

# Traditional *food tour* of the Sousse medina with Jamal from Kamoun & Kanoun





### **Culinary and taste immersion in Sousse**

Immerse yourself in the everyday gastronomy of Sousse's inhabitants. This experience takes you through the alleyways of the medina to discover their culinary habits while exploring this ancient UNESCO World Heritage city. The *food tour* allows you to visit the markets, see the fresh produce on the stalls, meet the merchants and cooks, and above all taste the traditional culinary specialties of the "Pearl of the Sahel", renowned in particular for its olive oils.

Period: All year round

Duration: 3h (4h with the "Olive oil tasting" option)

Participants: From 1 to 10 people

Level: General public

Languages: French, Arabic, English

Location: Sousse medina

Transport and accommodation: Not included in the experience

**Your host: Jamal Benhmida**

A self-taught chef born in Sousse, I've been passionate about cooking since I was very young. I learned it by observing the women in her family: my mother especially, and my aunts. By launching my Kamoun & Kanoun project, dedicated to traditional Tunisian cuisine in all its variety and wealth of

influences, I hope to share and pass on my passion to as many people as possible, and encourage the development of local Tunisian products.

### Highlights of the experience

- The (re)discovery of the medina of Sousse, a jewel filled with history and tradition, through traditional Tunisian cuisine;
- Exploring key places linked to Sousse's culinary culture;
- Experience the atmosphere of the medina and the daily life of its inhabitants;
- The tasting of delicious dishes and quality Tunisian products;
- Discover Africa's only olive oil bar and learn to differentiate between olive oils, in a unique setting.

### Ideal if you're looking for activities for...

- Families with children ;
- Retirees ;
- Solo travelers;
- Groups of friends ;
- The adventurers ;
- Fans of culinary discoveries and *street food*.

### The spirit

Family or friends, Tunisians or travelers from all over the world, everyone is welcome on this *food tour*! We tailor the *tour* to your profile and expectations. Whether you're already a connoisseur of Tunisian cuisine or not, you'll be delighted!

Conviviality, sharing and exchange are the mottos of my *food tour*, as I meet friendly, welcoming locals and vendors.

### We've got you covered...

Meet at the starting point of our *food tour*. After making contact and discussing the experience, we start with a visit to the central market in Sousse's medina. Depending on your tastes, you can choose your fish, for example, which will then be cooked with couscous in one of the city's best-known traditional restaurants. Afterwards, we continue through the narrow streets to discover the various spices and products of this beautiful medina.

You can then sample a variety of sweet and savory specialties as you wander the streets of the

medina.

For travelers who have chosen the olive oil tasting option, we'll also introduce you to a unique place in Sousse: the New Medina, a hybrid venue housing Africa's only olive oil tasting bar. You'll also leave with a souvenir...

### Price

- On request.
- Extra: olive oil tasting + complimentary bottle.
- Our prices include: organization of the experience, guide fees, tour, tastings, lunch.
- Our prices do not include: transport, insurance and extras (olive oil tasting).
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

### Recommendations for running the experiment smoothly

Come and join us, preferably with an empty stomach and open taste buds! We look forward to welcoming you.

### Contact us

- Email : [jamel.benhmidia07@gmail.com](mailto:jamel.benhmidia07@gmail.com)
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