

SPYCED

MODERN AFRICAN

SPYCED RESTAURANT IS A CELEBRATION OF MODERN AFRICA WITH A NOD TO CAPE MALAY FOOD AND CAPE TOWN JAZZ. IT IS THE JOY OF SHARING FOOD, COOKING, THE USE OF SPICES, STORIES, AND ENTERTAINMENT. CAPE TOWN APPLAUDS ITS UNIQUE BLEND OF DIVERSITY IN PEOPLE, LANGUAGE, CULTURE, LIFESTYLE, CUISINE AND ATTITUDE!

CAPE MALAY COOKING EXPERIENCE



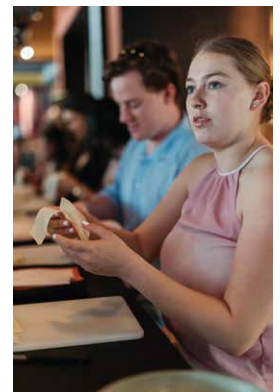
Hosted by Fayruza Abrahams

Join us for a fascinating journey into the rich history, culture, and flavours of Cape Malay cuisine, guided by Fayruza Abrahams. A well-travelled food enthusiast, successful entrepreneur, and published cookbook author, Fayruza is passionate about sharing her love of cooking and her heritage with the world. Her cooking classes have captivated audiences across social media, television, and film, making her a sought-after culinary host.

What You'll Experience

This interactive session blends cultural storytelling, the magic of spices, hands-on cooking, a welcome drink and a delicious three-course meal, offering a comprehensive Cape Malay culinary adventure.

- Discover the vibrant history, culture, and flavours of the Cape Malay community.
- Discover the basics of creating a pickling liquid, and preserving fruits or vegetables.
- Learn about unique Cape Malay spice blends and their health benefits, including how to mix masala and prepare golden turmeric milk.
- Master the art of filling and folding samoosas, then join our chefs in the kitchen to fry them to perfection.
- Lastly sit down to a delicious three-course lunch featuring the spices that you have been introduced to during your class*.



Why Join?

This experience is perfect for food lovers eager to explore Cape Malay culture, gain practical cooking skills, and enjoy an authentic culinary adventure.

Price R1500 per person + 12% service fee

Mondays to Saturdays only - booking essential

*Two drinks included in your experience



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Open for lunch and dinner 7 days a week.