

26 OCTOBER - 28 OCTOBER 2012



**CONTACT DETAILS**

T +27 23 541 1381

F +27 23 541 1386

M +27 82 319 7031

**ENQUIRIES / RESERVATIONS**

jeremy@africanrelish.com

virna@africanrelish.com

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

# PALATE TO PALETTE

## Colour meets taste... the marriage of two senses

**JP Meyer** and **Jacques Erasmus** stimulate our *palates* and our *palettes* with a marriage of art and food. Just how does colour influence our mood, taste buds and instinctive preferences?

Ever wondered why certain colours just work together and why certain food combinations just work - it is no coincidence and our senses tell us this instinctively. Without the sense of sight, taste is rendered tasteless and colour does not exist. The role of colour in our lives is fundamental to the choices we make and the attractions we respond to. We invite you to join us for a fascinating insight into the world of colour and taste with a three day workshop exploring how the senses balance our lives.

### FRIDAY

**From 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** - Introduction to colour and its influence on our senses. Exploring the sensuality and expression of colour in art and food.

**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, built by Sir Thomas Bain in 1886.

**09:00** - Breakfast at African Relish

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

**11:00** - **Creative session** We explore the wonderful world of colour, how they affect one another and how we can use colour to convey a certain feeling or mood. Food for mood as expressed with colour.

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

**14:30** - **Creative session** Colour wheel and taste wheel... educating our eyes and our palates. We create some beautiful dishes while expressing the artist within.

**17:00** - At leisure

**19:30** - Dinner at African Relish where we enjoy the fruits of the day's creative 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** - Create the Great Karoo Brunch, experimenting with colour and taste. Marry our palates with our palettes in a splash of creative expression.

**13:00** - Depart on onward journey.

**Price: R3850.00 per person 2 nights/ 3 days. Inclusive of accommodation, all meals, cooking classes, ingredients, soft drinks and special African Relish apron. All art materials are included.**

We look forward to welcoming you to the magical Karoo and feel certain that you will leave us feeling refreshed and revitalised.

