

25 FEBRUARY - 27 FEBRUARY 2011



www.africanrelish.com

A CULINARY CRUSADE

The quest for perfect Karoo cuisine starts here!

We embark on a quest to uncover some long forgotten culinary mysteries hidden in the timeless Karoo. Bokkie Botha, Prince Albert's own intrepid culinary crusader will lead us in our quest to recreate some Karoo classics using tried and trusted methods. You will also have the opportunity to invent and innovate using abundant local Karoo produce, creating your very own 'classics'. We will turn the ordinary into the extraordinary; the mundane into the sublime and you will leave with a profound and pleasant after taste. Join the crusade with us!

Itinerary

FRIDAY

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

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.

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. Introduction to some unusual and mostly forgotten ingredients.

13:00 - Light lunch at African Relish

14:30 - **Cooking session.** Preparation of some Karoo classics. We get creative in the kitchen while we innovate and create some new 'classics' with a modern twist.

17:00 - At leisure

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

SUNDAY

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: R3850.00 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.

