

CULINARY TREASURES



www.africanrelish.com

TRUE KAROO

Authentic traditional country cooking, uncovering the secrets of the South African Outback.

We will illustrate to you that there is more to Karoo cuisine than our famous lamb. There is such a wealth of traditional culinary heritage in the Great Karoo that has been passed down over centuries, some written down and some passed on through the oral tradition. Fascinating ingredients and combinations, most of which are virtually unknown or forgotten and age old cooking methods re-suscitated for a culinary experience of a lifetime. We will use local Prince Albert seasonal produce, including a range of fresh vegetables, fruit, herbs and of course the famous fragrant lamb and will be cooking a colourful and delicious array of South African and Karoo dishes.

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 **own account.**

SATURDAY

08:30 Visit to village market

09:00 Breakfast at African Relish

11:00 Cooking session Introduction to the regional dishes of the Karoo. We will prepare some dishes with our famous lamb and venison and abundant local produce

13:00 Light lunch at African Relish

14:30 - 17:00 Cooking session Let your creative side do the work and get the juices flowing. Preparation of some Karoo classics

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 with 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.

