

1 JULY - 3 JULY 2011



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ENQUIRIES / RESERVATIONS

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MEAT..... a more conscious approach

Meat is a food that millions of us take for granted and one that is riddled with complex issues, such as health, environment, economics and of course the moral dilemma in our choice to eat it or not. Hugh Fearnley-Whittingstall, well known BBC Food personality, in his well-known book, *The River Cottage Meat Book*, encourages us to be more aware of where our meat comes from, how it is farmed and whether it is 'suitable' for consumption. We have embraced the concept of learning about the provenance of all our produce and meat is at the top of the list. Meat is a wonderful part of our modern diet and provides a delicious variety for our menus, dinner tables and braais. Culinary traditions using meat stretch far back into antiquity and we explore some of these in a modern context. We learn about the *Maillard Reaction*, which magically transforms raw meat into an irresistible delight, highlighting the *umami* sense of taste. We will look at different kinds of charcuterie, meat processing, sausage making, preserving and cooking. We will make terrines, pates and pies; biltong, boerewors and rillettes. Join us as we introduce you to some of the Karoo's finest free range meat.

Itinerary

FRIDAY

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, deboning techniques and discussion about meat and different cuts, free range vs organic...what does it mean!

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 - 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 Prince Albert Olives and olive oil tasting

11:00 Cooking session Preserving meat techniques, charcuterie. Slow cooking, meat stocks and sauces.

13:00 Light lunch at African Relish

14:30 Cooking session Preparation of some Karoo classics with the famous fragrant lamb and venison.

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.... guess what? Some more meat.

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.

www.africanrelish.com

