

20 JANUARY - 22 JANUARY 2012



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# FEAST OF FIGS

Mid-summer is fig time in the Karoo and the honey sweet, sun-ripened, mouth watering Adams figs are heavy on the trees. This ancient fruit hails from Middle-Eastern origins and has graced the tables of kings, shahs and sultans. The fruit is evocative of feasts and signals times of great abundance and prosperity.

Come and celebrate this delicious gift of nature and demonstrate its culinary versatility. Summer salads, canapés, soups, casseroles, desserts.... jams, sauces and more!

Don't miss this opportunity to feast on fabulous figs!

Liezl de Klerk, whose family has been farming in the Weltevrede valley for six generations will join Jeremy Freemantle at African Relish to share some figgy magic with you.

## FRIDAY

**12:00** - Arrive at African Relish and check in.

**13:00** - Light lunch served at African Relish, meet the team and receive your course outline.

**14:30 - Cooking session 1:** Introduction to the course and kitchen orientation. Knife skills instruction and an introduction to our colourful culinary heritage. Cooking and preserving fresh fruit.

**18:30** 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. Meet outside Fransie Pienaar Museum.

**20:00** Welcome dinner at African Relish

## SATURDAY

**06:30** - For the energetic, a guided early morning walk up the lower reaches of the famous Swartberg Pass,

**09:00** - Breakfast at African Relish

**10:00** - Visit to Saturday Market for some local flavour.

**11:00 - Cooking session 2.** Preserves and jam making.

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

**14:30 - Cooking session 3.** Creative use of figs and other fresh fruit with some contemporary South African classical dishes.

**17:00** - At leisure

**19:30** - Dinner at African Relish where we enjoy the fruits of the day's culinary endeavours. KAROO STYLE!

## SUNDAY

**06:30** - Gather at African Relish for coffee.

Botanical excursion with Dr Sue Milton, renowned botanist and specialist in Karoo biome biology.

**10:30** - Great Karoo Brunch with juicy preserves and honey sweet figs.

**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.

