

African Cuisine – the Case of Kenya

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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

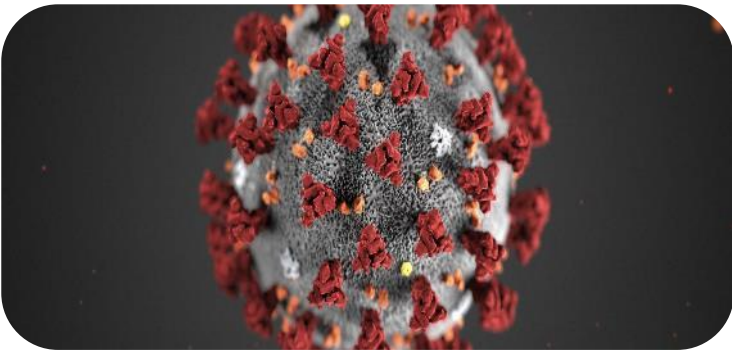
GTRCMC-EA Thematic Areas



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



**Creamy Kenyan
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



Mukimo



Sweet Potatoes



Bananas

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



Kenyan Cuisines

Kenya does not have a single culture that defines it. Kenya has more than 40 ethnic groups, each with its own unique culture and food.

Global Tourism Resilience and Crisis Management Centre-Eastern Africa-GTRCMC-EA, Kenyatta University
3 August 2022

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~~

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