

29 JUNE — 1 JULY 2012

## IN SEARCH OF PLENTY — A HISTORY OF JEWISH COOKING

### DISCOVERING JEWISH CUISINE FROM BIBLICAL TIMES WITH ODED SCHWARTZ

To celebrate republishing his first food book, "In search of plenty" - a history of Jewish cooking - Oded Schwartz is coming to African Relish. Against the surreal landscape of the Karoo, Oded will be exploring Jewish food - one of the most ancient and fascinating recorded cuisines. You do not have to be Jewish to enjoy Oded's journey into the source of his food and the complex culinary identity of his Israeli Jewish background. In his inimitable style and love of exploration he will take you through a gastronomic trip that goes back to the time of Adam and Eve.

We will cook from recipes inspired by fascinating and descriptive passages in the Old Testament and the Talmud - the sumptuous meals will include biblical tidbits with cheese and burgul truffles with sumac and sesame coating, small pitas with za'atar and olive oil and Haminado of quail eggs. We will be making 'Abrahams Stew' with which Jacob won his inheritance. Delicious and erotic sweets that may have been eaten at the harem of King Solomon will also feature.

African Relish invites you to join this extraordinary food historian and culinary anthropologist on a journey through the ages of Jewish culinary culture. Spend a weekend slowing down with us in the beautiful historic village of Prince Albert. Your weekend will be filled with wonderful interactive cooking classes, sumptuous long lazy meals, luxurious accommodation - all designed to allow you to unwind and escape the bustle of city life.

### ITINERARY

#### FRIDAY

**12:00** Arrive at African Relish

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

**14:30 Introductory talk** — Is there Jewish Food, an "Introduction to the Ashkenazi kitchen"

**15:00 Cooking session** Preparation of the evening meal with some classic Jewish delights such as **kichel, chicken soup and knaidlach.**

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

**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

**10:30 - Cooking session** Back to the origin - food in the bible and the Talmud. We learn how to prepare curd cheese truffles with sumac, rue and sesame Ta'amia - broad bean rissole,

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

**14:30 Cooking session 2.** The biblical journey continues as we prepare Talmudic fish, Abraham Stew and Esau potage .

**18:00** Wine Tasting at Soet Karoo, one of South Africa's smallest wine estates

**20:00** Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours.

#### 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 Food in modern Israel — Where is it going now?** We prepare a light lunch with an Israeli flavour

**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.



[www.africanrelish.com](http://www.africanrelish.com)

