

2012





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BREAD MAKING MASTER CLASS

Niël Jonker, artist and master artisan baker gives us an insight into the supremely satisfying process of bread making.

Baking sourdough bread in a wood fired oven is an experience of first principles, and what better setting than Prince Albert, pioneering artisan bread maker Niël Jonker guiding the process. Niël is a self-taught bread maker and oven builder that has pioneered artisan baking in SA. With a passion for processes, he looks at the timeless technology and techniques of making real bread simply. This workshop brings the participant into realizing that he is but a part of the whole as the transformative potential of bread making processes are explored. Food technology meeting culinary mysticism!

Niël apprenticed to the late Alan Scott, writer of 'The Bread Builders' in California. Jonker also apprenticed to leading US bakers and he shares his ongoing adventure with enthusiasts and beginners alike. These workshops include advanced techniques in making world class bread. Slow fermentation evokes the grain. Time and temperature (and a sideways glance at ph) are your friends, as are the micro-organisms that do all the work. Manual techniques that got lost somewhere between the industrial age and the consumer feeding frenzy are rediscovered. **There is no need to knead !**

The shaping of breads is more than a decorative measure and determines the final results. Wood-fired brick ovens provide an invaluable alchemical tool to an already intense range of processes.

FRIDAY

From 12:00 Arrive at African Relish

14:00 - 17:30 Introduction to breadmaking and demonstration of fermentation processes. How to make a sour dough starter. Tutorial of bakers formulas. Preparation of dough for Ciabatta, Wholegrain Sourdough and *Pain Anciene*.

10:00 Baking session. Making and developing dough for the day's baking. Sip on a glass of wine while you absorb the aromas of freshly baked bread. We will get creative with Pizza creations for lunch.

13:00 Lunch at African Relish

14:30 - 17:30 Baking session Baking ciabatta, rye, whole wheat and *pain ancienne*

SATURDAY

At leisure to visit Saturday Morning Market and Gay's Dairy for cheese tasting or an early wine tasting at Soet Karoo.

09:00 Breakfast at African Relish

Price: R1850 per person. Includes cooking classes, ingredients and special African Relish apron.

For accommodation

We have four delightful cottages available on a self catering basis, Deurdriif Cottages, Akkedis and Doringbos. Contact Virna at virna@africanrelish.com for reservations

