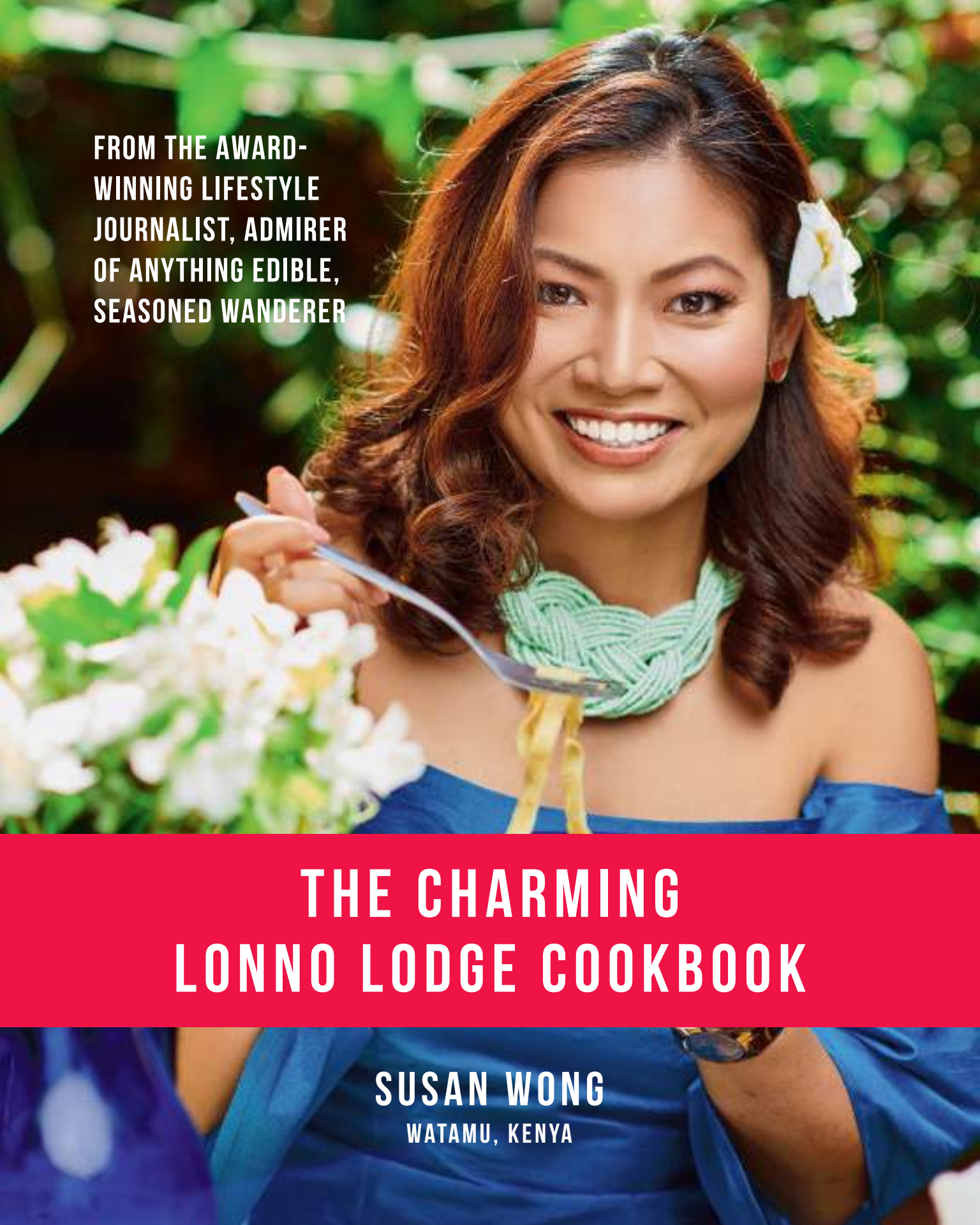




FROM THE AWARD-
WINNING LIFESTYLE
JOURNALIST, ADMIRER
OF ANYTHING EDIBLE,
SEASONED WANDERER

THE CHARMING LONNO LODGE COOKBOOK

SUSAN WONG
WATAMU, KENYA

THE CHARMING
LONNO LODGE WATAMU
COOKBOOK



SUSAN WONG

coquo, ergo sum.



***K**enya is magical, a land full of resources and many contrasts. Every year, millions of tourists come to visit our natural wonders – from the National Parks to the perennial glaciers of Mount Kenya, and to the pristine white sandy beaches on the Indian Ocean coast.*

Nairobi has been a beacon of attraction for investments and international organizations for decades in East Africa, and this has undeniably contributed to giving an incredible boost to Kenya's natural exuberance.

When one thinks of Kenya, thoughts of unspoiled landscapes and going on safari usually come to mind. The incredible richness and striking natural beauty of Kenya, from the savannahs to forests, is much more than what many expect. Thanks to the continuous growth and innovation in the tourism sector, other forms of tourism including business, sustainable, cultural and even culinary are also found here.

Culinary tourism follows this continuous evolution. From the big urban hubs like Nairobi, Mombasa and Kisumu, to the smaller villages on the coast like Watamu, Kenya is a mix of flavors, cultures, and spices.

I invite you to explore this Cookbook because, firstly, the reader will get to know Watamu and experience a small example of the gastronomy that's available; and secondly, this cookbook hopes to inspire many more similar projects to follow.

Enjoy!

*Hon. Najib Balala, EGH
Cabinet Secretary for Tourism & Wildlife*



Hon. Najib Balala, EGH, is Kenya's Cabinet Secretary for Tourism & Wildlife. He plays a significant role in boosting growth and stability in the Kenyan and regional tourism sector, working closely with private and institutional investors, with conservation and regional development agencies to ensure that the economic potential of this vital sector is both prudently and sustainably managed.

Acknowledgments

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I'd like to mention in particular Mary Kanze Katana, Alfred Kitsao Kenga, Allan Munene Kaburi, Phoebe (Janet) Isaya, and Salma Mbuche Franklin for their patience in cooking all the recipes presented in this cookbook with me.

This book is dedicated to my family, and to my lovely parents. Thank you for your never-ending support, inspiring words, and tireless dedication in preserving our family heritage through stories and recipes.

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All the pictures shot at The Charming Lonno Lodge Watamu and in Watamu, Kenya

For contacts see www.lonnolodge.com

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Tonight's sunset was glorious. The best part of a sunset is after when the sun dips below the horizon. That's when it gets interesting. The skies cleared-up just in time for dusk, leaving behind streaks of Cirrus clouds. Their hair-like filaments danced in the sky and traced the wind shear. Vivid shades of pastels washed the sky as fiery tones of red were drawn to the diffused edges of the clouds.

Magical. Watamu sunsets never disappoint I thought. Just like the first one I witnessed in 2014.

My chilled glass of Prosecco was as refreshing and beautiful as my surroundings. The stars were out, and candles lit the path to my table right next to the softly illuminated pool. Over the years, Watamu had become my happy place, somewhere that I could quiet my thoughts, stimulate my creativity and recharge from the hustle and bustle of Nairobi life.

Located approximately 100km north of Mombasa and 20km south of Malindi, Watamu is a charming coastal village in Kenya known for its wide, pristine and white-sanded beaches. Its reef-protected aqua lagoons are legendary, and the deep sea fishing beyond the marine park is world-renowned. From sandbars to flat water to pumping swells, Watamu is a playground for watersports enthusiasts. Colourful endemic birds call surrounding lush tropical forests home, and the flourishing marine wildlife captivate nature lovers.

WATAMU ON MY MIND





The entrancing sunsets over Mida Creek fringed by mangrove forests, and meandering tributaries that lead you back to the open ocean provide a new adventure every day. And, you'll find some of the tastiest food you'll sample along the coast in this village.

The best is found at The Charming Lonno Lodge. I'm currently waiting for my favourite Omelette Pancakes with Bacon, pillows of umami held together by crispy streaks of bacon, the perfect precursor to a delicious plate of homemade pasta, followed by Coconut Prawns with Dill and Orange Mayonnaise, and for dessert, Chocolate Panna Cotta that wiggles and melts in your mouth. With such a picturesque backdrop as Watamu, every meal here inspires a sense of comfort and contentment that truly is only achieved when every need in your body is satiated. You're home.

"We're glad to have you back Miss Wong," Allan, a long-time waiter at the Lodge interrupts my thoughts. The warmth of his smile accentuated by the flickering candlelight. "Here's your favourite. Enjoy."

They say that it's the people that make the place. And this is no truer than in Watamu and at The Charming Lonno Lodge. It is the people that share their stories and will inspire you to see life in a different way. It is the people that will open their hearts and invite you into their communities and homes. It is the people that will give you directions when you veer-off course from your map. It is the people that will welcome you and feed you their most delicious specialities. It is the people that will tell you something unique that a guidebook will never be able to. And, it is the people's warmth that you will remember and take with you forever when you leave. With a name that means "Home of the Sweet People", here in *Watamu*, you won't have to worry.

So, let's be clear. This book is not a Watamu's Top 10 or a The Best of Kenya. In fact, this is not a remotely balanced portrait of Watamu. This book is about me, finding my happy place in Kenya, and eating to my heart's content at The Charming Lonno Lodge whilst I discover Watamu, and share some of the recipes from their kitchen so that I can take a bit of that charm with me no matter where I go in the world.

*“You learn a lot about someone when
you share a meal together.”*

– Anthony Bourdain



THE STARTERS





PRAWNS WRAPPED IN BACON WITH CHICKPEA SAUCE

Bacon. Cured, smoked and thinly sliced strips of intense savouriness. What's better than perfectly pan-fried bacon? Crisp bacon wrapped around a delicate prawn.

This is the perfect starter if you crave a reminder of the ocean with a subtle saltiness to kick-start your appetite.



1. Clean the prawns and remove shells leaving only the tail intact. Devein the prawns by making a shallow incision along the back of the prawn. Remove the intestine, rinse with cold water, and pat dry with towel.

