

30 October 2009

GREEN FIGS & CHEESE

A Marriage Made In Heaven

The time for fig preserves and cheese creates great excitement at this time of year as the Cape Brown and White Genoa figs are ready for preserving and bottling. The Koorts family has been running the Weltevrede Fig Farm in the Prince Albert district for six generations and it is one of the largest fig producing farms in Southern Africa. A very closely held family secret recipe for preserving these green jewels will be shared in part with us as we explore delightful traditional recipes using local seasonal produce. The perfect partner to the sweet fig delicacy is the award winning local cheese hand-made at Gay's Guernsey Dairy. Come and spend a few days during October to discover how to preserve and pair these two local delights. The local cheeses all have quirky and appropriate names like Prince Albert Royal, Regal, Parma Prince and Queen Vic. Make this a memorable experience and enjoy some of the secrets of the Karoo.



COURSE
OUTLINE

RECREATIONAL
COOKING
SCHOOL



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ENQUIRIES / RESERVATIONS

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Here is a condensed itinerary for your information:

FRIDAY 30 OCTOBER

08:00 - 12:00 Guests arrive at African Relish and are escorted to accommodation.

13:00 Depart for Weltevrede Farm for light picnic lunch.

14:00 Visit to Weltevrede Farm for fig tour and picking and demonstration of preserving two varieties of fig.

15:00 Session 1 - Return to African Relish for introduction to course material and kitchen in preparation for Saturdays course.

17:00 At leisure to amble through town and visit museum and art gallery

19:00 Welcome dinner at African Relish

SATURDAY 31 OCTOBER

07:00 Earlybirds keen on cycling or walking can join Jeremy for some fresh air walking up the lower section of the Swartberg Pass (Meet at African Relish for coffee and rusks)

08:30 Gather at African Relish for Karoo breakfast

09:30 Visit to Gay's Dairy for cheese tasting and Saturday market to gather some fresh produce.

10:30 Session 2 - Making fresh ricotta style cheese

and discovering the sublime pairing of cheese and figs. Preparing some unusual combinations with figs and other exotic local ingredients.

13:00 Light lunch

14:00 - 17:00 Session 3 - Fig tarts, puddings and dried figs and more!

19:30 Dinner at African Relish

SUNDAY 1 NOVEMBER

07:00 Earlybirds for walk and cycle meet at African Relish for coffee and rusks and some more fresh air with Jeremy

09:30 Karoo style brunch at African Relish.

Demonstrations and hands on session on how to make the perfect Karoo brunch 'tapas' style. Take home a goodie bag with some of your hand made creations - preserved figs and a tart or two.

We look forward to welcoming you to our kitchen as you begin your quest for culinary enlightenment.

Rate is R1850.00 per person sharing per night. Includes all above meals from Friday lunch to Sunday brunch, cooking course, tour & activities plus recipes and apron and accommodation.

