#
Merit Ethiopian Experience Tours - Food Tour in Addis Ababa

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| **Location:**
Addis Ababa, Ethiopia
**Language:**
English
**Duration:**
2.0 hours
 | **Magpie Product Code:**
JRHWOI
**Company Website:**
meetmule.com
**Primary Contact:**
Merit Ethiopian Experience Tours
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**Description Summary:**
Contrary to many people’s expectations, Ethiopia offers wide varieties of delicious meals.  During this five hours food tour of Addis, we first set out for Merkato which is the largest outdoor market in the entire Africa. We start with visiting the Vegetable Section of the market and buying important ingredients for our food preparation session later. Next stop in the market would be the interesting Spice Market where pick our necessary and unique spices up. Walk for about ten minutes farther to a unique market where we will visit the market which supplies ingredients to prepare bread called Kocho or Qocho which is prepared from the root and stalk of Enset or False Banana Tree. Kocho is prepared from the smashed root of Enset after it is buried for at least three months in the ground and fermented. The final part of the market will be visiting the dairy products section of it. One of the most common ingredients added to many Ethiopian meals is “Nitre Kibe”, a clarified butter infused with ginger, garlic and several species.

Then drive to a local family where you will be a guided preparation of a typical Ethiopian meal – Injera. It is made from a grain known as “teff”, which is ground into flour, mixed with water and yeast for slight fermentation, and baked on a big round pan after the dough is kept at least for three days. Teff is a gluten free grain which is more fiber-rich and nutritious than any other grain containing protein, fat, carbohydrates, iron, and calcium. With the local family, you will try to bake injera as locals do, and taste your made.

We now head to one of the best traditional Ethiopian restaurants of Addis where you will taste varieties of yummy Ethiopian meals from the different parts of the country.

Next is attending a typical Ethiopian Coffee Ceremony where you will see the whole process of washing the beans, roasting it on iron pan, pounding by hand, boiling and how it is served three turns of cups of coffee. In the Ethiopian culture it is customary to put fresh cut grass on the ground, burn a frank incense for its great smell, and let guests smell the smoke of the roasted coffee which is regarded as sign of their being welcoming host. Coffee is Ethiopia’s biggest export and it is the gift of Ethiopia to the World as it was originally discovered in the Keffa region of Ethiopia.

Finally, along the way back to your hotel, stop at one of the ‘Tej Bets’ of Addis. Tej is traditionally brewed mead-like drink make from honey.

This tour is open for customization to best fit with visitors' interests, tour start times, etc. It is planned to be held for up to six visitors and price includes a comfortable private Toyota Mini Van, professional and expereienced English speaking guide, coffee ceremony attending fee, Tej tasting, and all related government taxex.

**Description:**
With this 6 hour tour of Addis Ababa visitors will have a deeper insight into the history and culture of Ethiopians through shopping food stuff at local markets, participate in food preparation sessions and tasting varieties of delicious Ethiopian meals.

This driving and walking food tour of Addis will enable visitors to see and feel how life goes at Merkato – the largest open air market in the continent; learn from a native cook how to bake Ethiopia’s National food called Injera (Enjera), and eat with your fingers at one of the typical traditional restaurants of the city.

After lunch, visitors will also attend a typical Ethiopian Coffee Ceremony. It is a perfect moment to learn how Ethiopians’ social and economical life is closely tied with coffee and see how Coffee, born originally in Ethiopia, is entertained in the Ethiopian Coffee Ceremony.

Join this unique, personalized and authentic tour of Addis to see the rich Ethiopian cuisine!

**Inclusions:**

Professional experienced English speaking tour guide

Local family visiting fee for the food preparation class

Hotel/Airport pickup and drop off

Ethiopian Coffee Ceremony attending fee and coffee

Two glasses of "Tej" - Ethiopian Honey Wine per person

**Exclusions:**

Meals and drinks at a traditional restaurant at lunch

Tips for service people

And, any expense which is not mentioned in the "Included' List above

**Know Before You Book:**

- Duration: 2h

- Mobile tickets accepted

- Instant confirmation

**Health:**

All tour guides and drivers providing this tour are vaccinated for COVID-19.

**Health items:**

Hand sanitizer available to travelers and staff, Transportation vehicles regularly sanitized, Face masks required for guides in public areas

### Locations:

**Pickup:**
none

**Starts Notes:**
Traveler pickup is offered.<br>Addis Ababa Bole International Airport (if visitors are just arriving) OR any hotel (lodge) in Addis Ababa.<br>Airports:<br>Bole Airport, Addis Ababa Ethiopia<br>Hotel pickup is offered. View the hotel list on our checkout page to see if yours is included among the pickup points.

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing