

15 OCTOBER - 17 OCTOBER 2010



  
**CONTACT DETAILS**  
☎ +27 23 541 1381  
☎ +27 23 541 1386  
☎ +27 82 319 7031

**ENQUIRIES / RESERVATIONS**  
jeremy@africanrelish.com  
virna@africanrelish.com



[www.africanrelish.com](http://www.africanrelish.com)

# THE CRUCIBLE OF CUISINE

Rediscovering ancient Khoi-Khoen cuisine and veldkos with Renata Coetzee

Renowned cultural researcher and author, Renata Coetzee, who recently published her latest book *Koekemakranka* is the inspiration for offering this rare and exciting opportunity to peep into the culinary customs of the Khoi-Khoen people. The Khoi-Khoen are the original people of our sub-continent and according to scientists, descend directly from early humans, some 200 000 years ago. Africa is the **cradle of mankind** and indeed the **crucible of cuisine**. We will be experimenting with indigenous wild herbs, vegetables and meat all harvested from the veld. Strange names such as anyswortel, bokmelk-suringpap, askoek, t'Kwabrood, roosterkoek, suurvytjie, t'samma and noem-noem jam will become familiar as we discover what a wealth of ingredients lie in the veld around us. So do not miss this fantastic opportunity to learn about our original culinary heritage and the modern derivatives that have evolved from it.

## Itinerary:

### FRIDAY 15 OCTOBER 2010

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

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

**14:30** - We are introduced to the Khoi-Khoen culture and their culinary heritage. We introduce you to a variety of the veldkos plants and sets the scene for the Crucible of Cuisine Experience.

**16:30** - At leisure to explore the town.

**18:30** - Ghost walk and village ramble - Ailsa Tudhope, historian and story teller, takes you on a journey back in time with tales of ghosts and village rogues from the past. Meet outside African Relish

**20:00** - Welcome dinner at African Relish

### SATURDAY 16 OCTOBER 2010

**06:30** - For the energetic, a guided early morning walk up the lower reaches of the famous Swartberg Pass, built by Sir Thomas Bain in 1886. Mountain bikes rides are also available with a guide.

**09:00** - Breakfast at African Relish

**10:00** - Visit to Saturday Market for some local flavour.

**11:00** - **Cooking session.** Demonstration of knife skills, cutting techniques and preparation methods. Kitchen orientation and background introduction to South African culinary culture. Introduction to some unusual and mostly forgotten ingredients.

**13:00** - Light lunch at African Relish

**14:30** - **Cooking session.** Preparation of some exotic and very different interpretations of traditional Khoi-Khoen cuisine. We prepare a banquet with simple indigenous ingredients.

**17:00** - At leisure

**19:30** - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours. With some story telling - Karoo style!

### SUNDAY 17 OCTOBER 2010

**06:30** - Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo biome biology. We look at some of the veld plants we have cooked with in their natural environment.

**10:30** - Great Karoo Brunch with some interesting demonstrations.

**13:00** - Depart on onward journey

**Price: R3850.00 per person 2 nights/ 3 days. Inclusive of luxury 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.

