

23 - 25 APRIL 2010

COOKING IN THE KAROO WITH CIRO



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The Italian legend of Johannesburg cooks Karoo style!

Ciro Molinaro, one of South Africa's most admired chefs and a culinary legend in his own lunchtime, brings his flair and infectious personality to African Relish for a weekend of great food and laughter. Join him on a culinary journey while he gives an Italian twist to true Karoo cuisine.

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 tranquillity 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.

Here is a condensed itinerary for your information:

Friday 23 April 2010

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 24 April 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 - Demonstration of knife skills, cutting techniques and preparation methods. Exploring the Karoo/ Italian connection. Pasta vs pap and scampi meets skilpaaidjies.

13:00 - Light lunch

14:30 - Cooking session. Preparation of some of South Africa's favourites with an Italian twist, using local lamb, venison and fresh fruit and seasonal vegetables.

17:00 - At leisure

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

Sunday 25 April 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: R1750.00 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.

