



FOODIE EXPERIENCES

Get a true taste for the Indian Ocean with these flavour-filled activities, says **Katie McGonagle**



LEARN TO COOK IN SRI LANKA

Indian food might be better known in the UK, but Sri Lanka's spicy sambals, veg-packed curries and breakfast-time hoppers are just as distinctive – and even better if you can bring the know-how back with you. At Rosyth Estate House, set on a tea plantation near Kegalle, guests can see the process from start to finish, beginning with a tour of the organic garden, a cooking lesson, and finally, the chance to dine on their creations over lunch.

Book it: Cooking classes cost £40, including a cookbook. Classic rooms start at £155 until Christmas, then £260 per night half-board from January, for bookings through Travel Gallery. travel-gallery.co.uk

EAT DINNER WITH A LOCAL FAMILY

Mauritian resort Salt of Palmar eschews buffet-style dining in favour of fresh, local dishes, and there's no shortage of foodie experiences, whether guests want to cook, bake or join a three-day cycling safari to visit markets and street stalls in areas tourists rarely see. One of the most interesting experiences has to be Dinner with Mirella (*pictured*), a chance to dine in a local home, try homemade Mauritian rum, and chat with Mirella and her family over chicken curry or caramelised pineapple.

Book it: Dinner with Mirella costs £43 per person; double rooms are from \$200 a night on a B&B basis. saltresorts.com



SUNSET DINING IN YOUR PRIVATE POOL

The Seychelles is core couples' territory, and what could be more romantic than champagne and some light bites to enjoy à deux? That's what Kuoni offers newlyweds at Hilton Seychelles Northolme Resort & Spa, who can enjoy a Floating Aperitivo in their own pool, with Italian canapes and a bottle of bubbles.

Book it: Kuoni offers seven nights in a Grand Ocean View Pool Villa, with breakfast, Etihad Airways flights and transfers, starting at £3,299 in May or June 2020, booked by November 30. kuoni.co.uk

STROLL THROUGH A SEYCHELLOIS BAZAAR

Few visitors to the Seychelles take the time to explore its capital, but a stroll through the heady streets of Mahé's main market – officially known as the Sir Selwyn Selwyn-Clarke Market, but Victoria Market to everyone in the know – is the quickest way to get a window on local life. Expect piles of bananas, papayas, pomegranates, jackfruits, melons, mangoes and more, alongside stalls heaped up with fresh fish, saffron, cinnamon and other spices.

Book it: The market is open Monday to Saturday next to Victoria's clock tower. seychelles.travel



GO VEGGIE IN THE MALDIVES

If your vegetarian clients feel hard done by for fun foodie activities, fear not – Atmosphere Kanifushi Maldives is embracing all things meat-free with its first Just Veg Week in January. Italian Michelin-starred chef Fabrizio Marino (*pictured*) will join head chef Pankaj Walia to host free dining experiences focusing on Maldivian dishes such as cucumber salad and almond curry.

Book it: The Just Veg Week runs from January 20-26, 2020. If Only offers a week in a Sunset Beach Villa at Atmosphere Kanifushi from £3,489, including Platinum Plus All-Inclusive Resort Plan, Emirates flights from Heathrow and seaplane transfers departing January 20, 2020.3 ifonly.net