2. Season prawns with generous drizzle of Extra Virgin Olive Oil, lime juice, and a pinch of salt.

3. Take one piece of bacon and wrap it tightly around each prawn.

4. Stuff two to three leaves of rosemary in between the layers of bacon as it is wrapped around the prawn.

5. Preheat oven to 180 °C. Place bacon wrapped prawns on a baking sheet and allow to cook for 10 minutes in oven.

6. While prawns are cooking in the oven, prepare the chickpea sauce.

7. Drain chickpeas and place in a blender with a pinch of Spanish Paprika, pinch of salt, and three tablespoons of Extra Virgin Olive Oil. Blend until a smooth puree.

8. Remove bacon wrapped prawns from oven, serve hot with chickpea sauce.

Serves 2

12 Prawns

12 Bacon Slices

2 Sprigs of Rosemary

Fresh Juice of one Lime

Extra Virgin Olive Oil

Salt

Chickpea Sauce

250g Chickpeas

(1 drained 400g can will yield this amount)

1 Pinch of Spanish Paprika

3 Tablespoons of Extra Virgin Olive Oil

Salt



SAUTEED CALAMARI WITH MINT AND LIME

Avoid overcrowding the pan when sautéing the calamari. If there are too many calamari in the pan, there won't be enough space to sear the surfaces of the calamari.

If you're making a larger portion and can't cook the calamari comfortably in the pan, don't hesitate to cook them in smaller batches.

To release the lovely minty aroma from the mint leaves, clap once while the leaves are in your palms. This action will subtly bruise the leaves to releases the aromatics.



1. Rinse the squid under cool running water. Drain thoroughly and gently pat dry with paper towel. Cut the squid into 1 cm thick rings and leave the tentacles whole.
2. In a pan, heat 1.5 tablespoons of olive oil in pan over high heat.
3. Pat calamari with paper towel again to remove any residual moisture. Place into hot pan and sauté for three minutes or until they begin to shrivel and become opaque.
4. While calamari are cooking in the pan, wash mint leaves in cool running water and use paper towel to dry them thoroughly.
5. Add salt to calamari to taste and sauté for another 30 seconds. Turn off heat.
6. Transfer calamari into a bowl and season with remaining olive oil, add lime and lemon juice to taste. Add grated zest and mint leaves. Toss and serve.

Serves 2

300g of Calamari

Lime juice, as needed

Zest from half a lime

Lemon juice, as needed

10 Fresh mint leaves

*2 Tablespoons of Extra Virgin
Olive Oil*

Salt



EXOTIC RUSSIAN SALAD

This salad could easily be adapted to include a different combination of vegetables or even fruit such as apples and pineapples.

What's important to remember is to refrain from overdoing it with the mayonnaise.

No one wants a sloppy and wet Russian Salad. There's nothing exotic about that.



1. Wash, peel and chop carrots and potatoes into small 0.5cm cubes. Cook potatoes in salted water for 8-10 minutes or until fork can easily pierce through. Cook carrots and green peas for 5-6 minutes in boiling salted water. All vegetables should be cooked thoroughly but should not lose their firmness. Drain and allow to cool.

2. Boil eggs for 8-9 minutes for medium hardboiled egg. When done, remove eggs and cool them under running cold water. Peel shell.

3. Clean, devein and rinse shrimp under cool water. Boil shrimp for 4 minutes in salted water. Remove shrimp and drain. Allow them to cool

4. Cut cooked ham into small 0.5cm cubes.

5. Slice the hardboiled eggs into quarters.

6. Place vegetables in a bowl and add the mayonnaise to combine them together. Finally add the ham and shrimp to the mixture. Combine thoroughly and salt to taste.

7. Divide the mixture into small bowls; at Lonno Lodge, to add an exotic flare, shells are used. Place hardboiled eggs on top as a garnish.

Serves 4

150g Carrots

200g Green peas

350g Potatoes

120g Shrimp

120g Cooked ham

4 Eggs

*4 Tablespoons of
Mayonnaise*

Salt



AUBERGINE PARMIGIANA

This dish is ideal as a starter or even as a main course. Whether if it is an individual stack or a family-style casserole, this classic Aubergine Parmigiana will convert any aubergine skeptic.

The most important step is the first one. Allowing the aubergines to sweat will ensure you draw out the best of this vegetable.



1. Wash aubergines and slice them into 1cm thickness. Sprinkle salt generously on both sides of the aubergine slices and let them stand for 30 minutes. This will remove the extra moisture and remove the natural bitterness of the aubergine.

2. Rinse aubergine in cold running water. Pat dry with paper towel.

3. Heat vegetable oil for deep frying.

4. Dredge aubergine in flour. Shake extra flour off.

5. Heat vegetable oil to 180° to 200° Celsius, or when oil bubbles around a wooden spoon or chopstick.

6. Place aubergine into hot oil and deep fry until cooked and golden brown (approx. 5 minutes). Remove once ready and place on a rack of paper towel to cool and drain excess oil.

7. Put a dollop of tomato sauce on a baking sheet and place one aubergine slice on top. Add a teaspoon of tomato sauce on top and sprinkle some grated mozzarella and parmesan. Place another aubergine slice on top and repeat the process until you have a stack of three layers.

8. Bake in the oven at 180° Celsius for 10 minutes. If you've made a large casserole version, then bake for 30 minutes.

Serves 4

2 Large Aubergines

1 Cup of Pre-made Tomato Sauce

150g of Grated Mozzarella Cheese

100g Grated Parmesan Cheese

1/2 Cup of All-Purpose Flour
Salt

Vegetable oil for deep frying



TUNA TARTARE

Lonno Lodge is nestled right on the coast of the Indian Ocean which means fresh Yellow Fin Tuna is almost always fished in abundance.

When I visit Watamu, Tuna Tartare is a must. There are few pleasures in life greater than eating fish that has just been caught on the shores of where you're staying.



1. Roast cashew nuts in a non-stick pan with no oil over medium heat. Remember to constantly shake the pan so that you won't burn the nuts. When the cashews are slightly browned, pour them into a blender and leave a pinch whole for garnish.

2. Wash the fresh chives, dry with paper towels and chop finely.

3. If your capers are stored in salt or vinegar, make sure you rinse them in cold water thoroughly.

4. Add the anchovies, sultanas, half of the chives, capers, juice from two lemons, and three tablespoons of olive oil into the blender. Blend for 15 seconds to crush the ingredients, but do not completely pulverize the mixture.

5. Slice the tuna fillet into small pieces that resemble parallelograms (a rectangle with no right corners). Place the tuna in a bowl and mix with the crushed ingredients. Add salt to taste and mix thoroughly. Leave the mixture in the refrigerator for a few minutes to chill.

6. To plate, use a round mould or a ring and place it onto the center of a plate. Fill the ring with the tuna mixture up to the top and slightly press down to ensure the ingredients are stacked firmly. Carefully remove the ring. Garnish with remaining chives, cashews, a drizzle of olive oil and a few slices of lemon.

Serves 6

500g Tuna fillet

3 Anchovies

1 tablespoon of Sultanas

30g Cashew nuts

10g Fresh Chives

1 tablespoon of Capers

3 Lemons

Salt

Black Pepper

Extra Virgin Olive Oil



CAPRESE TARTLETS

In this recipe, we used semolina flour because the tartlet's texture will be softer and still retain a gentle crisp.

If you are using all-purpose baking flour, when you place tartlets into the oven, cover with aluminium foil and place some beans into each shell, and bake for the same amount of time.

After the 15 minutes, remove the beans and aluminium foil and bake for another 10 minutes.



1. For the tartlets, place semolina flour into a large bowl, add cold unsalted butter and pinch of salt. Using your hands, crumble together. Slowly add cold water as you knead the mixture in the bowl. Remove combined dough from bowl and continue to knead the dough on a flat surface that's been dusted with flour. Knead until dough becomes smooth and elastic. Place the dough in a bowl and cover it with plastic wrap. Allow the dough to rest in the refrigerator for one hour.

2. Remove the dough and roll it out on a flat surface. Fold the dough and roll again – repeat a total of four times. If the dough is sticking, dust the surface liberally with flour. Finally, roll the dough to 0.25cm thick. Cut large enough circles to fit in your tartlet baking moulds.

3. Butter the inside of your tartlet baking moulds and place the circular pieces of dough inside. Gently pat the dough down into the mould with your fingers. Trim extra dough from the edges with a flat knife. Using a fork, pierce the bottom of the shell so that the dough will bake flat and without any air bubbles.

4. Place tartlets in pre-heated 180 °C oven for 15 minutes.

5. For the filling, wash and slice cherry tomatoes in quarters.

6. Chop the mozzarella in small cubes that are approximately the same size of the tomatoes.

7. Place tomatoes and mozzarella in a bowl and season with a pinch of oregano, basil and salt. Finish with a drizzle of olive oil. Mix thoroughly.

8. Remove tartlets from oven and allow to cool for 5 minutes. Once cooled to room temperature, place filling inside tartlets and serve.

Serves 4

Tartlet

200g Semolina flour

100ml Cold water

140g Unsalted butter

1 Pinch of salt

Filling

250g Cherry Tomatoes

150g Mozzarella Cheese

1 Pinch of Dried Oregano

1 Pinch of Dried Basil

1 Pinch of salt

Extra Virgin Olive Oil



PARMA HAM PIE

A pie without the pastry, a very different type of pie indeed, but this is no less delicious or comforting than the expected.

When you're next to the beach, a rich pie is usually the last thing on your mind.

However, this Parma Ham Pie will set your taste buds alight and keep the bloated tummy at bay.



