African Cuisine – the Case of Kenya

Presenter: Dr Esther Munyiri - Director, GTRCMC-EA-

Event: School of Hospitality and Tourism Management

College of Business and Management

University of Technology, Jamaica

Theme: Celebrating our Heritage for Resilience

Dates: 19th March 2025

Global Tourism Resilience & Crisis Management Centre (GTRCMC) Eastern Africa

Global Tourism Resilience and Crisis Management Centre (GTRCMC)

- **Purpose**: Policy - relevant research on destination preparedness, management and recovery.
- **Launched 2018/9** at the Montego Bay Convention Centre in Jamaica, University of the West Indies (UWI) followed by GTRCMC-EA with Kenyatta University in Nairobi, Kenya in November 2019.
- **Satellite Centers with Agreements**: Kenya, Jordan, Canada, US and Hong Kong
- **New Discussions:** Jordan, Greece, Ghana, Botswana, Spain, Portugal, UK, Nepal, South Africa, Malta, Bulgaria, Oman, Japan and Costa Rica.
- **Leadership:**
  - **Board of Governors' Chair** - Hon Edmund Bartlett, Minister of Tourism for Jamaica.
  - **Co- Chaired** - Dr. Taleb Rifai, former UNWTO Secretary General
  - **Patron GTRCMC-EA** - Kenya President & Regional Chair
  - **Chairperson GTRCMC-EA** - Minister, Tourism, Wildlife and Heritage

GTRCMC-EA Projects

Objectives

Research	Policy	Capacity Building
Communication	Projects & Programmes	Monitoring

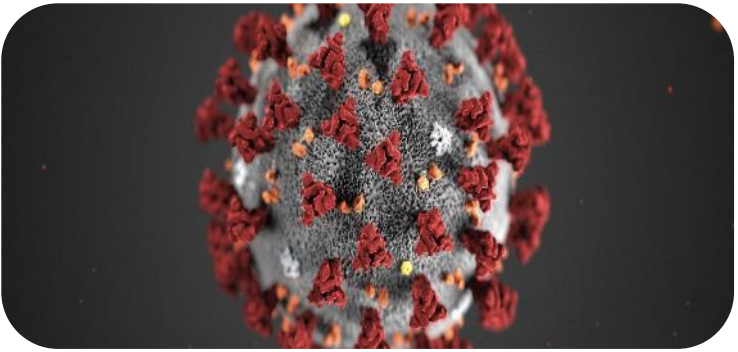
GTRCMC-EA Thematic Areas



Climate change



Security



Pandemic



Economic



Entrepreneurial

African Cuisine – The Case of Kenya



Breakfast - Original

Content

- Porridge – Millet, Sorghum etc
- African Tea
- Mandazi
- Sweet Potatoes
- Arrow Roots
- Boiled / Roasted Maize



Breakfast - New

More processed





Staple food – Ugali and Vegetables

- Ugali and Kales



- Ugali and Cabbage



Ugali and Meat

- Ugali and Goat Nyama Choma



- Ugali and Beef Fry



Ugali and Fish

Ugali and Fish Fry





Ugali and Wet Fish

Other Fish

Omena – Small Fish





Ugali and Chicken





Rice Dishes



Pilau



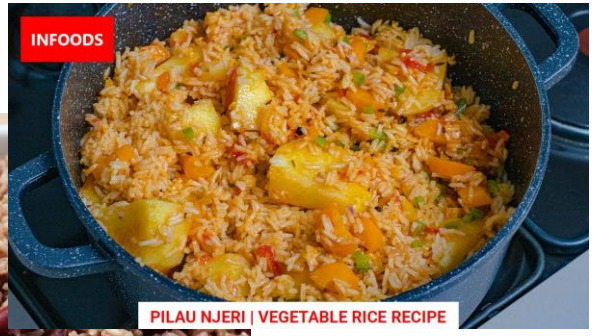
Fried Rice



Fried Rice with Chicken



Rice and Beans



Rice and Vegetables



Rice and Mince



Maize, Beans and Mashed Dishes



Githeri



Muthokoi



Bananas



Mukimo



Sweet Potatoes

Wheat Dishes - Chapati







Roast Meat – Nyama Choma







Street Foods







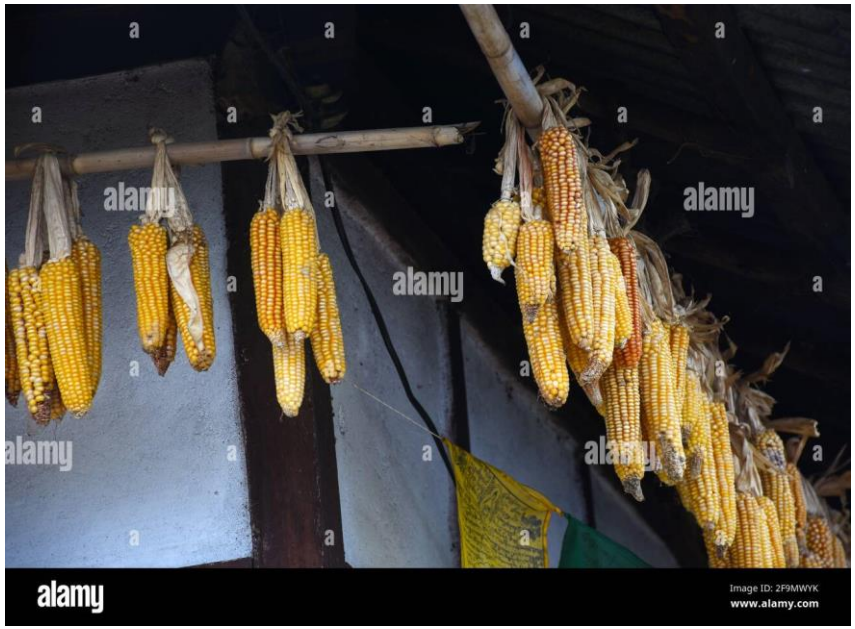


Assorted Fruits



Preservation Methods

- Methods: Drying, smoking, salting, and fermentation
- Foods: meat, fish, fruits, vegetables, and grains





Classifying foods as traditional

- Cooking methods
- Cooking time



Traditional



Modern

Documentation as a method of preservation for foods

GIS Mapping

Kenyan Cuisines



Documentation can be integrated into the education system

GTRCMC-EA Output

- Plans & Procedures
- Maps and Website information
- Storymaps
- Reports Sustainability and Crisis Management
- Policy Papers & Briefs
- Conferences, Seminars, Workshops
- Social media alerts and information
- Resilience toolkits
- Response strategies
- Policy framework
- Journals
- Brochures
- Security Alerts & Early warnings
- Mitigation Strategies
- Tourism Resilience Barometer



~~Thank you~~

Esther Munyiri
Director, Global Tourism Resilience and Crisis Management Centre – Eastern Africa, Kenyatta University
Phone: +254 721 257133
Email: kagure.esther@ku.ac.ke