

EXOTIC FLAVOURS

SPICE ROUTE EXPLORED



www.africanrelish.com

Hosted by Jeremy Freemantle

We take you on a journey through the aromatic spectrum of blending and tempering and let you in on some deep and exotic secrets. Blend and grind your very own garam masala and learn how to make the fool-proof curry base. Discover the subtleties and balance of spices and the art of combining and blending. Demystify some misconceptions and create some fusion amongst the confusion!

Using local Prince Albert seasonal produce, including a range of fresh vegetables, fruit, herbs and of course the famous fragrant lamb, we will be experimenting and getting creative with some interesting alternatives.

ITINERARY

FRIDAY

FROM 14:00 Arrive at African Relish and settle in to accommodation. Afternoon at leisure. Visit Gay's Dairy, SoetKaroo for a wine tasting, Art Gallery and quirky village shops or just relax and take in the peace and quiet.

18:30 Optional (own account) Ghost Walk and historical village ramble with Ailsa Tudhope. Meet at Fransie Pienaar Museum.

From 19:00 Dinner at African Relish **for own account.**

SATURDAY

08:30 Visit to village market

09:00 Breakfast at African Relish

11:00 Cooking session Introduction to South African culinary culture and the Indian influence. Basics of spice blending and tempering. Identification of spices and some of their healing and health properties. The art of creating the fool proof curry base and the subtle balance of spices.

13:00 Light lunch at African Relish

14:30 - 17:00 Cooking session Preparation of a selection of curries, dhal and traditional and unusual sambals.

19:30 Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours.

SUNDAY

07:00 Optional (for own account) Botanical excursion. Dr Sue Milton, renowned botanist and specialist in Karoo biome biology.

09:30 Karoo breakfast

13:00 Depart on onward journey

Price: R1950.00 per person sharing. Includes 2 nights accommodation and full day cooking course.

Price excludes all drinks.

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

For optional excursions and own account activities please confirm with Virna on confirmation of reservation.