1. Peel and boil potato in salted water. Cook until you can pierce the potato with a fork. Drain and cut the potato into small cubes.
2. Boil green peas in salted water for 4 minutes, drain and allow to cool.
3. Oil small round moulds with olive oil and line each one with three slices of Parma ham in a crisscross pattern. Allow the slices of Parma ham to fold over the edges of the mould.
4. In a saucepan, warm the cottage cheese (keep a couple of tablespoons for later) over low heat. Keep stirring until creamy, and then add potatoes and peas. Mix thoroughly.
5. Place mixture into each of the moulds and fold the Parma ham over the top of the mixture to seal the package.
6. To serve, warm remaining cottage cheese in a saucepan until creamy. Place a small dollop on a plate and invert the Parma ham package, and place on top. Serve hot.

Serves 4*12 Slices of Parma ham**150g Cottage cheese**1 Large potato**200g Green peas**Salt**Extra Virgin Olive Oil*



PRAWN AND AVOCADO SALAD

Simple, healthy and refreshing.

This salad draws on the inspiration of the Indian Ocean and is served in a whimsical arrangement.

You're on holiday, so why not?



1. Wash prawns under cold running water, peel and devein them. When deveining the prawns, use a knife to slice along the back of the prawn without completely halving them. Boil prawns in salted water with juice of half a lime for four minutes. Drain prawn and allow them to cool.

2. Toss prawns with a drizzle of olive oil, juice from half a lime and salt to taste.

3. Peel the avocado and remove pit. Slice the avocado in thin slivers and place them on to a plate to resemble the legs of a prawn. Drizzle some olive oil over the avocado.

4. Take prawns and insert each one into the other by the cut on their backs. Place the chain of prawns at the center of the plate with the avocado slices sprouting from the sides.

5. Use a slice of a red pepper or tomato as the tail. Serve room temperature.

Serves 4

20 Medium-size prawns

1 Large Avocado

1 Lime

Salt

Extra Virgin Olive Oil



HAM AND CHEESE POTATO SANDWICH

This starter is the perfect snack to keep active vacationers or people on the go, satiated. This is not your classic sandwich, but who can resist a melt of any kind?

If you prefer your potatoes deep-fried, after boiling the potatoes in salted water, pat dry with paper towels and drop them into hot oil.

Deep-fry until the potatoes become golden brown, and stuff them with the same filling.



1. Wash and peel the potatoes. Slice them in half lengthwise and boil them in salted water for three minutes. Drain and dry with paper towel.

2. Toss potatoes in olive oil and salt to taste, ensuring all surfaces have been covered.

3. Slice ham into pieces that will cover half of the potato. Place ham on the first half of the potato.

4. Place chosen slice of cheese or grate it directly on top of the ham.

5. Sprinkle half of the parmesan on top and close the sandwich with the other half of the potato.

6. Hold potato sandwiches together by skewering with a toothpick.

7. Place sandwiches on to an oiled baking sheet or one that's been covered with parchment paper and bake at 180°C oven for 30 minutes.

8. Remove from oven and allow it to cool for a couple of minutes. Place half of the cottage cheese on top as a garnish. Serve warm.

Serves 2

2 Large potatoes

70g Cooked ham

*50g Cheese slices or
Mozzarella Cheese*

10g Parmesan Cheese

20g Cottage cheese

Salt

Extra Virgin Olive Oil



FLOURLESS PANCAKES WITH BACON

Perfectly portioned, this starter is a great way to present a decadent omelette to your guests.

The recipe can easily incorporate other vegetables such as zucchini, aubergine, mushroom or artichoke.

For vegetarians, instead of lining the muffin baking tray with bacon, you can use thin slices of grilled zucchini. However, remember to line the moulds with parchment paper so that the vegetables don't stick to the bottom!



1. In a bowl, whisk the eggs, crème fresh, Grana Padano, a pinch of salt and pepper. When whisked until an airy mixture, tear fresh basil leaves and whisk until combined.

2. Take a muffin baking tray and line each mold with two to three slices of bacon in a crisscross pattern or until the surface is completely covered. You do not need to grease the pan thanks to the fat from the bacon.

3. Pour egg mixture into each mould until the rim.

4. Place into pre-heated 180 °C oven and bake for 20 minutes or until the surface of the omelette is golden brown.

5. Gently remove the pancakes from each mould and serve hot.

Serves 4

1 Bunch of fresh basil

*24 Slices of smoked streaky
bacon*

200ml Crème fresh

*30g Grated Grana Padano
Cheese*

5 Eggs

Black Pepper

Salt

Extra Virgin Olive Oil





COOKING IN WATAMU



Shaping things with your hands is always fun and relaxing. It's particularly satisfying when you watch something delicious take shape from a volcano of flour and eggs. Things made by hand seem to spark more joy and enjoyment.

Whether it is a young cooper who tirelessly shapes the oak casks where whisky will age, or sipping tea from pottery exquisitely shaped, or kneading dough to make fresh pasta – handmade brings satisfaction and in the case of pasta, it simply tastes better.

From a sleepy fishing village to a serene beach paradise for tourists, Watamu has been influenced by many cultures including Italian. It was a surprise to me that I would spend my holiday learning how to make pasta by hand, but the process gave me so much joy. Consider how you felt the last time you made something by hand. Purposeful, creative, effective and satisfying, right?

If you haven't made pasta by hand before, then I invite you to get your hands dirty. I promise it will be as delicious as the process is satisfying!

“Ask not what you can do for your country.

Ask what’s for lunch.”

– Orson Welles



THE FIRST COURSES





FRESH HOMEMADE PASTA

There are few things in this world that's more comforting than a beautiful plate of fresh handmade pasta.

The process is almost as soothing as eating your first bite!

When you're shaping the dough into your desired pasta, always remember to cover sitting dough with cling film or a damp towel to prevent it from drying out.



1. Pour flour and a pinch of salt on flat wooden surface. Shape flour into a mountain and make a hole in the center, liken to a volcano.

2. Break eggs directly into hole. Mix slowly with the flour. Add flour from the sides of the volcano until all combined. Knead dough for about one minute and until formed into a ball shape.

3. Wrap dough in cling film and chill in refrigerator for 30 minutes.

4. Use dough and make pasta of your choice.

Serves 4

*200g All-Purpose flour of
Italian '00' flour*

2 Eggs

Salt



PUMPKIN RAVIOLI WITH SAGE BUTTER

This dish brings the comfort and warm hospitality from Northern Italy to the shores of Watamu.

Each ravioli is like a care package from your family, filled with the blended flavours of sweetness, saltiness, herbs and butter.



FIRST COURSE

1. We begin with the filling. Wash and clean the pumpkin. Peel the skin, remove all the seeds and ensure it's dried thoroughly. Dice the flesh into 2cm cubes for quick cooking.

2. Melt the butter in medium-sized saucepan and place pumpkin cubes inside. Add a little water and cover with a lid to allow the pumpkin to be steamed. Stir constantly and cook over low heat until the pumpkin is soft. Use a fork to check if the pumpkin has been cooked through.

3. Remove pumpkin from heat and blend until a pulp.

4. Crush the Amaretti biscuits until a powder. It's ok to have small chunks. Add to the pumpkin pulp.

5. Add salt, nutmeg, lemon zest and Grana Padano. Combine thoroughly and allow to rest until room temperature.

6. Take pasta dough and knead it briefly. Portion into two equal parts. Using a pasta machine, roll the dough into a long sheet with the thickness of 2mm.

7. Since you will be folding the pasta dough in half to cover the filling, like a book, ensure that you find the center of the sheet of dough. Fold it in half and cut a small notch on the top and bottom of the center fold. Open and place flat on wooden surface and lightly brush egg wash over the entire surface.

8. Place a small ball of filling about 5cm from each other on one side of the dough. You'll be able to fit two rows of filling.

9. Fold over the other half of pasta dough to cover the filling and use your fingers to pat around each ball of filling to seal each ravioli.

10. Use a handheld cutter wheel to separate the ravioli. Use a fork to crimp the edges of each ravioli to help seal the layers. Press down with a fork all around the filling.

11. Bring a pot of salted water to a boil, and add ravioli into it. Boil until the ravioli floats, about 5 to 6 minutes. Drain and serve onto a plate.

12. For the sauce, melt butter in a pan over medium heat. Add fresh sage leaves and allow to fry for a couple of minutes to allow the aromas to permeate the butter. Once the sage is crisp on the edges, pour over ravioli and grate some Grana Padano on top.

Serves 4

400g Fresh pasta dough

Filling

100g Amaretti biscuits

100g Grated Grana Padano

½ Teaspoon Nutmeg

Salt

600g Pumpkin

30g Unsalted Butter

Zest of 1 Lemon

Sauce

200g Unsalted Butter

A bundle of fresh sage

Egg Wash

1 Egg

1 tablespoon Water



SEAFOOD CARBONARA

When you think of carbonara, I know, you secretly wish that you won't be eating scrambled eggs with pasta.

In this recipe, say no more to curdled carbonara! The Chefs at Lonno Lodge has made this simple recipe idiot-proof and even added a coastal twist.

Trust me, your carbonara game is about to get strong.



1. Dice tuna and rock cod into cubes after washing and patting them dry.
2. Wash and devein prawns. Pat dry.
3. Drizzle some olive oil into a hot pan and add fish and prawns. Add a pinch of thyme, salt and black pepper. Sauté until they become opaque and white. Remove from heat and place the fish and prawns in a bowl to cool.
4. Cook the pasta in salted boiling water.
5. In a heat-resistant bowl, add the egg, a pinch of salt and pepper, and grated Parmesan Cheese. Using a whisk, mix the ingredients until it becomes a creamy thick sauce.
6. When the pasta is cooked until al dente, drain and place into the bowl with the sauce. Combine the fish, prawns, pasta and sauce together and if it's a little dry, add some of the hot pasta cooking water.

Serves 2

120g Dried Spaghetti
50g Tuna Fillet
50g Rock Cod Fillet
50g Prawns
25g Parmesan Cheese
1 Egg
Extra Virgin Olive Oil
Black Pepper
Salt
Thyme



CASONCELLI WITH SAGE BUTTER SAUCE

Any morsel that looks like a sweets' wrapper will visually tease you.

