

FRESH



www.africanrelish.com

VEGETARIAN... exploring scintillating super foods

Vegetarian food has been unfairly labelled in the past, by some sectors of society, as unexciting, bland and altogether uninspiring. We will prove to you that this is a huge misconception and one that is totally misplaced and undeserved. Whether you are a meat eater or a strict vegetarian and wish to explore the delicious delights and creative opportunities that are possible with Mother Nature's natural super foods, then look no further.

We will introduce you to Prince Albert's abundant fresh fruit and vegetables and take you on a culinary journey to delight your senses and change any misconceptions for good. We will explore a whole world of dishes and bring out the creative genius lurking in your culinary sub-conscious.

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.

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 Demonstration of knife skills. The ORGANIC debate. Storing vegetables. How to make the perfect stock and bouillon.

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.

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.

