

6 MAY - 8 MAY 2011



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JamieWho? 'COOKS' IN THE KAROO

Join Andy Fenner (AKA JamieWho) at African Relish for an authentic traditional country cooking experience and some creative culinary capers.

Prince Albert is fast becoming a sought after culinary destination with African Relish at the core, where we explore, discuss, prepare and devour authentic traditional South African cuisine. We contemporise old country favourites and push some boundaries to make way for some cool alternatives. Local, seasonal and fresh are words ingrained in our culinary lexicon and we support and honour our local producers at every opportunity to expose their wonderful produce to the greater public. We will illustrate to you that there is more to Karoo cuisine than our famous lamb in the Great Karoo, where such a wealth of traditional culinary heritage has been passed down over centuries.

Come and play in our kitchen with Andy Fenner and the African Relish team while we sip, chop, slice and blend our way through the weekend.

Itinerary

FRIDAY

- 12:00** - Arrive at African Relish and settle in to accommodation.
- 13:00** - Light lunch served at African Relish, meet the team as we discuss 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.
- 17:30** - Cheese tasting at Gay's Guernsey Dairy
- 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 the Fransie Pienaar Museum.
- 20:00** Welcome dinner at African Relish

SATURDAY

- 06:30** - Energetic early risers can join a guided walk up the lower reaches of the famous Swartberg Pass.
- 09:00** - Breakfast at African Relish
- 10:00** - Visit to Saturday Market for some local flavour.
- 11:00** - Olive Oil tasting and tour at Prince Albert Olives
- 12:00** - **Cooking session** Demonstration of knife skills, cutting techniques and preparation methods. Kitchen orientation and background introduction to South African culinary culture.
- 13:00** - Light lunch at African Relish

- 14:30** - **Cooking session 2.** Preparation of some Karoo classics. Bread baking techniques with olives and other favourites. Lamb and venison will take centre stage with some saucy accompaniments.
- 17:00** - Wine tasting at Soet Karoo - the smallest wine estate in SA
- 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.