Now, imagine that the aromas of the savoury and butter sage sauce captivate your sense of smell.

Finally, when you place a piece in your mouth you realize that the sauce has puddled in the indentation in the center of each casoncelli making it the perfect whimsical vessel for it.



1. For the filling, wash the parsley and dry thoroughly. Chop the parsley together with the garlic until very fine.

2. Melt butter in a pan over medium-high heat. Place parsley and garlic mixture inside and cook for one minute or until the aromas are released.

3. Add minced beef and cook for 10 minutes. Stir frequently. When done, remove from heat to cool.

4. Peel potato and boil in water until tender.

5. In a large bowl, place cooled meat mixture and add bread crumbs, Parmesan and egg.

6. Place cooked potato in a ricer and add directly into mixture. Add a pinch of salt, black pepper and nutmeg. Mix well.

7. Roll pasta dough into a thin sheet with a thickness of 2mm and cut into circles with 8cm diameter.

8. Lightly brush egg wash over one side of the pasta circles. Make sure the side that you've brushed faces up.

9. Place a ball of filling in the center and fold the pasta in half – forming a half moon shape.

10. Place the crescent side of the half moon shape on to the flat wooden surface and make an indentation with your finger in the center of the filling. The final shape should resemble a miniature canoe or sweets wrapper.

11. For the sauce, melt butter in a pan over medium heat. Add fresh sage leaves and allow to fry for a couple of minutes to allow the aromas to permeate the butter. Once the sage is crisp on the edges, pour over casoncelli.

Serves 4

250g Pasta Dough

Filling

250g Minced Beef

1 Garlic Clove

20g Butter

1 Bunch of Parsley

2 tablespoons Bread Crumbs

1 tablespoon Grated

Parmesan

1 Potato

1 Egg

Nutmeg

Salt

Black Pepper

Sauce

200g Unsalted Butter

A bundle of fresh sage

Egg Wash

1 Egg

1 tablespoon of water



FIRST COURSE





TAGLIOLINI WITH CRAB SAUCE

Tagliolini is a variation of the tagliatelle pasta. The difference between these two lies in the paper-thin thickness and width of tagliolini, which measures no more than 3mm.

Thanks to its fine and delicate shape, tagliolini works best with thin sauces such as this tomato crab version – perfect for hot and humid nights!



1. Knead pasta dough and roll into flat sheets with the pasta machine until paper thin.
2. Cut the pasta into the tagliolini shape, which is no wider than 3mm.
3. Place tagliolini into boiling salted water and cook for 2-3 minutes until al dente.
4. While the tagliolini is cooking, finely chop clove of garlic. In a hot pan, drizzle some olive oil and sauté the garlic until aromatic. Add the crab meat and tomato sauce and stir constantly.
5. When tagliolini is ready, drain and place into the sauce. Mix thoroughly and remove from heat.

Serves 4*200g Pasta Dough**150g Cooked Crab Meat**1 Garlic Clove**Extra Virgin Olive Oil**250ml Homemade Tomato Sauce*



FARFALLE WITH TUNA CARPACCIO AND VEGETABLES

Instead of chunks and flakes of tuna, at Lonno Lodge the chefs prefer raw, thin, elegant, and paper-thin slices of lean and raw tuna, which are delicately placed on the top of a steaming plate of farfalle.

The residual steam will cook the tuna just enough whilst ensuring that the carpaccio remains tender.



1. Place farfalle in boiling salted water and cook for 7–9 minutes or until al dente.
2. Dice zucchini, tomatoes, and celery into small cubes.
3. Rinse capers with running water and drain thoroughly. Chop finely.
4. In a large pan, over high heat, sauté the zucchini with olive oil until slightly brown. Add just a dash of water to help the zucchini cook through.
5. When the water has reduced, add the tomatoes, celery, and capers. Simmer over low heat for 3 minutes.
6. Add the cooking cream and simmer for another 5 minutes.
7. At 5 minutes of boiling, remove farfalle from heat and drain. Pour the farfalle directly into the simmering sauce. Allow to simmer for another 2 minutes and stir frequently.
8. Finely chop the parsley and add to the farfalle. Mix thoroughly and turn off the heat.
9. Plate farfalle and place the tuna carpaccio on top. The steam from the pasta will cook the tuna.

Serves 4

300g Dried Farfalle Pasta

1 Small Zucchini

1 Stalk of Celery

1 Tomato

1 Bundle of Parsley

1 Tablespoon of Capers

400ml Cooking Cream

*160g Thinly Sliced Tuna
Carpaccio*

Extra Virgin Olive Oil

Salt



POTATO GNOCCHI

When gnocchi are made correctly, these pillows of perfection are soft, delicate, silky-smooth and airy.

Using a ricer to mash the potatoes will keep them aerated and soft.

Never use a food processor unless you're looking for a chewy potato glop.



1. Wash the potatoes.
2. Place in a large pot of cold water that's enough to cover the potatoes. Turn on the heat to high. From the moment the pot starts to boil, begin counting to 30-40 minutes or when the potatoes are tender and easily pierced by a fork. Once tender, drain the potatoes.
3. While the potatoes are still hot, the skin will be easily peeled away.
4. Place flour onto a flat wooden surface in the shape of a volcano.
5. Place the potatoes into a ricer and mash them into a separate bowl. Allow the potatoes to cool.
6. Add the potatoes to the flour. Beat the egg lightly and add it to the potatoes and flour.
7. Add a pinch of salt and knead the mixture with your hands until you get a malleable but firm dough that holds its shape. Avoid over-working the dough. You want the gnocchi to maintain it's light and airy texture.
8. Take a portion of the dough and roll it out into long tubes with a diameter of 2cm. If the dough is sticking to the surface, lightly dust it with flour. Cover the dough that's not being used with a damp cloth or wrap in cling film to prevent it from drying out.
9. Cut the strands into 2cm pieces and make an indentation in the middle of each one. If you have a gnocchi board, you will take each piece and roll it on the board to create ridges.
10. Take care and place formed gnocchi, with plenty of space in between them, on a tray with a cloth that's slightly floured.
11. When ready to cook, place the gnocchi in boiling salted water. When the gnocchi float, they're ready to be strained and served.

Serves 4*300g Potatoes**100g All-Purpose Flour**1 Egg**Salt*



GNOCCHI WITH PRAWNS, ZUCCHINI AND SAFFRON

Saffron is subtle but also very fragrant. This spice that originates from a flower called “crocus sativus” adds a subtle sweetness and elevates the humble potato dumpling.

Just like Lonno Lodge, there’s an undeniable sense of opulence in this dish.



1. Take a pinch of saffron and steep it in 30ml of room temperature water. Allow it to sit and stir periodically to dissolve the saffron.

2. Devein and de-shell the prawns. Wash thoroughly and ensure you pat them dry.

3. Chop the zucchini into 2cm cubes to match the gnocchi.

4. In a hot pan, use the butter and sauté the zucchini over high heat until golden brown.

5. Add the prawns into the pan and continue to sauté for 2 minutes.

6. Pour the saffron and water mixture into the pan and continue to simmer for 2 minutes over medium heat. If the sauce dries-up, replenish with water.

7. Cook gnocchi in boiling salted water until they float. Strain and place gnocchi in the sauce. Combine and serve.

Serves 4

400g Gnocchi

200g Prawns

2 Zucchini

Saffron

2 tablespoons of Butter

Salt

30ml Water



BACON AND LEEK RISOTTO

Risotto epitomizes the proverb “Good things come to those who wait.”

When cooked with patience care and attention, risotto can soothe the soul.

This dish is the embodiment of mindfulness, which for many, is what they seek during a relaxing stay at Lonno Lodge.



1. Pour stock into large saucepan and bring to a boil.
2. Wash leeks and slice them thinly. Pat dry.
3. In another saucepan, melt 10g of butter. Take 20g of bacon slices and cut them into smaller pieces. Sauté bacon pieces over low heat in the butter until crisp.
4. Add 10g of butter and rice into the saucepan. On high heat, stir the rice quickly and allow it to cook for 1 minute.
5. Pour enough stock to just submerge the rice and allow to simmer on medium-high heat. Stir constantly. Keep gradually adding the stock to ensure that the rice is always submerged.
6. In a separate pan, take the remaining slices of bacon and fry them until crispy and brown without any additional fat.
7. After about 20 minutes add the leeks and parmesan to the cooked rice and mix thoroughly.
8. Plate the rice and garnish with the crispy slices of bacon.

Serves 4*320g Risotto Rice**300g Leeks**80g Bacon Slices**20g Unsalted Butter**1L Vegetable Stock**15g Grated Parmesan*



SEAFOOD RISOTTO

Lounging next to the source of fresh seafood all day long will inspire you to add a taste of the ocean to this soulful dish.

With the relaxing backdrop of Lonno Lodge, even a risotto seems to taste of depth.



1. Pour stock into large saucepan and bring to a boil.
2. Wash fish, calamari and prawns. Devein and de-shell prawns, slice calamari into thin strips and slice fish into cubes.
3. Place 15g of butter into a saucepan and over high heat, sauté the fish, calamari and prawns until opaque. Place the seafood into a bowl.
4. In another saucepan, melt 15g of butter and pour the rice into the saucepan. On high heat, stir the rice quickly and allow it to cook for 1 minute.
5. Pour enough stock to just submerge the rice and allow to simmer on medium-high heat. Stir constantly. Keep gradually adding the stock to ensure that the rice is always submerged.
6. After about 20 minutes add the seafood and a pinch of salt to the cooked rice and mix thoroughly.
7. Serve while hot.

Serves 4*320g Risotto Rice**100g Fish Fillet**100g Calamari**100g Prawns**1 White Onion**30g Unsalted Butter**Salt**1L Vegetable or Fish Stock*



MONEY BAG CREPES

Crepes often require some patience and a lot of skill. In this case, this recipe takes it up a notch with stuffing them full of a delicious filling.

If you're using blanched leeks as a rope, make sure you double knot it when you're securing the money bags.

