

30 SEPTEMBER - 02 OCTOBER 2011



www.africanrelish.com

SPRING TO LIFE

Shake off the shackles of winter and celebrate the season of perfumed splendour and succulent new produce.

There is nothing more exciting than the arrival of the new season's produce, tender young peas, broad beans and new potatoes drizzled with olive oil and young asparagus dripping with lemon and butter. We celebrate spring with some exciting and very innovative creations to prepare you for summer. We will explore new combinations for chilled soups and vegetable terrines, crunchy granitas and smooth and silky ice creams.

A whole new world of culinary creativity awaits - guaranteed to put a spring in your step.

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. 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 - Optional early morning walk up the lower reaches of the famous Swartberg Pass, built by Sir Thomas Bain in 1886.

08:30 Visit to Village Market

09:00 Breakfast at African Relish

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

11:00 Cooking session Terrines & soups. Creative dishes to get you in the mood for summer

13:00 Light lunch at African Relish

14:30 Cooking session 'Cooking outside the box.'

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 Spring 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.

