

9 - 11 October 2009



COURSE  
OUTLINE

RECREATIONAL  
COOKING  
SCHOOL



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# INDIAN FUSION IN THE KAROO

Hosted by Resident Chef Vanie Padayachee  
Weekend workshop at African Relish in Prince Albert

Join us on a journey through the spice spectrum and treat your senses to a feast of exotic proportion as you learn the subtle art of blending and tempering spices, making a selection of Indian breads and the real skill of creating unusual sambals.

Using local Prince Albert seasonal produce, including a range of fresh vegetables, fruit, herbs and of course the famous fragrant lamb we will be cooking a colourful and spicy array of South African Indian dishes, including curries, breads, spiced rice, sambals and traditional desserts.

#### The itinerary looks like this:

**DAY ONE** Friday 9 October

- **Arrival** and settle into your accommodation
- **Light lunch**
- **Meet the team**

Guests will spend the afternoon preparing pre dinner snacks. You will be taught the art of folding samosas and rolling spring rolls and of course cooking the wonderful fillings that go inside.

Our resident chef Vanie Padayachee will show you how the mixing and tempering of spices is so important to successful Indian cooking.

- **A welcome dinner** will be served at African Relish.

**DAY TWO** Saturday 10 October

- **Early risers** are invited to walk an easy section of the spectacular Swartberg Pass.
- **Breakfast** at African Relish followed by a walk to the Saturday morning market.
- **We continue** on the Indian fusion theme with the preparation of various Indian breads, such as Naan, Chapattis and Rotis. We will also prepare

a selection of sambals (side dishes) which are traditional accompaniments for the curry supper to be cooked by students. We will prepare a selection of curries, a breyani and introduce the delightful Dhal to you. You will also be taught basic knife skills. Guests will enjoy a light lunch and some leisure time before continuing the preparation of dinner.

**DAY THREE** Sunday 11 October

- **A guided walk** with botanist Dr Sue Milton.
- **Karoo breakfast** with a demonstration of how to prepare the perfect poached egg (the traditional way) and Hollandaise sauce for rich and tangy Eggs Benedict. Guests can linger over a last cup of coffee before reluctantly saying farewell.

**Cost R3700 per person sharing for 2 nights.**  
Includes accommodation, all meals, cooking course, demonstrations, recipes and special African Relish apron. Excludes wine and transfers.

