



Travel And Explore BD

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Cooking Lesson Tour

Tour Itinerary

- **Pick-up, arrival at host's house and menu preparation :**

Your tour will begin from your Residence/Hotel from where one of our guides will pick you and directly take you to your host. After having the welcome drinks your host will discuss the food you are going to cook and discuss the ingredients we need to buy from the local market. When menu and ingredient are set your guide will take to you the local market to buy all the ingredients given by the host.

- **Buying the ingredients from the local market :**

This shopping experience in the local market Bangladesh is unique. The guide will give you both options to buy the ingredients and surrounding the host house there is numerous market options to buy the ingredients. You may choose the supermarket to buy the ingredients, but we suggest going to the local market to see the ambiance and learn how to bargain with Bangladeshi shopkeeper and their warm welcoming style.

- **Mise en place for cooking :**

After coming back to the host house and now it is the time of learning how to prepare the ingredients and make ready to cook. We have a

unique style of preparing the ingredients using unique tools to cut fish and vegetables. This will give an opportunity to learn some authentic style of preparation of the food.

- **Cooking the food with host:**

Once all the ingredients are ready and everything is set. This is your time to take the lesson on how to cook delicious yummy Bangladeshi food. Note all the measurement of mixing the spices which give the food an authentic taste. Later, you adjust the spices once you prepare it at your home.

- **Enjoying the meal that you cooked with the host. :**

Finally, reward yourself with the meal that you prepared by yourself. Complement your delicious Bangladeshi food and have a good conversation. You also can take all the dry spices with you and receive the recipe. Getting back home cook the same food you learned and impress family and friends.

- **End of the tour:**

It's time to say goodbye to the host family with a memory of a new style of cooking Bangladeshi traditional food.

Tour Includes

- **Whats Included ?**

Private Air-condition Car

Market visit and ingredients

Preparation of food and cooking class

Complete lunch or dinner with host

Recipes (sent by email after the tour with video)

Cooking diploma

- **What's not Included ?**

Personal expenses, gratuities, activities not specifically mentioned in the itinerary.

Special Notes

- **Good to know**

This tour/activity is designed for a solo or small group of 4 to 5 people

Youth up to 18 must be accompanied by an adult. No children under 12 will not enjoy this tour/activity at all.

Confirmation will be received at the time of booking

We regret that vegetarian or other alternative dietary requirements not possible to be welcomed.

Not wheelchair accessible

We operate this tour on any day of the week.

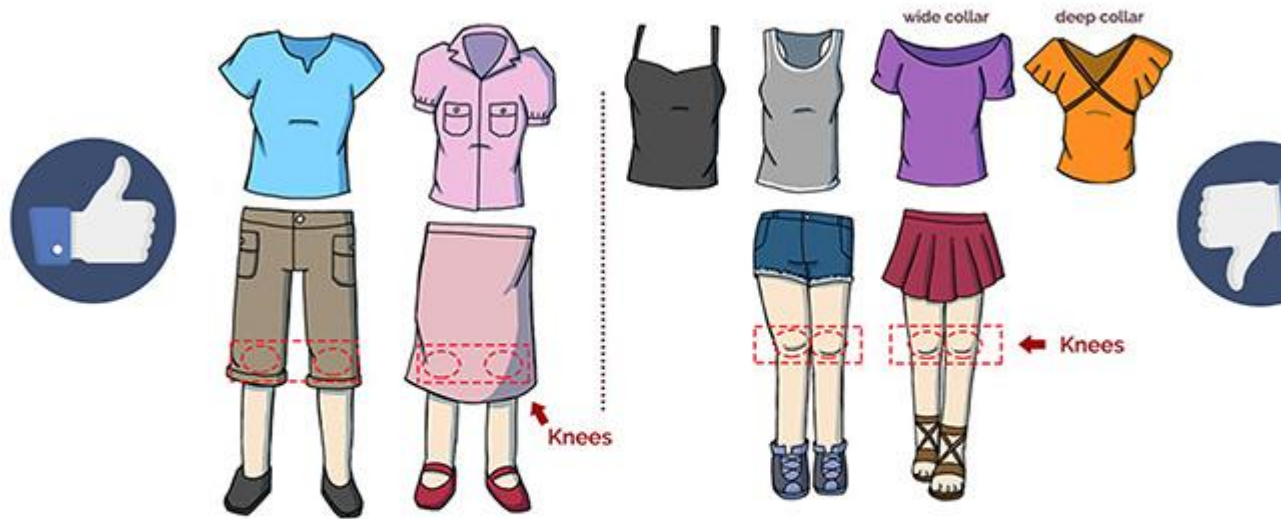
Generally, the host is not a professional cook but very famous in their community thus the kitchen equipment you might not find very European standard but to see the authentic and traditional way of cooking. But we never compromise with hygiene and cleanliness.