The last thing you want is all your hard work unravelling in the oven.



Crepes

1. In a glass bowl, mix the flour, salt, parsley, egg, olive oil and milk. Using a whisk, stir until a smooth mixture.
2. Using a flat and shallow non-stick pan, place over high heat.
3. When the pan is very hot, pour one ladle of the mixture and ensure that you rotate the pan to evenly distribute it thinly.
4. Cook for 1 minute and then flip the crepe and cook for 1 minute. Remove the crepe and place it aside.
5. Repeat and cook as many crepes as the mixture can yield.

Filling

1. Grate carrots, finely chop onion, dice tomato and zucchini.
2. Drizzle olive oil into hot pan, and first sauté the onion until tender. Add the rest of the vegetables and a pinch of salt, and cook until tender.

Sauce

1. Melt the butter in a sauce pan and add the flour over medium heat. Keep mixing with a spoon until it becomes a thick roux.
2. Switch off the heat and pour the milk gradually as you whisk vigorously. Return the pan back over medium heat, allow it to cook for 5 minutes.
3. Add parmesan cheese and whisk together. Turn off the heat.

Serves 4**Crepes**

200g All-Purpose Flour
 1 Egg
 1 tablespoon Extra Virgin Olive Oil
 5g Chopped Parsley
 240ml Milk
 Salt

Filling

2 Carrots
 1 White Onion
 1 Zucchini
 1 Tomato
 1 Tablespoon Extra Virgin Olive Oil
 Salt

White Sauce

2 Tablespoon All-Purpose Flour
 20g Unsalted Butter
 240ml Milk
 20g Grated Parmesan Cheese
 20ml Tomato Sauce



Assembling

1. Put 1 tablespoon of the white sauce into the sautéed vegetables and mix together so that they bond to each other.
2. Take a crepe and place a large spoonful of vegetables in the center. Gather all the sides together and use a long kitchen rope or a piece of leek that's been blanched to tie the edges together. Secure the crepe like a money bag.
3. Repeat until all the crepes have been filled.
4. On a baking tray, spread a little bit of the white sauce on the surface and place the filled money bags on top of it.
5. Place a teaspoon of tomato sauce on top of each money bag and sprinkle some grated cheese on top.
6. Place the money bags in a preheated 180°C oven and bake for 10 minutes.



FISHERMEN OF WATAMU





The sun is high in the sky and we're baking onboard a traditional wooden dhow. The never-ending expanse of turquoise Indian Ocean reflects the sun directly into our eyes. The sparkling water is blinding.

We've come across a remote uninhabited beach nestled along a bend in Mida Creek. A fisherman waves ecstatically. *Was he saying Hello?* I rub my eyes and he's still there, but this time the fisherman is carrying a massive silver fish above his head like he was in the middle of an overhead press. He flashes his broad smile like he's about to make a great sale.

Of course he'd have a fish. Afterall, Watamu is a fishing village that's known for its incredible variety of fish. Every fishing season, professional and hobby anglers descend on Watamu in search of Wahoo, Yellowfin Tuna, Dorado, Kingfish, Barracuda, Giant Trevally, Billfish, Sailfish, Striped Marlin, Blue Marlin, Black Marlin, and Broadbill Swordfish.

In this case, the fisherman most likely caught this fish, species unknown, during his early morning trip, whilst following the tide. The eyes of the fish were still bulging, crystal clear, and shiny – a sign of how fresh his catch was. *Coconut Curry*. "Perfect, we know what dinner will be!" I said to my host, Aldo.

You never know what the ocean will give you. Some days it may be record-breaking catches. Others, full of incredible sights such as migrating whales from Antarctica, dolphins showing-off their acrobatics, sea turtles, schools of small fish feeding, and glorious sea birds flying above – all seen with a cold and refreshing beer in hand.

*“One cannot think well, love well, sleep well,
if one has not dined well.”*

– Virginia Woolf, A Room of One's Own



THE MAIN COURSES





BAKED BEEF WITH LYONNAISE POTATOES AND GRAVY

Whether you choose a beef fillet or tenderloin, searing it in a hot cast iron pan gives it beautiful charred markings and a delicious caramelized crust.

Baking the beef in the gravy draws some of the water out of the meat and allows it to reabsorb more flavourful moisture in its place.

As a result, each morsel is more intense in flavour.



Beef

1. Lightly coat beef fillet with olive oil and season with salt and black pepper.
2. In a hot cast iron grill pan, sear the beef fillet for 2 minutes on each side.
3. Remove from pan and rest the meat for 5 minutes.
4. Slice the fillet into 5mm thick slices and place aside.

Gravy

1. Finely dice the onions, celery and carrots.
2. In a medium saucepan, sauté the onions in olive oil until tender. Add celery and carrots and continue to sauté on medium-high heat for 5 minutes.
3. Add flour into the pan and continue to sauté until flour becomes golden brown.
4. Add water and turn the heat back onto high.
5. Add the beef stock cube and rosemary and simmer for 5 minutes. Stir frequently.
6. Once thick, remove from heat and sieve it.

Lyonnais Potatoes

1. Wash and peel potatoes. Slice potatoes to 5mm thickness.
2. Blanch the potatoes in salted boiling water for 10 minutes. Strain and dry thoroughly.
3. Cover the potatoes in flour and shake-off excess flour.
4. In a deep fryer, when oil is hot enough – when you place a wooden spoon into the oil small bubbles form around it – place floured potatoes in the oil and deep-fry until golden brown.

Serves 4

Beef

400g Beef Fillet
Salt
Black Pepper
Extra Virgin Olive Oil
4 Tomatoes

Gravy

½ Bunch of Celery
1 Sprig of Rosemary
1 Carrot
1 White Onion
1 Tablespoon of All-Purpose Flour
1 Beef Stock Cube
400ml Water

Lyonnais Potatoes

4 Potatoes
1 White Onion
All-Purpose Flour

Side

4 Carrots
1 Tablespoon of Butter



5. Remove from oil and place over paper towels. Season with salt and black pepper.

6. Chop onion into 5mm thick rings and dust them with flour. Shake excess flour off.

7. Place onions in the deep fryer and fry until crisp and golden brown.

8. Mix the potatoes and onions together.

Assembly

1. In a baking tray pour half of the gravy and spread it around.

2. Place the slices of beef fillet into the sauce without overlapping them.

3. Place the tray into a pre-heat oven at 180°C for 10 minutes.

4. For the side, peel and slice carrots into 5mm thick pieces.

5. In a small pan, melt butter over high heat and sauté the carrots for 10 minutes. Season with salt and black pepper.

6. Remove tray from oven and plate the slices of beef. Slice the tomatoes and place in between the beef fillet. Serve with Lyonnaise Potatoes and a side of Carrots.



COCONUT PRAWNS WITH DILL AND ORANGE MAYONNAISE

Lonno Lodge's Coconut Prawns are one of my favourite things.

They're a brilliant starter or a light lunch after a morning of watersports.

Every bite is crispy, juicy, flavourful and aromatic. Most importantly, it tastes of the adventure that lies ahead – beautiful.



1. Wash, de-shell and devein prawns.
2. Place prawns in a bowl and add the juice of one lemon, paprika, a pinch of salt and mix well.
3. Place the flour onto a plate. In another bowl, beat the eggs. In a third plate, plate the coconut and spread it around.
4. Take each prawn and dredge it in the flour, shake-off the excess, submerge it into the beaten egg, and finally place it into the coconut and make sure all surfaces are covered. Throughout this process, hold onto the tail of the prawn. That should be the only part of the prawn that is left uncovered.
5. In a shallow pan, heat the vegetable oil until hot. Test the oil by placing a wooden spoon into the oil. If small bubbles form around the spoon, then the oil is hot enough.
6. Place the prawns into the oil and deep-fry for 4 minutes or until golden brown.
7. When ready, place the prawns on paper napkins to help drain excess oil.
8. For the dip: mix the mayonnaise, finely chopped dill, orange juice and zest together.

Serves 4*500g King Prawns**70g Desiccated Coconut**70g All-Purpose Flour**2 Eggs**1 Teaspoon Sweet Paprika**Salt**1 Lemon**Vegetable Oil***Dip***3 Tablespoon Mayonnaise**1 Sprig of Dill**20ml Orange Juice**5g Orange Zest*



ROAST PORK TENDERLOIN WITH SAGE, BACON AND ONION JAM

Crispy on the outside and juicy on the inside.
What more can one want?

In this case, the chefs at Lonno Lodge take a
bacon-wrapped pork tenderloin to the next
level with the aromas of sage.

Paired with a sweet onion jam that has a
unique kick to it, just imagining this dish
makes my mouth salivate.



Pork

1. Slice pork into 4 portions. Marinate pork in olive oil and soy sauce for 10 minutes.
2. Take each portion and wrap one slice of bacon tightly around it.
3. Take 2 fresh sage leaves and place it on the outside of the bacon and pork.
4. Using butcher string, secure the sage leaves, bacon and pork together. Remember to double knot. Trim the excess string.
5. In a cast iron grill pan or a heavy frying pan, melt butter over high heat. Place the rosemary into the pan for 1 minute.
6. Season the pork bundles with salt and black pepper and place into the pan. Sear each side.
7. Once each side has been seared, reduce the heat to medium and continue to cook for 6 minutes each side.

Onion Jam

1. Finely slice onions and sauté in olive oil until golden brown and transparent.
2. Add the balsamic vinegar, white wine and brown sugar and simmer on low heat for 10-15 minutes.
3. Once it becomes thick, add the tobasco and switch off the heat.

Serves 4

360g Pork Tenderloin
 4 Slices of Bacon
 50g Unsalted Butter
 8 Fresh Sage leaves
 4 Sprigs of Rosemary
 Salt
 Black Pepper
 Extra Virgin Olive Oil
 Soy Sauce

Onion Jam

4 White Onions
 30ml Balsamic Vinegar
 15ml Dry White Wine
 15g Brown Sugar
 1 Teaspoon of Tobasco
 Extra Virgin Olive Oil



APPLE CURRY PRAWNS

Warm, sweet and spicy – curry and apple sauce tastes like comfort no matter where you are.

