



Kombahari

The essence of African cuisine

Amai's Choice Menu



Introduction

Welcome to Amai's Choice Traditional Menu

We welcome you to our "Amai's Choice traditional menu." * Amai means mother in Shona which is one of Zimbabwe's main vernacular languages. This menu was developed with the warmth and love of a mother whose priority is always the wellbeing of her family driven by the desire to put smiles on their faces. Amai's Choice traditional menu was adopted from some of the best, authentic, natural and wholesome Zimbabwean traditional dishes from across the country, which have been handed down by mothers from generation to generation.

Celebrating our Africaness: Our African culture is expressed through our arts and crafts, folklore and religion, clothing, cuisine, music and languages. Rainbow Tourism Group is a proudly Zimbabwean, Proudly African brand. Our business ethos is tightly woven into the fabric of our rich culture and heritage as Africans. In 2017 we began our journey to align our brand positioning with our heritage. The journey was all-encompassing, including all aspects of our product and service offering; from food, to uniforms, and the general interior design of our hotels. It was during the same year that we pioneered the introduction of weekly traditional indigenous food themed days at the five-star Rainbow Towers Hotel & Conference Centre. In 2019 we launched new vibrant African inspired traditional uniforms to showcase and reflect our pride in our heritage and culture.

The journey to taste sensory discovery begins here

Amai's Choice traditional menu is not only bursting with unique flavors that will tantalise any taste buds, but is highly nutritious with many health benefits. Enjoy the journey into discovering the essence of Zimbabwean cuisine!

In 2021 the First Lady of the Republic of Zimbabwe Amai Auxillia Mnangagwa championed the search for nutritious foods with the launch of cook-out competition across ten provinces of Zimbabwe. The finale was held at the Rainbow Tourism Group flagship the Rainbow Towers Hotel & Conference Centre on 20 May 2021. Together with our award-winning chefs, we selected the dishes most representative of our diverse people and culture. This menu is therefore a cross section of foods from around the country which are authentically Zimbabwean.



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Welcome / Mawuya / Şiyalamukela

HAND WASHING CEREMONY

TIGASHIRE / SETHULE WELCOME DRINK

Sweet potato Mahewu (non - alcoholic) or Chibuku (alcoholic)
traditional beer

Starters

SWEET POTATO VEGGIE BALLS

Mashed sweet potatoes, simmered in vegetable broth

NZWISA / INZWISA "APPETIZER"

Nyimo or indlubu bean fritters, smoked crocodile, Village chicken
drumettes, salted local nuts, biltong

CHIEF'S SALAD

Popped sorghum "mhunga or inyauthi", baby garden leaves,
chimukuyu shavings, local cucumber, local tomato tossed in
refreshing Towers dressing

MANYAUTSAMUKANWA / IVULAMPIMBO "SOUP OF THE DAY"

From large burner heated clay pot "Hari" served in small African
small iron casts



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Main Course

HUNTERS HOT POT

Venison or beef chimukuyu “biltong” in mild fresh chilli peanut sauce, sadza rezviyo & braised rape

BRAISED OXTAIL IN TOMATO & ONION RELISH

Served with sadza or peanut butter rice

TRADITIONAL CHICKEN MAKHAYA

Pot roasted & Simmered, served with sadza & braised local vegetables

IZILANYAMA “VEGETARIAN LOCAL BEAN STEW”

Slow-cooked cow peas, sadza, local vegetables of the day

CHIPOTO CHEVARUME / UKUDLA KWAMADODA “MAN’S HOT POT”

Slow cooked herbed cow hooves, local vegetables of the day, peanut butter rice or sadza

TSURO / UMVUNDLA “THE RARE RABBIT”

Braised in tomato & onion gravy, sadza rezviyo, fried local vegetables

NHAPITAPI / ISIDLO SOKUCINA “DESSERTS”

Baobab mousse

Pumpkin cake

Mbambaira pie “sweet potato pie”


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