

19 NOVEMBER - 21 NOVEMBER 2010



www.africanrelish.com

LEIPOLDT THE LEGEND

A celebration of a culinary genius

Throughout his life, C Louis Leipoldt was fascinated by the preparation of food – from his youth in Clanwilliam and the Cederberg in the 1880s until his death in Cape Town in 1947. He is well known as the celebrated Afrikaans poet, writer, bushveld doctor, medical specialist, botanist and chef, but it is only in the trilogy of culinary works, *Leipoldt's Food & Wine*, that the extent of his knowledgeable, delightful and adventurous approach to food and wine can be fully appreciated.

African Relish invites you to spend a weekend exploring the wonderful culinary traditions left by this fascinating man for us to enjoy. He spent a great deal of time researching the food and preparation methods of the old Cape and has left us a wealth of material preserved in print. We will recreate some of these dishes and delve into the past to rediscover some of his culinary secrets.

Itinerary

FRIDAY 19 NOVEMBER

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 20 NOVEMBER

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** Kitchen orientation and background introduction to South African culinary culture, Louis Leipoldt, his food and his many talents. We explore some of the intriguing old Cape cuisine secrets.

13:00 Light lunch at African Relish

14:30 **Cooking session 2.** We explore old methods, traditional ingredients and culinary treasures.

17:00 Visit to Gay's Dairy for cheese tasting and tour of dairy.

19:00 Albert College poetry performance at African Relish.

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

SUNDAY 21 NOVEMBER 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.