Paired with the gentle salty breeze from the Indian Ocean and its delicious prawns, you have a winning savoury dish that's well-balanced and will wow your dinner guests.



1. Wash, de-shell and devein prawns.
2. Dice apples finely and sauté over high heat in olive oil for 3 minutes. Add a dash of water to help steam them through and season with a pinch of salt and black pepper.
3. Add curry powder and greek yoghurt and simmer for 5 minutes on low heat.
4. In another pan, sauté prawns in olive oil until they become golden brown.
5. Add prawns to the curry and apple sauce and cook for another 1 minute. Serve with rice of choice.

Serves 4*800g Prawns**1 Apple**1 Tablespoon Curry Powder**500ml Fish or Vegetable
Stock**200ml Greek Yoghurt**Extra Virgin Olive Oil**Salt**Black Pepper*



CRAB GRATIN WITH MUSTARD AND LIME

At Lonno Lodge, the chefs serve their Crab Gratin whole.

This dish arrives as if the crab was still intact with only a crispy breadcrumb addition.

The subtle hints of lemon and mustard are surprising to the palate, but helps complement the oceanic flavours of the crab.



1. Finely dice celery and chop onions.
2. Melt butter in pan over medium heat and sauté the onions and celery. Cook for 3 minutes.
3. Add the flour to the pan and continue to sauté for 1 minute.
4. On low heat, slowly add the milk and continuously stir to combine everything. As the milk becomes thicker, add the mustard powder and lemon juice.
5. Add the crab meat and cook for another 2 minutes. Add chopped parsley and mix thoroughly. Turn off the heat.
6. Take cleaned and boiled crab shells and fill each one with the mixture.
7. In another bowl, mix the bread crumbs with a drizzle of olive oil.
8. Place the bread crumbs on the top of each crab shell and cover the crab mixture. Lightly pat the bread crumbs down.
9. Place the filled crab shells onto a baking tray and place it into a pre-heated oven to 180°C for 10 minutes.
10. Take the intact crab claws and dredge them in flour, beaten egg and dip them into bread crumbs. Deep-fry them until golden brown for 5 minutes.
11. Serve the crab shells and crab claws with a side of grilled vegetables or salad.

Serves 4

4 Crab Shells
8 Crab Claws
500g Crab Meat
1 Celery Stalk
15g All-Purpose Flour
25g Bread Crumbs
15g Parsley
1 Teaspoon Lemon Juice
3 Spring Onions
8g Mustard Powder
130ml Milk
15g Unsalted Butter
Salt
Black Pepper
Extra Virgin Olive Oil



STIR-FRY PANEER WITH VEGETABLES

If you're a vegetarian or would simply like a meat-free meal, this paneer and vegetable stir-fry is vibrant, flavourful, beautiful, simple to make and delicious!



1. Remove pit and seeds from the peppers and cut into strips.
2. Chop the onions and cut paneer into the same size as the peppers.
3. Over high heat, sauté onions in a dollop of butter. Once onions become soft and slightly golden, add green peppers. Sauté for 5 minutes.
4. When onions begin to separate, add water and reduce heat to low. Season with a pinch of salt and allow to simmer for 2 minutes. Cover the pan so that the vegetables can be steamed through.
5. Dredge pieces of paneer into the flour and shake off excess.
6. Place paneer into hot vegetable oil and deep-fry until golden brown.
7. Remove paneer and mix with the vegetables. Turn-off heat and serve.

Serves 4*200g Paneer Cheese**2 Green Bell Pepper**2 White Onions**20g Unsalted Butter**50g All-Purpose Flour**30ml Water**Salt*



SWAHILI PILAU WITH CHAPATI

The quintessential Swahili meal is Pilau.

Hearty, savoury and incredibly aromatic, this rice dish is a staple and locals prefer a strong pungent garlic presence.

If garlic is not something you enjoy, you can reduce the recipe to one clove.



1. Using a mortar and pestle, pound peeled garlic cloves with a pinch of salt until it becomes a paste.
2. Add the Pilau Spice Mix, which usually contains cloves, cardamom, cumin, cinnamon and black pepper. Continue pounding for 2 minutes to release all the aromas and oils. It will look like a thick paste.
3. Finely chop onion and sauté in large pot with vegetable oil over high heat.
4. Once the onions become golden brown, add peeled and diced tomatoes. Sauté over medium heat for 2 minutes.
5. Slice beef fillet into cubes and add to the pot.
6. Add spice paste into the pot and sauté until the beef is cooked.
7. Add tomato paste and continue cooking for 2 minutes. Stir frequently.
8. Add rice and water. Allow to simmer over medium heat for 10 minutes. Stir occasionally. If necessary, add more water.
9. Remove from heat and cover the pot with aluminium foil and bake at 150°C for 10 minutes.
10. Serve hot accompanied with kachumbari and chapati.
11. For the kachumbari, thinly slice the onions and tomatoes and dress with olive oil. Season with salt to taste.

Serves 2

160g Basmati Rice
 1 Tablespoon Pilau Spice Mix
 1 Red Onion
 3 Garlic Cloves
 2 Tomatoes
 200g Beef Fillet
 70ml Tomato Paste
 375ml Water
 Vegetable Oil
 Salt

Kachumbari

4 Tomatoes
 2 Red Onions
 Salt
 Extra Virgin Olive Oil



CHAPATI

An Indian influenced flatbread, the chapati is usually served with stews, curries and many dishes that originate from the coast.

Its supple and flaky layers are accentuated with the crispy golden exterior and make it the perfect vessel for saucy mains and rich dishes.



1. On a wooden board, place flour and salt on the flat surface and make a small well in the center of the pile.

2. Slowly pour olive oil into the center of the well as you gradually bring the flour into it. Keep mixing with your hands until it becomes a light sticky dough.

3. Continue to knead the dough as you gradually pour hot water on to it. Knead, add water, knead, add water etc. Continue until all the oil and water has been absorbed.

4. The dough should hold its shape and be extremely supple.

5. Portion the dough into four and roll each until 3mm thickness. Shape it into a circle.

6. Warm a large shallow pan until hot over medium heat.

7. Place one circular dough in the pan at a time. Pan-fry for a minute each side. Flip the dough, gently brush olive oil onto it, and continue to fry. Continue to flip and brush oil on each side until the dough becomes golden brown and slightly crispy.

8. Keep cooking and flipping until the dough becomes golden brown on both sides.

9. Serve the chapatis warm.

Serves 4

70g All-Purpose Flour

25ml Olive Oil

100ml Hot Water

½ Teaspoon of Salt



PAN-ROASTED TUNA SKEWERS WITH PINEAPPLE AND CASHEW NUT RICE

Yellowfin Tuna is a favourite on the shores of the Indian Ocean.

Marinated in soy sauce and paired with Pineapple and Cashew Nut Rice, this tuna dish marries Asian influence and some of the best produce Kenya offers.



1. Slice tuna in 2cm cubes and marinate in juice from half a lemon, olive oil, 3 teaspoons of soy sauce and a pinch of salt and black pepper. Allow to sit for 5 minutes.
2. Using a peeler, slice long ribbons from the zucchini. Roll the ribbons like a coil.
3. Soak bamboo skewers in water for 10 minutes to prevent them from burning.
4. Skewer the tuna cubes and zucchini ribbons together. Alternate tuna and zucchini.
5. Place completed skewers onto a baking tray and place into a pre-heated 180°C oven for 5 minutes.
6. Boil desired rice in water. When ready, add cashew nuts, chopped pineapples, marjoram, 1 teaspoon of soy sauce, and 1 teaspoon of olive oil. Mix thoroughly,
7. Cover the rice with aluminium foil and bake at 180°C for 5 minutes.

Serves 4

600g Tuna Fillet

160g Rice

1 Zucchini

½ Lemon

60g Cashew Nuts

2 Slices of Pineapple

½ Teaspoon of Marjoram

4 Teaspoons Soya Sauce

Extra Virgin Olive Oil

Salt

Black Pepper



GINGER AND HONEY PAN-FRIED FISH FILLET WITH POTATO ROSES

With very little oil and sodium, this dish is very healthy.

The acid from the limes balances the sweetness of the honey, bite from the ginger and highlights the flavours of your desired fish.

Make sure you select the freshest fish that you can find!



1. Combine in a small saucepan two tablespoons of olive oil, the juice of two limes, one tablespoon of honey, grated ginger and a pinch of salt. Bring to a boil and then reduce heat to low. Allow the sauce to simmer for 2 minutes.

2. Remove from heat and sieve the sauce.

3. Portion fish into four fillets.

4. Place fillets onto hot grill pan. Cook each side for 2.5 minutes or until firm to touch.

5. In a saucepan, bring the sauce back up to a boil and add the cooked fish fillets. Cook on high heat for 2 minutes.

6. Serve hot with a side of vegetables and Potato Roses.

Serves 4

400g Fish Fillet

15g Grated Ginger

2 Tablespoons of Extra Virgin Olive Oil

2 Limes

3 Tablespoons of Honey

Fresh Chives

Salt



POTATO ROSES

The phrase “eating with your eyes” rings true at Lonno Lodge.

It’s almost unfortunate that you will break these perfectly formed Potato Roses with a hint of parmesan.

But when you do, each morsel is incredibly fulfilling.



1. Using a mandolin, slice potatoes very thin.
2. Boil a pot of salted water. Add potato slices into the boiling water and allow to cook for 3 minutes.
3. Retrieve the potato slices from boiling water and place into a bowl of cold water to stop the cooking. Strain and dry thoroughly with paper towel.
4. In a small bowl, beat the egg with parmesan, a pinch of salt and black pepper.
5. Pour the egg mixture into three cupcake moulds.
6. Place potato slices in each mould. Ensure that the slices overlap the adjacent one. Line the mould completely and brush the edges with olive oil.
7. Bake in the oven at 180°C for 5 minutes.
8. Remove from the moulds and serve.

