

1 OCTOBER - 3 OCTOBER 2010



www.africanrelish.com

REAL FOOD

Rediscover the delights of real cooking and country comfort food.

In the modern age with fast food insinuating itself into our lunch boxes, with pre-made meals and over packaged supermarket anonymity pervading our lives and the age of 'no-name-brands' becoming the fall back choice, it is time to rediscover what REAL FOOD is again. Rediscover the joy of cooking with real fresh ingredients bought at the local farmers' market or green grocer, meat from a real butchery where you can ask about its origin, or better still go to the source. The re-emergence of the independent speciality shop where the customer has a name not a number is rekindling our interest in eating and cooking with REAL ingredients and making REAL food again. Come and play with some real food at African Relish and meet the farmers, producers and artisanal specialists producing the real ingredients.

Itinerary

FRIDAY 1 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 - 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

SATURDAY 2 OCTOBER 2010

06:30 - For the energetic an early morning walk up the lower reaches of the famous Swartberg Pass. Mountain bikes rides are also available.

09:00 - Breakfast at African Relish

09:30 - Visit the Saturday Market and meet some local producers

10:00 - Visit to Prince Albert Olives for Olive oil tasting.

11:00 - **Cooking session** Demonstration of knife skills, cutting techniques and preparation methods. Background introduction to South African culinary culture and the origins of the South African cuisine.

13:00 - Light lunch at African Relish

14:30 - **Cooking session** Preparation of some traditional dishes. Pot bread baking techniques with olives and other favourite additions. How to make the perfect accompaniments for one pot cooking. Introduction to 'Oukos'.

17:00 - At leisure

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

SUNDAY 3 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.

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

13:00 - Depart on onward journey

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.

