

21 October - 23 October 2011

FOOD BLOGGERS DO THE KAROO

You've read the blogs.... Now see the movie!

Time to put the keyboard aside and bring blogging to life. Join us on a quest to uncover some long forgotten culinary mysteries hidden in the timeless Karoo. Invent and innovate using abundant local Karoo produce, creating your very own 'classics'. Turn the ordinary into the extraordinary; the mundane into the sublime and you will leave with a profound and pleasant after taste. Share your passion and ideas and let's get down to some real cooking with a whole lot of fun and laughter thrown into the pot.



www.africanrelish.com

The programme

DAY 1

07:30 Depart Cape Town with African Relish transport.

12:00 Arrive at African Relish. Welcome drinks/ refreshments and check in to accommodation.

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

14:30 Visit to Prince Albert Olives for tour of olive press and olive oil tasting.

16:00 Meet 'Dr Pete Pampoen', Prince Albert's favourite doctor- cum - vegetable grower to pick some produce.

17:00 Visit Gay's Guernsey Dairy for tasting of award winning cheeses made from unpasteurised milk.

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

DAY 2

06:30 For the energetic an early morning walk up the lower reaches of the famous Swartberg Pass.

09:00 Breakfast at African Relish

10:00 Visit to Morning Market for some local flavour.

11:00 **Cooking session.** Introduction to the South African culinary culture. Demonstration of knife skills. The creative culinary process....let the hands do the talking.

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 some new 'classics' with a modern twist.

17:00 Wine tasting at Soet Karoo, the smallest registered wine estate in South Africa.

18:00 Wine tasting at African Relish with Bergwater Vineyards, local Prince Albert winery.

19:30 Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours. We meet Jason Lucas maker of *Lucas Jamon*, a Serrano style ham.

DAY 3

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

VERY SPECIAL AND EXCLUSIVE OFFER
(Based on minimum 12 people travelling with provided transport)

Price: R2950.00 per person 2 nights/ 3 days. Inclusive of transport from Cape Town, 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.

