

Get a Taste of Ancient Egypt with Feseekh

It's Sham El-Nessim, and the streets of Egypt are buzzing with excitement as spring arrives – the sun shining brighter and the days growing longer. Families of all backgrounds are getting together to enjoy the festivities. But what is a celebration without food?

Feseekh, the star of the show for centuries, is a salty, fermented fish that divides opinions but always brings a sense of tradition. Paired with crisp lettuce and fragrant spring onions, it is a real treat for Egyptians like no other.

But why feseekh, especially since Egypt has a wide range of fish to choose from? Well, legend has it that this pungent delicacy originated in ancient Egyptian times when the receding Nile River left behind trails of rotting fish. Fast forward to today, this dish remains a beloved and popular tradition, enjoyed by Egyptians from all walks of life.

Some might be wondering if it is safe to dig into this *chef's kiss* -to die for. Well, here's the scoop: if it is not prepared right, it could give you a bit of tummy trouble. But no worries! Trusted vendors such as Shaheen for Salted Fish as well as Fasakhani Al Hamady offer safe and delicious feseekh.

If you are up for a travel experience, Nabaruh, located in the middle of the Nile Delta, is famous for its aged fish. Main restaurants across the country often source their feseekh from this city, known for producing the best. Even though it is nowhere near the sea, you will find shops selling this taste of spring all over town. And guess what? As Sham al-Nessim approaches, Nabaruh gets busier than a beehive. Locals and tourists alike flock here to dig into this salty Nile treat.

However, what is it about feseekh that keeps Egyptians coming back for more? Well, many consider it a taste of home. Despite its strong smell and acquired taste, feseekh holds a special place in Egyptian hearts, bringing back memories of family gatherings and cherished traditions.

Whether you are addicted to feseekh or just curious, Sham El-Nessim is a unique ticket to Egyptian culture. So, why not give it a try and enjoy a taste of history?

A little bit about Sham El-Nessim

Sham El-Nessim, an ancient Egyptian festival, meaning "smelling the breeze", ushers in the arrival of spring. Its origins date back to ancient Egypt, possibly even before the time of the Pharaohs, making it one of the oldest continuously celebrated festivals in the world. It marks the start of the agricultural season and is now a public holiday in Egypt, traditionally falling on Easter Monday. In addition to its cultural significance, Sham El-Nessim holds economic importance, as it boosts tourism and stimulates various industries through increased consumer spending. Despite its pre-Christian origins, the festival remains deeply rooted in Egyptian culture, symbolizing hope, renewal, and the beginning of a new season of growth.