

# Nairobi's restaurants: tasteful insight into food and culture

Nairobi is a thriving capital city where immigrants from other African countries, Asia and Europe have introduced their cuisine through many varied restaurants which also provide cultural insights into the proprietors' home countries.

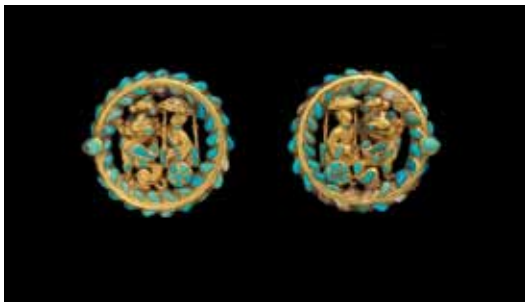


Carnivore at its best

The most famous restaurant is undoubtedly Carnivore, a meat eaters' paradise. It is here that whole joints of meat - legs of lamb and pork, haunches of exotic meat,

rumps of beef, sirloins, racks of lamb, spare ribs, sausages, chicken wings, skewered kidneys, even crocodile, and other tasty morsels - are roasted on traditional

Eating meat the African way



Locally mined precious materials appear in many decorative objects

Headress ornament



Maasai swords over a huge, visually spectacular charcoal pit that dominates the entrance of the restaurant. It has served over five million clients and its visitors' book reads like a global who's who!

A meal at the Japanese Tokyo restaurant is more like an evening with Japanese friends. The manager welcomes his guests and talks about the dishes and the tourist sites. African cooks prepare the food in front of the customers.

Strange as it may seem there are many Japanese restaurants in Nairobi. This is regarded as one of the best and there is also Onami. The food is always good and the service not too bad. They keep up standards and are reliable.

Ethiopian restaurants are also popular. The medley of colours, the mouth watering combination of spices, the pungent aromas, and the ever so creamy Ethiopian butter take their place among

Cheap, cheerful and tasty





Women beneath a gateway



Medallion depicting Eros



Pair of bracelets

Ornament for Robe



Pair of clasps



Pendants  
depicting  
the Dragon  
Master



unique international cuisine.

At the Smart Village in Nairobi you can smell the scent of berebere spices penetrating the parking lot. There are a number of seating options among them the open air table near the bakery. Those sitting inside can admire numerous handicrafts including paintings on leather.

A variety of enticing dishes are laid out on a large tray. Dining in

Ethiopia is characterised by breaking and sharing food from a common plate signifying the bonds of loyalty and friendship. The traditional way of eating is with fingers. "Injera", a staple flat bread, is placed on the plate with a variety of dishes decoratively arranged around it. A small portion of "Injera" is torn off and wrapped around a mouthful of the selected dish. . "Wot" is dipping sauce which maybe prepared using a variety of

A selection of Ethiopian food



meats, fish, and vegetables. "Wot" is cooked with "Berbere" (Ethiopian seasoning prepared from matured red chili pepper and other exotic spices) which may range from very mild to spicy hot. "Alitcha" is more mildly spiced dipping sauce prepared with a variety of meats or vegetables. Ethiopian dishes are prepared with a distinctive variety of unique spices for an unforgettably striking dimension to exotic cookery.

Cedars is the old and famous Lebanese restaurant in Nairobi. It is owned by a Norwegian who has lived in Nairobi for decades, and unlike most restaurants in Nairobi, which tend to lose their touch and become quite worn-down after a while, Cedars has kept its quality up. Their Mezze are delicious, and the obvious easy choice for most people who eat there. There are also a great variety of other mouthwatering, top-quality Lebanese dishes. It's among the pricier restaurants in Nairobi, but totally worth it.

Corner Bistro is located on the corner of Rhapsa Road and Mvuli Road in Westlands. This garden restaurant is stylish, yet cosy. The

food is Italian, and actually stands out quite well from "standard" Italian restaurants in Nairobi with a pretty exciting menu. The veal steaks are excellent. They also have great fresh fruit juices, especially their tangerine juice.

One of Nairobi's most romantic, and well-kept secrets is La Salumeria. Well hidden behind the charming, old Valley Arcade on Gitanga Road, this Italian restaurant is one you are not likely to stumble across unless you know exactly what you are looking for. Not only does this place have an authenticity that none of the other Italian restaurants in Nairobi can match, it also has great food, and very skilled waiters that are fast, polite and attentive. They also know the food throughout, and can actually offer good advice, something which is quite unique for Kenyan waiters.

Starbucks step aside: Java is thriving in Nairobi. It has a variety of coffees and as well as delicious snacks, cakes and sandwiches. There are also plenty of cheap cafes and no shortage of take aways including the famous masala chips.