

7 - 9 OCTOBER 2011

SPICE GIRL



www.africanrelish.com

Hosted by Preeti Bardolia

Join us on a journey through the spice spectrum and treat your senses to a feast of exotic proportion as you learn the subtle art of blending and tempering spices, making a selection of masalas and some of the Indian bread classics.

Using local Prince Albert seasonal produce, including a range of fresh vegetables, fruit, herbs and of course the famous fragrant lamb, we will be experimenting and getting creative with some interesting alternatives.

Itinerary

Friday

12:00 Arrive at African Relish and settle in to accommodation.

13:00 Light lunch at African Relish

14:00 At leisure to explore the village and visit the local art gallery, antique shops and museum, or just relax and take in the peace and quiet.

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 Dinner at African Relish

Saturday

07:00 - 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.

09:00 - Breakfast at African Relish

10:30 - **Cooking session 1.** Demonstration of knife skills. Kitchen orientation and short background introduction to South African culinary culture and the Indian influence. Basics of spice blending and tempering. Identification of spices and some of their healing and health properties. The art of creating the fool proof curry base and the subtle balance of spices.

13:00 - Light lunch

14:30 - **Cooking session 2.** Preparation of a selection of curries, dhals and traditional and unusual sambals. Baking rotis, naan and chapattis.

17:00 - At leisure

19:30 - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours.

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.

10:30 - Indian brunch at African Relish. Demonstrations on how to create the perfect Indian brunch with a Karoo twist.

12:00 - 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.

