

Friday 16 – Sunday 18 April 2010

LET'S GET SAUCY

... 'in the orchestra of the kitchen, the saucier is the soloist . . .'



COURSE
OUTLINE

RECREATIONAL
COOKING
SCHOOL



CONTACT DETAILS

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JACQUES ERASMUS | Saucier extraordinaire and consultant chef to Cuvee Restaurant at Simonsig Wine Estate, will demystify the art of sauce making and demonstrate how this subtle art can transform ordinary food into fine dining.

The programme will include the following aspects of the craft of sauce making:

- introduction to sauces • cold sauces - mayonnaise | vinaigrette 'no more nola' • the importance of a good stock - stock making techniques - vegetable | chicken | fish | meat 'thyme gentleman, please'
- understanding flavour - 'gonna get married' • thickening agents - 'dangerous liaisons' • bechamel sauce and its derivatives 'viva lasagna' • classic brown sauce and its derivatives 'there's a brown girl in the ring'
- reduction butter sauces and its derivatives 'it's so now, darling' • warm emulsified butter sauces and its derivatives 'instant gratification' • sweet sauces - crème anglaise | crème patisserie 'sugar, sugar, you are my candy girl'

The course will focus on classic sauces in a modern context, where you will learn to make a sauce in the classic way in the modern kitchen. We focus on the know-how and the science of making the perfect sauce, from start to finish . . . how to create a complex layered sauce to a home-made quality mayonnaise.

Here is a condensed itinerary for your information:

FRIDAY 16 APRIL

08:00 – 12:00 Guests arrive at African Relish and are escorted to their accommodation

13:00 Light lunch at African Relish

14:00 – 17:00 Session 1 – Introduction to the course and kitchen orientation. Knife skills instruction and an introduction to sauces and their status in the culinary world. Stock making techniques.

17:00 At leisure

19:30 Welcome dinner at African Relish prepared by Vanie Padayachee and Jacques Erasmus

SATURDAY 17 APRIL

07:00 Earlybirds keen on a breath of fresh morning air are welcome to join in on an escorted walk up the lower section of the Swartberg Pass or a casual cycle around the area.

08:30 Gather at African Relish for Karoo breakfast

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

10:30 Session 2 – Understanding flavour and preparation of an array of sauces and reductions.

13:00 Light lunch

14:00 – 17:00 Session 3 – Applying the art of sauce making to typical regional Karoo cuisine.

17:00 At Leisure

19:30 Dinner at African Relish – KAROO STYLE

SUNDAY 18 DECEMBER

07:00 Earlybirds eager for more fresh air and exercise meet at African Relish for coffee.

09:30 Karoo Brunch at African Relish.

Departure in your own time.

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

Rate R1850.00 per person sharing per night

Includes accommodation, all meals from Friday lunch to Sunday brunch, cooking lessons, demonstrations, tours and activities. Guests also receive a special African Relish apron and recipes to take home.

