

22 APRIL - 24 APRIL 2011



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FLAVOURS OF THE EAST with Jacques Erasmus

Jacques brings the Far East to our doorstep with some intoxicating dishes, simple fresh flavours and the rule is simplicity. We will look at an overview of the flavour profiles of China, Vietnam and Cambodia and explore the use of exotic ingredients and how to conjure up an Eastern Feast in no time at all. Subtle balances and delicate fusion are the secret to eastern cuisine and we will experiment with creating some of the classic dishes and some not so well known. Spring rolls, Vietnamese rice paper rolls, fish baked in leaves, flavour bursting salads and an array of wonderful dishes prepared in minutes will give us an insight into a new way of eating, using centuries old traditions.

The cuisine from these three countries covers a very wide geographical and cultural spectrum and we will endeavour to give you as comprehensive an insight into each countries' wonderful flavours as possible.

Itinerary

FRIDAY

12:00 - Arrive at African Relish for a welcome drink and check in to accommodation.

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

14:30 - Cooking session Introduction to Eastern cuisine and some lesser known ingredients. A lesson in simplicity and taste.

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.

20:00 Welcome dinner at African Relish

SATURDAY

06:30 - Early risers are welcome to join a guided early morning walk up the lower reaches of the famous Swartberg Pass.

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

09:00 - Breakfast at African Relish

10:30 - Cooking session The secret is in the stock! No dish makes the grade without a good foundation.

13:00 - Light lunch at African Relish

14:30 - Cooking session The combinations are legend! Spicy and sweet, fiery and soothing, a cabaret of flavours.

17:00 - Exotic Eastern cocktails. Get creative with some different interpretations of classic cocktails with a far off twist.

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 - Vietnamese and Cambodian brunch. Demonstrations and some hands on cooking to prepare some traditional breakfast/ brunch dishes.

13:00 - Depart on onward journey

We look forward to welcoming you to the magical Karoo and feel certain that you will leave us feeling refreshed and revitalised.

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