

11 - 13 FEBRUARY 2011

WINE HARVEST CELEBRATION



www.africanrelish.com

Pick, stomp, blend and drink! Join us to celebrate the new grape harvest as we get creative with the fruit of the vine. Get to pick your own grapes and press them old fashioned style with bare feet in a wine vat at Bergwater Vineyards in the Prince Albert Valley. Experience the process of wine making from vineyard to glass. We will be conducting a series of courses involving this noble and ancient fruit and experimenting with some traditional and vintage recipes involving the fruit of *Bacchus*. Medieval dishes and indigenous delights will be the order of the day.

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 get your course outline

14:30 Depart for **Bergwater Vineyards** for grape picking and wine making excursion. We will experience the bustle of a harvest time cellar and watch the crushing and pressing. We also get our shoes off and get into some grape stomping in wine vats with a tour of the wine cellar and tasting.

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 Fransie Pienaar Museum.

20:00 Pre dinner cocktails and welcome dinner at African Relish

SATURDAY

06:30 Early birds can join a guided walk up the lower reaches of the Swartberg Pass. Meet at African Relish for coffee.

09:00 Breakfast at African Relish

10:00 Wine tasting at **Soet Karoo**, the smallest registered wine estate in SA.

11:00 **Cooking session.** Introduction to the Karoo and our culinary heritage. Knife skills and kitchen orientation. Preparation and ingredients gathering. Stocks and sauces.

13:00 Light lunch at African Relish

14:30 **Cooking session.** Preparation of some of South Africa's favourites using local lamb, venison, fresh fruit, seasonal vegetables and local wine and fruit.

18:00 Meet at African Relish

19:30 Some curious cocktails followed by dinner at African Relish where you will enjoy the fruits of the day's culinary endeavors.

SUNDAY

07:00 Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton. Renowned botanist and specialist in Karoo biome biology.

09:30 Great Karoo Brunch at African Relish. Demonstrations on some Karoo Tapas. Tips and ideas and how to make the perfect summer brunch.

12:00 Depart on onward journey..... Hopefully to return soon.

Price: R3850 per person 2 nights/ 3 days. Inclusive of accommodation, all meals, cooking classes, ingredients, soft drinks and special African Relish apron.

This itinerary is subject to change depending on weather and availability of produce.

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