Serves 3*400g Fish Fillet**15g Grated Ginger**2 Tablespoons of Extra Virgin Olive Oil**2 Limes**3 Tablespoons of Honey**Fresh Chives**Salt*



ROSEMARY STEAK WITH SAUTEED BUTTERNUT SQUASH

The secret to this dish is ensuring that you create a great sear on the sirloin.

Be patient and wait for the grill pan to get hot. Also, a cast iron pan is amazing for heat retention and caramelizing meats.

Once you've tasted a sear from a cast iron pan, you'll never go back to your aluminium, ceramic or steel pans.



1. Make sure the sirloin steak is room temperature before cooking. Removing it at least one hour before cooking will usually be enough to gradually raise the temperature.

2. Heat a cast iron grill pan. When it is hot, sprinkle coarse sea salt to season the pan.

3. Place sirloin in the pan and cook for 3-4 minutes per side or until medium rare depending on its thickness. Season with some black pepper to taste.

4. Remove sirloin from pan and allow it to rest.

5. In a small saucepan, warm 75ml of olive oil on low heat with sprigs of rosemary. Allow the rosemary to infuse in the oil for 5 minutes.

6. Chop butternut squash and onion into small cubes.

7. Sauté butter, butternut squash and onions on medium heat for 5 minutes. Season with salt and black pepper to taste.

8. Slice the sirloin into 1cm thick pieces and drizzle the rosemary infused olive oil over it.

9. Serve with sautéed butternut squash and garnish with a sprig of rosemary.

Serves 4

800g Beef Sirloin

75ml Extra Virgin Olive Oil

Salt

Black Pepper

4 Sprigs of Rosemary

1 White Onion

200g Butternut Squash

10g Unsalted Butter



WATAMU MARKETS





A mechanical Singer sewing machine hums as the tailor's foot pumps the pedal periodically quickening the stitching. Aromas of fresh bread floats down the street from the small bakery. Women and men warmly greet each other as they go about their business. Geometric-patterned sisal bags hang on the roof ledges of small kiosks.

“Habari ya asubuhi?” *Good morning?* I ask the vegetable shopkeeper. Her young daughter runs to greet me. I'm surrounded by beautiful organic vegetables, all grown locally and probably only harvested from the earth moments ago. Beautiful shades of red, yellow, green and purple mesmerize my eyes. I love shopping at local markets because they're always vibrant in colour, conversation and spirit.

In Watamu, there is only one main road that then branches into smaller meandering laneways. It is a fishing village after all. The community congregates around the main road and going to the market is the best way to experience what life in Watamu is like as a local. I settle on some fresh tomatoes and mangoes that will be perfect for a fresh tomato sauce and a refreshing mango sorbet!

*“All you need is love. But a little chocolate
now and then doesn't hurt.”*

– Charles M. Schulz



THE DESSERTS





AFFOGATO GELATO WITH AMARETTO DISARONNO

Kenyan Arabica coffee is known for delicious and rich flavours with hints of brightness.

These flavours complement the creaminess of the ice cream very well. The crunch from the biscuits adds much-needed texture.

Finally, the different temperatures of the espresso and the ice cream keeps things interesting and cool, poolside at Lonno Lodge.

1. Brew a double shot of espresso from arabica coffee.
2. Scoop the ice cream and place them into a tall martini glass.
3. Crumble the amaretti biscuits over the ice cream scoops by hand.
4. Pour the liqueur on top.
5. Finally, pour the hot espresso on top and serve immediately.

Serves 1

2 Scoops of Vanilla Ice Cream

Double Shot of Espresso

*2 Teaspoon Amaretto
DiSaronno Liqueur*

3 Amaretti Biscuits



MANGO SORBET

In Kenya, there are many mango trees and orchards. When driving along the highway from Malindi Airport to your home-away-from-home, Lonno Lodge, you'll often see tall mango trees dotting the gardens and providing shade to its residents.

When ripe, Kenyan mangoes are some of the most delicious and succulent fruits you'll ever taste.



1. Peel the mangoes and remove the flesh.
2. Place the mango flesh in a blender and blend until a fine puree.
3. Place the mango puree into a sieve and remove the fibres.
4. Place the sieved puree into a small saucepan. Add water and sugar (if the mangoes are not ripe) and simmer on medium heat for 1 minute. Continuously whisk the mixture.
5. Remove from heat and allow to cool.
6. Once at room temperature, place the mixture into a container and leave it in the freezer.
7. Every hour, remove it from the freezer and use a fork to break the ice crystals. Continue doing this until the entire mixture has been frozen.
8. When ready, serve.

Serves 4*4 Mangoes**50g Sugar**50ml Water*



CHOCOLATE PANNA COTTA WITH MANGO COULIS

Delicious, creamy and sweet.

This Panna Cotta with Mango Coulis is the perfect dessert for a hot and humid day.

Whether you've just taken a walk on the pristine beaches of Watamu or just spent the afternoon lounging next to Lonno Lodge's saltwater pool, this Panna Cotta will delicately jiggle and taste like a cloud of cream.



1. Melt chocolate on a double boiler. When the chocolate begins to melt, turn down the heat to low. Stir frequently.

2. Dissolve the gelatin with hot water. Only use as much water as needed. Be patient and only add one teaspoon at a time.

3. In a separate bowl, place fresh cream over double boiler and continuously whisk for 5 minutes over medium heat.

4. Pour dissolved gentian into the fresh cream and whisk quickly for 2 minutes.

5. Remove the fresh cream from double boiler and add icing sugar and melted chocolate. Whisk until completely combined.

6. Butter the sides of desired moulds and pour the mixture into each one.

7. Allow the filled moulds to cool down at room temperature and transfer them into the refrigerator for 2–3 hours.

8. Once the panna cotta has been chilled, remove it from the moulds. If they're stuck, place the mould in hot water for a few seconds and then use a knife to loosen it from the edges.

9. Turn the mould upside down onto desired serving plate and decorate with the Mango Coulis. Garnish with fresh mint leaves and cubes of fresh mangoes.

MANGO COULIS

1. Remove flesh of mango and puree in a blender until smooth.

2. Put the mango puree in a sieve and remove unwanted fibers.

3. Dissolve the gelatin in 1 tablespoon of hot water.

4. In a small saucepan, combine the mango puree and gelatin together over low heat for 2 minutes. Stir continuously.

5. Add 1 teaspoon of lime juice and stir.

6. Remove from heat and chill in the refrigerator.

Serves 5

500ml Fresh Cream

150g Dark Chocolate

100g Icing Sugar

5g Gelatin Crystals

Fresh Mint

Hot Water

Unsalted Butter

Mango Sauce

1 Mango

2 Tablespoons Castor Sugar

1 Lime

2g Gelatin Crystals

Hot Water



PASSION FRUIT MERINGUE TARTS

This dessert is as delicious as it looks.

The delicate tarts have a crunchy bottom, a gooey center and an airy and sweet topper – a decadent ending to what most likely was a passion-filled meal.



DOUGH

1. Place flour on wooden surface. Sieve the icing sugar directly on top. Add the butter and $\frac{1}{2}$ a beaten egg.
2. Knead together until the dough is supple and smooth.
3. Place the dough on top of baking paper and roll it until 5mm thickness. If the dough sticks to the paper, dust with a little bit of flour.
4. Use a round cutter and cut round shapes that will fit the moulds in a muffin baking tray.
5. Gently press the dough into the muffin baking trays. Use a fork and pierce holes on to the bottom of each mould.
6. Bake for 5–6 minutes at 180°C.
7. Remove from moulds and allow to cool.

Serves 2***Dough***

74g All-Purpose Flour
35g Unsalted Butter
44g Icing Sugar
 $\frac{1}{2}$ Egg

Filling

1 Passion Fruit
100ml Water
47g Castor Sugar
1 Tablespoon Custard Powder

Meringue

2 Egg Whites
25g Castor Sugar
1 Teaspoon Fresh Lime Juice



FILLING

1. Mix room temperature water, sugar and custard powder together. Remove all lumps.
2. Place over medium heat for 3 minutes and continuously stir until it thickens.
3. Add passion fruit pulp, juice and seeds. Mix slowly to avoid breaking the custard.
4. Fill the baked tarts with the filling.

MERINGUE

1. Whisk egg whites and sugar at high speed until soft peaks.
2. Add lime juice and continue whisking until the egg whites become stiff.
3. Place the whisked egg whites into a piping bag.
4. Pipe the meringue on the top of the filled tarts.
5. Transfer the tarts onto a baking tray.
6. Bake in the oven at 180°C until the meringue becomes caramelized on the tips.



THE AWARD-WINNING WATAMU BEACH





Some may remember the beaches of Watamu as the landing site of Kenya's Tourism Minister, Cabinet Secretary Hon. Najib Balala's skydive stunt, or being named as one of the Top Beach Destinations in Africa by CNN Travel; but to me, Watamu is much more than exceptional coastlines and gentle lapping waves.

Watamu's fine sandy beaches, which forms part of the Malindi and Watamu Marine Reserve Parks, both Marine Protected Areas that became part of a UNESCO world biosphere site in 1979, is the perfect coastline to launch a snorkeling and diving adventure around the offshore coral formations. Largely untouched, it is said to be some of the best conditions in East Africa.

It was here where I experienced first-hand some of the great work of local conservationists. I had the pleasure of joining a patrol team from the Local Ocean Trust on a ByCatch Release outing. They had been alerted by a local fishing community that there were several rescued turtles from their nets.

When we arrived, we draped a piece of cloth over the eyes of the turtles to calm them and continued to measure, weigh and tag them. "These guys are in good shape!" The team leader declared as he finished his paperwork.

All three turtles, two Green and one Hawksbill, were in good health so we transported them to the Watamu Marine National Park in the back of a truck where they'd be released.

