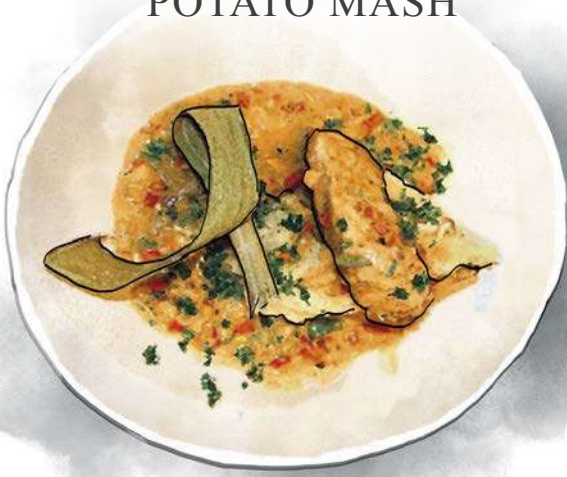
Jackson Yamungu honed his cooking skills at Kigali Catering School in Nyarugenge and began his professional journey 11 years ago. For the past 7 years, he has been an integral part of the Kigali Marriott Hotel team. Now, he is preparing to join the Rwanda Chief Alliance, driven by his passion for culinary excellence. Notably, he was recognized as the Best Performer at Marriott Rwanda last year. Jackson's ultimate dream is to become an internationally renowned chef and own his own restaurant.

«Every dish tells a story, and every flavor carries the essence of a culture. I strive to blend the rich tapestry of Rwandan gastronomy with the world's palate, one dish at a time.»

Jackson Yamungu's culinary passion ignited when he discovered the versatility of coconut juice. Growing up in Rwanda, he was captivated by the exotic allure of coconut, a fruit not native to his homeland but abundant in neighbouring Tanzania and other tropical regions. Seeing coconut as a bridge between cultures within the East African Community, he incorporated it into traditional Rwandan dishes, offering diners a taste of the exotic.

Today, Chef Jackson delights diners with innovative creations infused with the rich flavours of coconut, embodying his belief that food has the power to unite people across cultures.

COCONUT CHICKEN WITH SWEET POTATO MASH



INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 cup coconut milk
- 1 tsp curry powder
- 2 tbsp butter
- 1 tbsp chopped parsley
- 4 large sweet potatoes
- 4 tbsp butter
- 1/4 cup fresh cream

Preparation time: 15 minutes

Cooking time: 25 minutes

Total time: 40 minutes

Serves: 4

STEP BY STEP

1. Marinate the chicken breasts with salt and pepper, ensuring they are evenly coated. Let them sit for about 15 minutes to absorb the flavors.
2. In a large skillet, heat 1 tablespoon of butter over medium-high heat. Add the marinated chicken breasts and cook for about 4-5 minutes on each side, or until they develop a golden color and are cooked through. Remove the chicken from the skillet and set aside.
3. In the same skillet, pour in the coconut milk and sprinkle in the curry powder. Stir to combine and let it simmer for 2-3 minutes to allow the flavors to meld together.
4. Return the cooked chicken breasts to the skillet with the coconut curry sauce. Simmer for an additional 2-3 minutes, or until the sauce has slightly thickened and coats the chicken. Sprinkle with chopped parsley before serving.
5. Meanwhile, peel and chop the sweet potatoes into chunks. Place them in a pot of boiling water and cook for about 15-20 minutes, or until they are fork-tender.
6. Drain the cooked sweet potatoes and return them to the pot. Add the remaining butter and fresh cream. Mash the sweet potatoes until smooth and creamy, adjusting the consistency with more cream if needed.
7. Serve the coconut chicken alongside the sweet mash potatoes. Enjoy your flavorful and comforting meal!

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