

21 - 23 OCTOBER 2011

RELISH THE KAROO WITH SONIA CABANO & MICHAEL OLIVER



Sonia Cobano is the well-known presenter of SABC3's popular food programme, 'Pampoen tot Perlemoen'. Her vivacious and humorous, hands-on approach to cooking in live demonstrations is infectious and is guaranteed to get you chopping and cooking.

Michael Olivier is a well-known Cape food and wine fundi with a culinary career most will envy. Michael is a natural raconteur and his wine knowledge is legendary. He is currently a food and wine writer, broadcaster and hospitality industries consultant. He publishes **Crush** an online food and wine magazine and spreads the word on the Cape's best wines.

Join Sonia and Michael at African Relish for a fantastic and energetic weekend of fun, cooking wine sipping and a good helping of laughter. Sonia's hot off the press new book **RELISH** will be available for sale.

ITINERARY

FRIDAY

12:00 - Arrive at African Relish and settle in to accommodation.
13:00 - Lunch prepared by Sonia, served at African Relish. Meet the team and discuss schedule.
14:30 - **Cooking session.** Interactive cooking session with Sonia Cabano and Jeremy Freemantle. We make yoghurt, paneer and ricotta, different marinades and real mayonnaise.
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

07:00 - 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 for olive oil tasting
11:00 **Cooking session** Master class with Sonia & Michael— the art of making grain mustard, lemon preserves and tomato chutney. Wine appreciation and the art of pairing.
13:00 Light lunch at African Relish

14:30 - **Cooking session.** We make labneh, herbed soft white cheese from combination of ricotta and yoghurt, a Massaman curry with spiced rice pilao and ricotta puffs for pudding.
17:00 - Wine master class with Michael Olivier
19:30 - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours

SUNDAY

07:30 - Gather at African Relish for coffee and rusks. Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo biome biology.
10:30 We bake some bread and scones, make pancakes, jam and a few spiced salts and sugars. Great Karoo Brunch
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

