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What's Cooking in the Karoo? Cookery holiday in South Africa



AFRICAN RELISH is a new and exciting holiday for culinary travellers and food lovers offering week-long cookery breaks in Prince Albert, a historic and beautiful town in the Western Cape. Drawing on the rich and diverse local knowledge, and hundreds of years of local and colonial food traditions, it includes interactive cookery classes with celebrity chefs from around South Africa and various epicurean activities including visits to vineyards and brandy distilleries, fruit picking and drying, and cheese-making.

Each cookery week can accommodate groups of between 10 and 14 guests, which can include non-cooking companions. Guests stay in charming Victorian or Karoo-style houses, either self-catering or on a fully catered basis. The cookery sessions are held in a brand new state-of-the-art culinary hall, in an informal atmosphere where all participants contribute to creating the various dishes of the day. The classes are led by the in-house celebrity chef and other invited celebrity chefs from all over South Africa, and the emphasis during the sessions is on being both informative and fun.

During the week guests will also enjoy a varied and exciting programme of cultural and leisure activities in and around Prince Albert, which is steeped in history and is one of the most significant archaeological and paleontological regions in the world. The local produce is famous, especially the sun-ripened fresh and dried fruit, including figs and apricots, Karoo lamb, olives, olive oil and cheese, and the week includes visits to vineyards, fruit farms and dairies.

African Relish founder, Jeremy Freemantle, says:

"African Relish was born of our own fascination with, and passion for, food and we believe that South Africa's diverse society and colourful historical background have given us a fascinating gastronomic tradition that should be shared with other food lovers from around the world. Our rich heritage of indigenous food, blended with varied colonial influences has resulted in an eclectic mosaic of flavours and textures that are unique."

Prices with Farside Africa (www.farsideafrica.com; 0131 315 2464) start at £1,660 per person (based on two sharing) including 6 nights' accommodation, all meals and selected wine at meals, non-alcoholic drinks and scheduled activities and transport. This does not include transfers from the airport into Cape Town and international flights (which start at £600).

For further information or images please contact Susannah at Farside Africa on 0131 315 2464 or susannah@farsideafrica.com.

Notes to editors:

A SAMPLE WEEK AT AFRICAN RELISH

Day 1 SUNDAY

Arrive Cape Town – day at leisure - Welcome Dinner at the chef's table at one of Cape Town's top restaurants – overnight Cape Town

Day 2 MONDAY

Visit to Klipdrift House of Brandy distillery – Wine tasting and lunch at Joubert-Tradouw Wine Estate – Oudtshoorn visit – arrive African Relish - dinner

DAY 3 TUESDAY

Cooking session – Evening tour of Weltevrede Fig farm & dinner

DAY 4 WEDNESDAY

Botanical excursion – Traditional South African lunch at Drie Riviere Farm - Cooking session

DAY 5 THURSDAY

Trip to Bergwater Vineyards for wine tasting - Cheese-making at Gay's Guernsey Dairy - Cooking Session & lunch - Evening Ghost walk - Dinner at the Olive Branch Restaurant

DAY 6 FRIDAY

Hot Air Balloon trip - Rock art and geology excursion – Cookery session - Farewell gala dinner with entertainment.

DAY 7 SATURDAY

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