

Fiji Time: 12:44 PM on Saturday 21 October

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## Organic restaurant officially opened

Friend  
Saturday, October 21, 2017

Tukuni, FRIEND's organic restaurant involving a farm to table approach was officially opened earlier this week at the Foundation for Rural Integrated Enterprises and Development (FRIEND) headquarters in Tuvu, Lautoka.

Tukuni was officially opened by Peter Collier, Chief of Party for the Pacific-American Climate Fund, a USAID project on Monday.

Tukuni's concept is simple, grow organically, prepare with passion and serve with the story. It is dedicated to serving delicious, creative and authentic Fijian cuisine that appeals to anyone searching for a true Fijian experience.

FRIEND has established this new venture where foodies now can experience the authentic tastes of local cuisine straight from the source.

It is centred on an airy restaurant that has an all round view of the hills and harbour that have shaped Fiji people's lives, and decorated with some of the old artefacts from rural kitchens, many still in use.

All Tukuni meals are prepared on site, the aromas wafting up from the traditional open fires and chula clay fireplaces as cooks work over freshly ground spices, garden grown herbs and seasonally available fresh produce and seafood using techniques and recipes handed down by generations.

The menu features such delights as ika tavu (cooked on coal) kokoda (Fiji's famed marinated raw fish in coconut), free range chicken (jungli murgi) and duck curries, maize roti and the much sought after home grown red rice. Special delicacies include octopus and sea grapes (nama), and a satisfying range of vegetarian dishes including dhal soup, rourou (taro leaves), grilled baigan (eggplant) and ota miti (wild fern salad dressed with coconut cream).

Some of the tastes that particularly entice are available to buy, processed, dried and packaged in the FRIEND on site processing centre, including sundried, powdered tomato, ginger, herbal teas, gluten free cassava and satwa (seven grain) flours and their famous mango jam and tamarind chutney.



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