

24 SEPTEMBER - 26 SEPTEMBER 2010





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# HERITAGE KAROO

**Authentic traditional country cooking - celebrating our culinary heritage**

We will illustrate to you that there is more to Karoo cuisine than our famous lamb. There is such a wealth of traditional culinary heritage in the Great Karoo that has been passed down over centuries, some written down and some passed on through the oral tradition. Fascinating ingredients and combinations, most of which are virtually unknown or forgotten and age old cooking methods re-suscitated for a culinary experience of a lifetime.

## Itinerary :

### FRIDAY 24 SEPTEMBER 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** - 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.

**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 Fransie Pienaar Museum.

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

**14:30 - Cooking session 2.** Preparation of some Karoo and South African classics. Lamb and venison will take centre stage with some saucy accompaniments. A real look into our culinary heritage and the diverse cultures that have shaped it over time.

**17:00** - At leisure

**19:30** - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours.

### SUNDAY 26 SEPTEMBER 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.

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

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

### SATURDAY 25 SEPTEMBER 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.

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

**Price: R3500.00 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.

