

22–24 JULY 2011



www.africanrelish.com

REZA MAHAMMAD IS BACK!

THE STAR OF INDIA RETURNS TO THE KAROO

Join us once again for an unforgettable and rare opportunity to cook alongside this flamboyant and highly talented and energetic chef. His presence in the kitchen is highly entertaining, and you will be guaranteed a great deal of fun and laughter while you learn some treasures of Indian cuisine from this ebullient maestro.

Reza is one of the UK's best known BBC Food TV celebrity chefs and hosted a number of popular cooking and travel shows, including *The United States of Reza*, *Delhi Belly with Sanjeev Bhaskar*, *Indian Summer* and *A Place in France*, amongst others. Born in Mumbai, Reza was educated in boarding school in Panchgani India. Reza took over the family business, managing The Star of India, now one of London's most successful and prestigious restaurants. Reza is both chief chef and proprietor.

Itinerary

FRIDAY

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

13:00 Enjoy a light lunch with Reza and the African Relish team.

14:30 **Cooking session.** Reza introduction. Discussion about Indian cuisine with some interesting background and demo sessions.

17:30 Wine tasting at SoetKaroo, the smallest wine estate in SA.

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 with Reza

SATURDAY

07:00 Early morning walk up the lower reaches of the famous Swartberg Pass,

08:30 Visit to Saturday market for some local flavour.

09:00 Breakfast at African Relish

10:00 Olive Oil tasting at Prince Albert Olives

11:00 **Cooking session.** Demonstration of knife skills. Background introduction to our 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 at African Relish

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

18:00 Wine tasting in African Relish Wine Room

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: R4950 per person 2 nights/ 3 days. Inclusive of 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.