“Me?” I was stunned when I was asked if I wanted to help release the Hawksbill Turtle. This was the first time I came into contact with this critically endangered species. She was absolutely beautiful. Her narrow and pointed beak set her apart from the rest. The serrated-like edge of her shell outlined the beautiful coloured pattern of overlapping scales. Distinctive and unique. At first, when I carried her from the back of a truck down the sandy path towards the ocean, she seemed so calm, even asleep. But as we got closer and the smell of the salty ocean surrounded us, her instinct took over. She tried to power out of my arms and race to the waves. I helped her along her journey a little more, and as we reached the wet sand, I laid her down with care. She was still, perhaps a moment of hesitation, but a second later all doubt was erased. She scurried into the strong waves with such zeal that only the unwavering will of instinct could explain.

Watamu is an important breeding ground for Green and Hawksbill Turtles, and is also home to a thriving mangrove ecosystem. Salt tolerant mangrove species, eight of nine species found in East Africa are found in Mida Creek, provides canopies for birds, nectar for bats and honeybees, roots for shellfish to attach themselves to, a safe nursery for fish, shelter and food for turtles, and where snakes and other predators come and hunt.

For those who prefer landbased activities, the 14th century Gedi Ruins is a National Museum site located not far from Watamu. The abandoned city of thick coral-brick walls, streets, Mosque, palace, and evidence of running water are hidden under the thick tropical foliage of the Arabuko-Sokoke National Park.

The Arabuko-Sokoke Forest lies between Kilifi and Malindi. As one of the most important coastal dry forests in Eastern Africa, Arabuko-Sokoke, only after Congo, is renowned for birdlife conservation. With more than 270 species of birds, 261 types of butterflies and more than 600 plant species, the forest shelters endemic and endangered birds, insects, amphibians and mammals. When you're hiking or driving through, keep your eyes opened for sightings of Rock Pythons, Forest Cobras and monkeys.

Flora and fauna, community, turquoise lagoons, meandering creeks, colourful sea creatures, history, sunrises, sunsets, white sand, adventure and serene – that's what comes to mind when I think of Watamu.

“Everything you see I owe to spaghetti.”

– Sofia Loren



THE DRINKS





THE KENYAN DAWA

The quintessential cocktail of Kenya is the Dawa. Meaning “medicine”, this cocktail was named after its potency.

It is said that the Dawa is so potent that it will cure whatever is ailing you.

1. Slice lime into several wedges and place into a highball glass.
2. Add sugar into the glass and use a muddler to muddle the lime and sugar together.
3. Add the honey and continue to muddle until well combined.
4. Add crushed ice until the top.
5. Pour vodka into the glass and stir, ensuring that you bring the ingredients from the bottom to the top.
6. Garnish with a lime wedge and serve.

Serves 1*Crushed Ice**1 Lime**2.5g Sugar**30ml Honey**60ml Vodka*



MINT LIME JUICE

With the intense sun and humidity in Watamu, often, the simplest drinks are the most refreshing.

This juice is perfect for quenching your thirst while you bake in the sun.

1. Lightly bruise mint leaves by placing them in your palms and clapping once. This will release the oils and aromas of the mint. Place the leaves in a highball glass.
2. Add lime juice and sugar. Stir thoroughly.
3. Add ice cubes and top-off with water.
4. Stir and garnish with lime slices and a mint leaf on top.

Serves 1*6 Fresh Mint Leaves**2.5g Sugar**15ml Lime Juice**Ice Cubes**Water*

*“What nicer thing can you do for
somebody than make them breakfast?”*

– Anthony Bourdain

THE CHARMING
LONNO LODGE
WATAMU



It's hot. Super hot. 33°C hot. I find refuge in the climate-controlled van sent to pick me up from Malindi Airport. I'm told that it'll just be a 20-minute drive. Along Mombasa-Malindi Road we pass small communities, churches, mosques, and schools. Small shops dot the road and towering mango trees seem to grow freely. Palm leaves rustle in the wind and friendly motorcyclists wave before zipping past.

When we turn towards Watamu, instantly, it feels like we've left the hustle and bustle of the main highway and the white noise of urban life behind. I can smell the salt in the air. The melodic vocals of Diamond Platinumz, a Tanzanian musician, blasts from a small music shop. Colourful kikoyis line the side of the road. There's a barber cutting someone's hair and a few tourists walk in the heat, probably heading to the gelateria. We pass several hotels and resorts, and finally we reach the end of the paved road. *Where were we going?* There's no road I thought. We continued on the road less traveled, the van kicking-up gravel and dust. Thankfully, five minutes later, what seemed like a mirage of lush greenery sprouting from a very dry and bare road, welcomed us. An oasis of nature.

That was my first memory of The Charming Lonno Lodge. Over the years and several visits later, I have come to appreciate more than what meets the eye at this exquisite boutique property, but to even see the intention behind every detail.

Designed meticulously to utilize and complement the natural elements that surrounds the property, The Charming Lonno Lodge rejects anything artificial such as single use plastics and air conditioning. It may seem absurd to have a beachfront property without any air conditioning, but when you design sustainably and build with the intention of allowing the air to flow and circulate freely, you won't need one.



For me, the best kind of self-care involves satiating your appetite and spirit. Menus are tailored to your personal dietary preference and features locally sourced seasonal ingredients. Exclusive organic olive oil and wine from Preggio, Italy are also featured. After an incredible meal, lounge in the saltwater infinity pool and stare into the horizon. Finish the day with a deep tissue massage overlooking the beach or enjoy a wet sauna in the soon-to-be-completed Hamman. Here you can meditate, relax and find your happy place with the comfort of knowing your hosts are just as mindful of the environment and community as you are, and that's what makes your holiday special.



Everything at The Charming Lonno Lodge is designed and created with intention. An intention to make your visit as full and magical as possible, and to do their absolute best for the community and environment – all whilst embracing its intimate property that has a strong one-of-a-kind personality, spirited team, and richness in local flavour that conveys a strong sense of place and pride in its location's heritage.



EPILOGUE

Susan was always an inquisitive child. Her imagination and sense of wonder kept her busy. I never really had to worry if she was bored. I often would find her in our pantry, which was in the basement and filled with shelves upon shelves of Chinese herbs, pickles, spices and other ingredients. I never really understood why she liked that room so much. But when my wife would ask me to go grab something from the pantry, Susan would always be tugging at my trousers and following me down into the cold basement. She'd stare into the large glass jars and ask, "Daddy, what is that? How do you cook it?"

Her sense of wonder would sometimes get her into trouble. Susan used to follow her sister, Sarah, who was six and a half years her senior, everywhere. She was Sarah's little shadow. One day, the sisters were playing in the garage and the door malfunctioned and started to close shut. Sarah managed to run out quickly, but Susan, at six-years-old, wasn't as quick and ended-up being pinned under the garage door. Sarah rushed to find me. I swept Susan up into my arms, blood was trickling from the corner of her right eye. We drove as fast as possible to the doctor's because the wait at the Emergency Room would be long. And the entire time, Susan didn't cry. I used to think she must've been in so much pain that she was in a state of shock. Later, when Susan moved to Ethiopia when she was 22-years-old, I came to understand that my daughter was fearless, even when she was six-years-old.



When Susan became a fulltime lifestyle journalist and content creator in Kenya, I knew she would do well. But nothing would prepare me for the tremendous pride I felt when she received an opportunity to travel to France to report on Cognac. You see Susan use to cry incessantly as a baby in her mother's arm and one evening, her mother and I had the brilliant idea of rubbing some of our favourite spirits on to her gums to soothe her. "Whisky!" Susan's mother exclaimed as she perused the drink cabinet. "Shhh, *Miu Miu* (little sister in Cantonese)". She rubbed just a touch onto Susan's gums and miraculously, her cries slowed. Her big eyes rolled and seemed to peak in interest as her round cheeks flushed, but she continued to cry. Then I had the brilliant idea. *Cognac! XO will do the trick.* I motioned for the bottle shaped like an upside-down cluster of grapes. I watched intently as *Miu Miu* licked her lips and gradually purred to sleep. It was then that we knew our youngest daughter loved complex flavours. No wonder whisky and cognac are Susan's favourite drinks.

Through her sense of wonder, fearlessness, hardwork and kindness, Susan's career in Kenya blossomed where she became one of the voices that has been credited of shaping Nairobi's burgeoning food and hospitality sector. From just being a voice in our family of four to a leading one on another continent to the one behind this beautiful cookbook, her first of many I have no doubt; I look forward to seeing how else my *Miu Miu* will be able to share her sense of wonder with the world.

Your Dad
Chun-Han Wong



Prepare to travel, cook, eat, and eat some more.

Explore one of the world's perfect paradises, Watamu, a peaceful and quaint fishing village in Kenya through The Charming Lonno Lodge's collection of recipes from their celebrated menu, as told by the award-winning lifestyle journalist Susan Wong.

With the incredible views and delicious epicurean experience of The Charming Lonno Lodge as her backdrop, for Susan at least, it is heaven on earth.

The Charming Lonno Lodge Cookbook is more than just a cookbook. Author and food enthusiast Susan will help you apply curiosity and inspiration of the destination and the food you prepare. Many of us travel and can remember that plate of perfect pasta, but how many of us can cook it in our kitchens to satiate our appetites and recreate our most memorable memories that are often intertwined with food?

Readers can anticipate recipes that combine seasonal ingredients locally sourced from Kenya and directly from the Indian Ocean, as well as exclusive olive oil from an olive grove in Preggio, Italy. The recipes provide a nostalgic twist on traditional Italian signatures prepared with a modern presentation.



Susan Wong has an insatiable appetite for travel and food and loves documenting some of the best recipes of her memorable epicurean experiences. Susan has spent the last decade reporting on food and travel in Africa and has been credited as being one of the voices that has helped shape the burgeoning culinary and hospitality sector in Kenya.



THE CHARMING
LONNO LODGE

www.lonnolodge.com