

18 – 20 NOVEMBER 2011



  
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# MIDDLE EASTERN DELIGHTS

## WITH AMIT RAZ

Owner and chef of **Masala Dosa** restaurant in Cape Town, Amit Raz, often presumed Indian, runs this extremely popular establishment specialising in Indian cuisine. He could pass a **Bollywood** audition anytime and just happens to have an Indian name. He is in fact Israeli-born, of diverse Middle Eastern family lineage. Raz grew up in his grandmother's **Syrian** kitchen sorting grains and grinding spices. He started his gastronomic career in catering, using traditional and contemporary **Middle Eastern** recipes inspired by his grandmother and drawing on the rich diversity of cultural influences of his home country. He took up a new challenge five years ago when he enrolled himself in a cooking school in India to learn south Indian cookery before opening his restaurant. Raz brings to the Karoo both traditional recipes and innovative preparations of Middle Eastern delights.

### Itinerary

#### FRIDAY

**12:00** Arrive at African Relish

**13:00** Light lunch served at African Relish, meet the team discuss schedule. Discussion around the table on mapping Middle Eastern cuisine, history and essential ingredients. Guests will receive a spice kit and other surprise elements to illustrate this diverse cuisine.

**14:30 Cooking session.** Interactive cooking session with Amit Raz and Jeremy Freemantle. We go against the grain, learning traditional preparation of rice, bulgar and couscous with a modern twist. Learn to love brinjals with exciting new recipes

**18:30** Rest and refresh or take a ghost walk and village ramble with 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

**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.

**08:30** Visit local market

**09:00** Shakshuka breakfast at African Relish – a popular breakfast dish of eggs cooked in a special tomato gravy

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

**11:00 Cooking session** Raz reveals the secret to making the perfect falafel. Learn fresh salad recipes that can be tucked into a pita. Perfect summer food.

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

**14:30 Cooking session.** A touch of karoo in the midst of the east. Stuffing vegetables and Middle Eastern dumplings (kibbeh) with karoo game.

**17:00** At leisure

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

**Belly Dance Demo** Learn the history and basic moves of belly dance

#### 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** Jachnun – A traditional Yemeni brunch

**13:00** Depart on onward journey

**Price: R3850 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.

