

# RIPE FIGS & WITBLITZ

## A decadent & delicious summertime celebration of flavours



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The following itinerary has been compiled to represent the Karoo in as broad a sense as possible. We have designed the programme with a view to giving our visitors a true Karoo experience and to cover as much of the local cuisine and cultural traditions as possible in a short space of time. We are also mindful of the need of visitors to absorb and enjoy the stillness and tranquility here and have therefore been careful to include ample 'downtime' to relax. We are very willing to make amendments according to personal preferences during the course of the stay. This would be a typical programme for the time spent with us and it is based largely on seasonality and availability of local fresh produce.

## Here is a condensed itinerary for your information:

### Friday 15 January

**12:00** - Arrive at African Relish and settle in to accommodation.

**13:00** - Light lunch served at African Relish, meet the team and get your course outline

**14:30** - At leisure to explore the village and visit the local art gallery, antique shops and museum, or just relax and take in the peace and quiet.

Afternoon activities could include a cooking demonstration, a visit to the local dairy or a slow amble around town.

**19:30** Pre dinner cocktails and welcome dinner at African Relish to meet the rest of the course students

### Saturday 16 January 2010

**07:00** - For the energetic an early morning walk up the lower reaches of the famous Swartberg Pass, built by Sir Thomas Bain in 1886.

**09:00** - Visit to Saturday Morning Market. Shop for local ingredients for your course. Breakfast at African Relish

**10:30** - Cooking session. Summer with Ripe Figs and Grappa. Demonstration of knife skills, cutting techniques and preparation methods. You will prepare a selection of delicious and decadent dishes with sweet ripe purple figs, local honey, cream and other forbidden fruits.

**13:00** - Light lunch

**14:30** - Cooking session. Preparation of some of South Africa's favourites using local lamb, venison and fresh fruit and seasonal vegetables. Desserts and canapés with ripe figs and Serrano style Lucas Jamon.

**17:00** - At leisure

**19:30** - Dinner. Enjoy the fruits of the day's culinary endeavors with some local musical entertainment.

### Sunday 17 January 2010

**07:00** - Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton. Renowned botanist and specialist in Karoo biome biology.

**10:30** - Great Karoo Brunch at African Relish. Demonstrations on some Karoo Tapas. Tips and ideas and how to make the perfect summer brunch.

**12:00** - Depart on onward journey..... Hopefully to return soon.

**Price: R1850.00 per person per night. Inclusive of accommodation, all meals, cooking classes, ingredients, soft drinks and special African Relish apron.**

We look forward to welcoming you to the magical Karoo and feel certain that you will leave us feeling refreshed and revitalised.

