

22 OCTOBER - 24 OCTOBER 2010



www.africanrelish.com

THE ART OF PRESERVING WITH ODED SCHWARTZ

The true maestro of preserving, pickling and creator of authentic relishes is coming back to Prince Albert.

African Relish invites you to join food historian and culinary anthropologist Oded Schwartz for a journey through the ages of culinary culture. Spend a weekend slowing down with us in the beautiful historic village of Prince Albert. You will experiment with traditional preserving methods, giving them a modern twist, and take a different look at regional Karoo cuisine from an historical perspective. Oded is an award winning food writer specialising in food history, anthropology and education. He is best known for his food preserving. Your weekend will be filled with wonderful interactive cooking classes, sumptuous long lazy meals, luxurious accommodation - all designed to allow you to unwind and escape the bustle of city life.

Itinerary

FRIDAY 22 OCTOBER

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 Cooking session Demonstration of knife skills, cutting techniques and preparation methods. Kitchen orientation and background introduction to South African culinary culture.

17:30 Wine tasting at SoetKaroo—the smallest wine estate in SA.

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 23 OCTOBER

06:30 For the energetic an 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.

08:30 Visit to Saturday Market for some local flavour.

09:00 Breakfast at African Relish

10:30 - Cooking session Introduction to the art of preserving, sterilisation methods, containers and do's and don'ts.

13:00 - Light lunch at African Relish

14:30 Cooking session 2. Preparation of some Karoo classics. Creative relishes, jams and whole preserves. We also prepare some real Karoo dishes to accompany our relishes and preserves.

18:30 Wine tasting in African Relish Wine Room

20:00 Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours.

SUNDAY 24 OCTOBER

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.

