**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 and experience of tasking 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, acidy 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 is 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:

https://en.wikipedia.org/wiki/Tamarind