

15 JULY - 17 JULY 2011



[www.africanrelish.com](http://www.africanrelish.com)

## VEGETARIAN... exploring scintillating super foods

Vegetarian food has been unfairly labelled in the past, by some sectors of society, as unexciting, bland and altogether uninspiring. We will prove to you that this is a huge misconception and one that is totally misplaced and undeserved. Whether you are a meat eater or a strict vegetarian and wish to explore the delicious delights and creative opportunities that are possible with Mother Nature's natural super foods, then look no further.

We will introduce you to Prince Albert's abundant fresh fruit and vegetables and take you on a culinary journey to delight your senses and change any misconceptions for good. We will explore a whole world of dishes and bring out the creative genius lurking in your culinary sub-conscious.

### 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. The ORGANIC debate. Storing vegetables. How to make the perfect stock and bouillon.

**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.

**09:00** Breakfast at African Relish

**10:00** Prince Albert Olives and olive oil tasting

**11:00 Cooking session** Preserving and pickling. Working with pulses...pure protein power. Pates and pastes, soups and stews.

**13:00** Light lunch at African Relish

**14:30 Cooking session** Let your creative side do the work and get the juices flowing.

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

**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 a whole bunch of freshness.

**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.

