

## Interpretive Activity Planning Sheet

**Activity name:** Tamarind Talk and Tasting

**Activity Type:** Demonstration and Sensory Activity

### Preparation

- 1. Group profile:** general tourists, any nationality and age
- 2. How many people can you take on this activity?** 2 - 10
- 3. How long with this activity take?** 30 minutes
- 4. What time of day will you run this activity?** Anytime during the day
- 5. What things will you need to run this activity?**

- Fresh tamarind pods
- Tamarind jam
- Tamarind juice
- Tamarind sweets
- Plates and bowls for each item to taste
- Plates for tamarind shells and seeds
- Clean wet cloth for wiping hands
- Other:

**6. What do you want to achieve with this activity?** Objectives:

- Provide an experience of tasting a local fruit and the products made from the fruit
- Explain the use of the fruit as an important cooking ingredient to give a sour taste to foods
- Engage with tourists in an interesting activity and using all the senses

**7. What transport will you need?** None

**8. What must you do to prepare the participants?**  
No special preparation

**9. What must tourists/participants bring to the activity?** Nothing specific needed to bring

### Knowledge and Research

**10. What research and information do you need to deliver this activity well?**

- Tamarind facts
- Information about the tree and fruit
- Tamarind products

### Interaction

**11. What will I say and what will I do:**

**11.1 Welcome and introduction:**

Welcome members to the activity and thank them for coming

**11.2 Opening of the activity:**

In this activity we will learn about tamarind, taste tamarind by itself, and taste a variety of tamarind products

## 11.3 Body of the Activity (content):

### Step 1: All about tamarind: Talk about Tamarind

- **History and general information:**
  - Originally from Africa, it grows in subtropical conditions.
  - Brought to Asia thousands of years ago by traders.
  - They grow throughout tropical and subtropical regions of Africa, South Asia, South America and Caribbean islands.
  - India is the biggest grower and user of tamarind, followed by USA as next biggest grower (southern states – Florida)
  - Thailand has the largest plantations of the ASEAN nations, followed by Indonesia, Myanmar, and the Philippines
- **The tree:**
  - Big, bushy tree with dense, small, green leaves. Up to 80ft (about 24 metres)
  - The little leaves close at night!
  - A mature tree may be capable of producing up to 175 kg (350 lb) of fruit per year
  - Has small, long red and yellow flowers
- **The fruit:**
  - Is similar to a pea or a bean – grows in a pod (a legume)
  - The fruit has a fleshy, juicy, acidic pulp.
  - It is mature when the flesh is coloured brown or reddish-brown.
  - The tamarinds of Asia have longer pods containing 6 to 12 seeds, whereas African and West Indian varieties have short pods containing 1 to 6 seeds.
  - The seeds are flattish, and glossy brown.
  - **What it contains:** tartaric acid, sugar, B vitamins and calcium.
  - **Processed tamarind:** compressed tamarind blocks, ready-to-use slices, paste, concentrates, balls, etc can be found in condiment stores and spice markets.
  - **Quality:** choose fresh unbroken pods, not old, dried pulp or pods.
  - **Storage:** once at home store the pods or pulp inside the refrigerator where it will stay fresh for several months.

### Step 2: Demonstrate how to open the fruit

- Give all participants a tamarind pod
- Hold a pod so that they can all see what you do
- Open the pod – showing and telling them how
- See if they are all following and copying
- Show how to take the flesh with the pip out of the pod

### Step 3: Tasting

- Taste the tamarind: Discuss the taste: taste is 'sweet and sour'
- **Important:** tell them not to swallow the seed – they can spit seeds into the plates provided
- Taste the other tamarind products and discuss each one:
  - Jam
  - Juice (in small cups)
  - Sweets

#### **Step 4: Uses of tamarind:**

- **Tamarind as a cooking ingredient**

- Tamarind is a common ingredient all over India and South-East Asia in curries, “rasam”, chutneys, as well as in vegetable and lentil recipes.
- **Sweet dishes:** desserts, jam, blended into juices or sweetened drinks, sorbets, ice creams and other snacks
- **Savoury dishes:** flavour for soups (sour soups)
- The pulp is also favored in “hot and sour” soups as well in marinades.
- The juice made of tamarind pulp with addition of dates, sugar, honey, cardamom, cloves, and coriander seeds are a refreshing drink marketed in different parts of the world.
- **Ask** (especially British people) did they know – tamarind is used in ***Worcestershire sauce (Wooster sauce)***

- **Other uses of tamarind**

- Throughout Southeast Asia, fruit of the tamarind is used as a poultice applied to foreheads of fever sufferers
- Used as a laxative – to make your stomach work!
- In homes and temples, especially in Buddhist Asian countries, the fruit pulp is used to polish brass shrine statues and lamps, and copper, brass, and bronze utensils
- Tamarind wood is a bold red colour. It is very dense and strong, so is used in making furniture and wooden flooring

#### **11.4 Ending of the activity:**

- Ask if any questions
- Thank participants for attending, and give them your hope that they will appreciate tamarind from now on.

#### **Special Notes:**

- Payment by tour members: included in tour price
- **Risks:** swallowing seed/pip and choking
- **How can I manage the risks: warn participants NOT to swallow the pip!**

#### **Reference sources:**

- <http://www.tamarindfruit.com/how.php?MENU=3>
- <https://en.wikipedia.org/wiki/Tamarind>
- <http://www.nutrition-and-you.com/tamarind.html>