

17 SEPTEMBER - 19 SEPTEMBER 2010





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LOAFING AROUND

Niel Jonker, artist and master artisan baker gives us an insight into the supremely satisfying process of bread making.

Baking sourdough bread in a wood fired oven is an experience of first principles, and what better setting than Prince Albert to experience this art firsthand, with pioneering artisan bread maker Niel Jonker guiding the process.

Niel is a self-taught bread maker and oven builder that has pioneered artisan baking in SA. With a passion for processes, Niel looks at the timeless technology and techniques of making real bread simply. This workshop brings the participants into realising that they are but a part of the whole as the transformative potential of bread making processes are explored.

How can a nation be great if its bread tastes like Kleenex? Julia Child

FRIDAY 17 SEPTEMBER

12:00 - Arrive at African Relish and check in to accommodation.

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

14:30 Introduction to breadmaking and demonstration of fermentation processes. How to make a sour dough starter. Tutorial of bakers formulas. Preparation of dough for Ciabatta, Wholegrain Sourdough and *Pain Ancienne*. Getting creative with pizzas.

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 Pot bread baking techniques with olives and other favourite additions. Roasting and baking in the wood oven.

17:00 - At leisure

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

SUNDAY 19 SEPTEMBER

06:30 Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo biome biology.

10:00 Cooking session We bake the *Pain Ancienne* and cook up some other delicious morsels in the bread oven. Great Karoo Brunch with some interesting demonstrations.

13:00 Depart on onward journey

SATURDAY 18 SEPTEMBER

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 Cooking session . Making and developing dough for the day's baking. Demonstration of knife skills. Preparation of some Karoo accompaniments cooked in the wood fired bread oven.

13:00 - Light lunch at African Relish

Price: R4500.00 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.

