

27 JANUARY - 29 JANUARY 2012



CONTACT DETAILS
 ☎ +27 23 541 1381
 ☎ +27 23 541 1386
 ☎ +27 82 319 7031

ENQUIRIES / RESERVATIONS
 jeremy@africanrelish.com
 virna@africanrelish.com

www.africanrelish.com

LET'S GET SAUCY with Jacques Erasmus

'in the orchestra of the kitchen, the saucier is the soloist . . .'

JACQUES ERASMUS | Saucier extraordinaire and consultant chef to Cuvee Restaurant at Simonsig Wine Estate, will demystify the art of sauce making and demonstrate how this subtle art can transform ordinary food into fine dining.

The programme will include the following aspects of the craft of sauce making:

- introduction to sauces • cold sauces - mayonnaise | vinaigrette **'no more nola'**
- the importance of a good stock - stock making techniques - vegetable | chicken | fish | meat **'thyme gentleman, please'**
- understanding flavour - **'gonna get married'**
- thickening agents - **'dangerous liaisons'**
- bechamel sauce and its derivatives **'viva lasagna'**
- classic brown sauce and its derivatives • reduction butter sauces and its derivatives **'it's so now, darling'**
- warm emulsified butter sauces and its derivatives **'instant gratification'**
- sweet sauces - crème anglaise | crème patisserie **'sugar, sugar, you are my candy girl'**

We will focus on making classic sauces in a modern context. We will focus on the know-how and the science of making the perfect sauce, from start to finish, complex layered sauces to a home-made quality mayonnaise.

FRIDAY

12:00 - Arrive at African Relish and check in.

13:00 - Light lunch served at African Relish, meet the team and receive your course outline.

14:30 - Cooking session 1: Introduction to the course and kitchen orientation. Knife skills instruction and an introduction to sauces and their status in the culinary world. Stock making techniques.

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 Welcome dinner at African Relish

SATURDAY

06:30 - For the energetic, a guided early morning walk up the lower reaches of the famous Swartberg Pass,

09:00 - Breakfast at African Relish

10:00 - Visit to Saturday Market for some local flavour.

11:00 - Cooking session 2. Understanding flavour and preparation of an array of sauces and reductions.

13:00 - Light lunch at African Relish

14:30 - Cooking session 3. Applying the art of sauce making to typical regional Karoo cuisine.

17:00 - At leisure

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

KAROO STYLE!

SUNDAY

06:30 - Gather at African Relish for coffee.

Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo biome biology.

10:30 - Great Karoo Brunch with some interesting demonstrations. We enjoy the pastries and other delights created the day before with some freshly baked delights.

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.

