

off the fence.

Bush Larder

12 x 30'

EPISODIC BREAKDOWN

1. Mud Crabs

In the first episode of the series, Kiran travels to the beautiful northern Kenyan coastal town of Malindi where he discovers how to make traditional mandazis (Kenyan doughnuts), collects tamarinds, and finally catch a batch of monstrous mud crabs with charismatic father and son duo Jacob and Peter. Kiran combines these three main ingredients to make some tasty dishes.

2. African Wild Honey and Game Meat

In Machakos Kiran investigates a legendary technique to trap Guinea Fowl, Kenya's equivalent to wild chicken. The complex process involves getting stung by wild African honeybees, preparing an incredibly potent honey beer, and eventually self-marinating the Guinea Fowl from the inside. Not surprisingly the combination of sweet honey and game meat produces a spectacular dish (and in the process, a makeshift pressure cooker!).

3. Crayfish

In search of Louisiana Crayfish, an American import, Kiran heads to the stunning mirror lake in Naivasha and learns how to ensnare the flavoursome little critters. Leaving the waters behind, our chef visits one of Kenya's most prolific wineries to sample their latest stock. A perfect crayfish cooked in white wine comes as a huge surprise to Kiran and his new friends.

4. Rice and Fowl

Kiran travels to the Kenya's vast and productive rice paddies in Embu, where he tries 'surfing' cows, and harvesting and de-husking the fragrant rice. To preserve each crops growth and quality, Kiran joins sharpshooter Dhruv and tracker John on a duck hunt, picking off a variety of fowl that scavenge the land. The resulting dish is appropriately Asian inspired.

5. Lake Victoria Whitebait

Kiran heads west to Obama country, visiting a small peanut farm and picking green bananas, known as Matoke. He then rows across Africa's inland sea, Lake Victoria, and endures a ferocious

lightning storm whilst fishing for Omena and other species of fish. With a plethora of interesting ingredients, Kiran cooks up a wildly inventive dish!

6. Prawns

Palm wine, or mnazi, is a notoriously moreish alcoholic beverage made largely on Kenya's south coast. Kiran hangs out with local mnazi experts, goes on an uncomfortable trawl for prawns in a river and heads north to Mombasa, where a bustling spice market provides him with some wonderful culinary treasures. Back on Diani beach, Kiran and his pals enjoy his prawn based, alcoholic effort.

7. Mt. Kenya Trout

Kiran ventures to two enigmatic landscapes that will ultimately hold the key to this episode's special dish. He scales the wild slopes of Mt. Kenya to Lake Rutundu, where two gamekeepers teach him how to nab different varieties of delicious trout. Kiran must brave freezing rain and a perilous gorge before cooking a mouth-watering, high-altitude breakfast in sunshine.

8. Coral Fish, Oysters and Clams

Kiran traverses more of the north coast where he meets the enthusiastic fishermen who fashion improvised surfboards from debris, and paddle out into an estuary with a perilous tide. Later, Kiran uses a local dhow in Kilifi to harvest fresh oysters and clams thriving in the mangroves and cooks the sumptuous molluscs for his fellow shipmates.

9. Tea and Molo Lamb

Kiran travels to the beautiful manmade tea fields in Kericho, and works alongside the tea pickers. There he learns how tea is processed, and collects a large sack of tealeaves for an innovative cooking experiment. There, our chef investigates prized Molo lamb with a local mzee and his family, which he proceeds to cook in a large pit overnight, smoked through with the tealeaves.

10. Octopus!

Kiran returns to the vibrant north coast to Che Chale, famous for its widescreen sandscapes. He meets a local cassava farmer to harvest some of this delectable root, which will accompany his next ingredient perfectly – octopus. He fashions a homemade spear gun and attempts to outsmart some of the slippery and highly intelligent cephalopods.

11. Ostrich Egg, Cow's Blood and Cattle Hump

Kiran visits an Ostrich farm in Nairobi. He tangles with the big birds, and collects a large egg. Later, he travels to the Masai Mara and immerses himself in foraging for wild herbs and tasting cows blood. Cattle are an invaluable source of food for the Masai, so our chef has some interesting ideas on how to create a luscious meal!

12. Sailfish

Kiran visits a smokehouse and prepares Sailfish. He then makes his way to a deep sea fishing hotspot in Watamu, joining Captain Combo to explore his traditional fishing methods. Combo later joins Kiran on a hi-tech fishing boat. Patience, hardship and the threat of seasickness do nothing to deter our chef from coming up with another fantastic dish!