Before confirming this tour you contact us to inform us if there is any particular Bangladeshi food you want to cook and as per your requirement, we will select the menu.

- **What to wear ?**

As Bangladesh is a majority Muslim country and has a conservative attitude toward dress. In this regard, a modest dress is always welcomed. In the metropolitan cities western dress will not be any problem but in the rural area better to be a bit modestly dressed to receive respect from the locals.

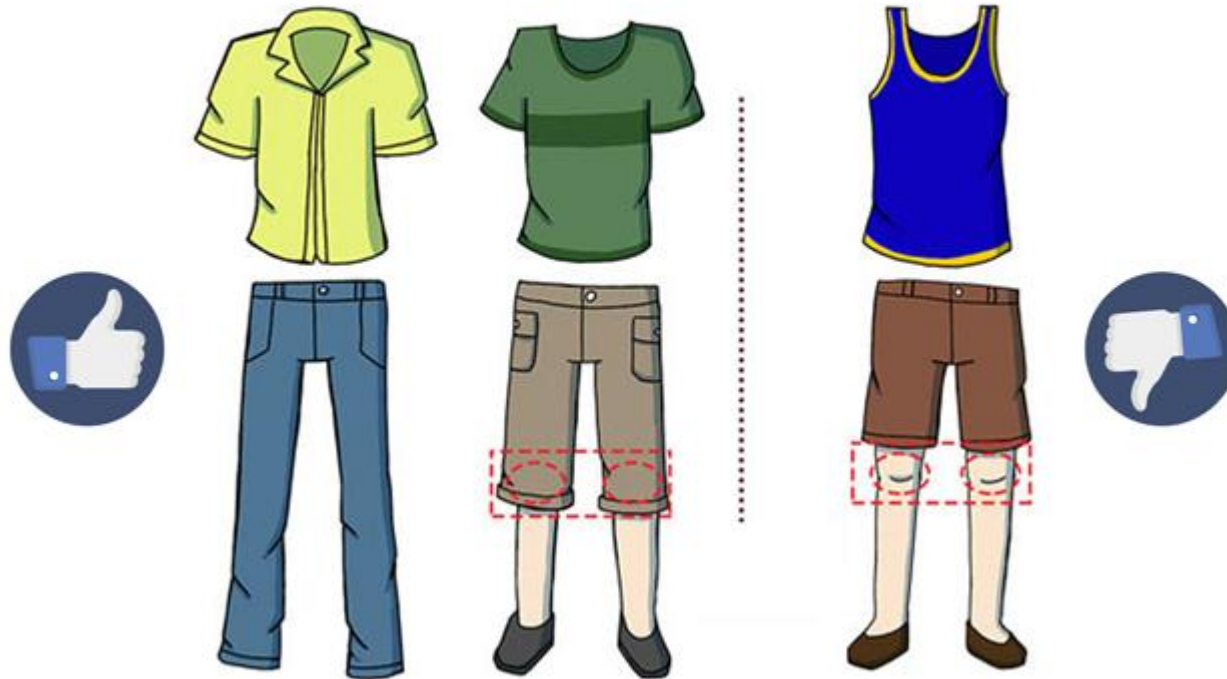
Dress code for women



If you cannot avoid wearing the inappropriate clothes for temple/mosque/church visits like the above, bring a shawl and a big piece of cloth to cover your shoulders and your knees.



Dress code for men



Tour Price

- 1 Pax Tour:\$137 USD / 15000 BDT