

3 - 5 FEBRUARY 2012



# SUMMER BISTRO with Stefan Marais

Stefan Marais, head chef at **Societi Bistro** in Cape Town is returning to African Relish to do some Summer Bistro Cooking - Karoo Style. Stefan will be conjuring up some bistro magic using local Karoo ingredients and applying his creative flair to inspire us with mouth-watering fare.

Join us at African Relish for this rare opportunity to cook alongside one of Cape Town's most talented chefs and spend a weekend soaking up the flavours and the inspiration.

The timeless Karoo is rich in culinary history. A history that is moulded out of a pioneering spirit and an ancient legacy of cultures. Abundant fresh, seasonal produce inspires chefs to create contemporary cuisine modelled on traditional classics. Join us as we turn the ordinary into the extraordinary; the mundane into the sublime and we guarantee you will leave with a profound and pleasant after taste.

## ITINERARY

### FRIDAY

**12:00** - Arrive at African Relish and settle in to accommodation.

**13:00** - Light lunch prepared by Stef. Meet the team and discuss schedule.

**14:30** - **Cooking session.** Interactive cooking session with Stef Marais and Jeremy Freemantle. We explore classic bistro cooking and Karoo ingredients.

**18:00** 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

**06:00** - For the energetic an early morning walk up the famous Swartberg Pass.

**08:30** Visit to village market

**09:00** Breakfast at African Relish

**10:00** Prince Albert Olives and olive oil tasting

**11:00** **Cooking session** Stef gives us a master class in some famous bistro classics with an Italian flavour

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

**14:30** - **Cooking session.** Some more creative summer bistro inventions

**17:00** - Wine tasting

**19:30** - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours—Bistro Style

### SUNDAY

**06:00** - Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo bio me biology.

**10:30** Great Karoo Brunch with an Italian twist

**13:00** Depart on onward journey

**Price: R3850.00 per person 2 nights/ 3 days. Inclusive of luxury accommodation, all meals, cooking classes, ingredients, 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)

societi  
bistro

