

Le Calabash *Cooking School*



Zevenwacht

Wine Estate



Whisked Away Cooking School Itinerary for the South African Culinary Getaway

An African Culinary Adventure in The Cape Peninsula and Garden Route

June 30th - July 11th, 2020



At the southern tip of Africa, overlooked by the famous Table Mountain, the fair city of Cape Town pulsates to the beat of diverse cultures: here Africa, Europe and the Far East have mingled for centuries to produce a rich culinary heritage.

South African cooking has been influenced over the centuries by the immigrants from Indonesia, India, Madagascar, Sri Lanka, France, Holland, Germany and the United Kingdom just to mention a few. We at le Calabash believe it is the comfort food capital of the world. We believe the West is waking up to a gastronomic phenomenon about to happen. It is called Cape Malay Cooking.

South Africa is also home to New World wines as the first vineyards were planted here in the late 1600s and today South Africa produces some of the world's finest wines and is the biggest grower of the Chenin grape. South Africa is also one of the world's leading fruit and nut exporters.

South Africa now boasts one of the world's most exciting culinary scenes as it is one of the fastest growing tourist destinations with the New York Times naming Cape Town as the No 1 City to visit in 2016 and South Africa boasting two of the Best Restaurants in the San Pellegrino 100 list.

Some of the top chefs in the world have entered the market here as have luxury hotel groups.

Le Calabash Cooking School South Africa is set on the award-winning Wine Estate of Zevenwacht on the outskirts of Stellenbosch and which overlooks the Cape Peninsula as well as Table Mountain.

Here Students can enjoy being right at the centre of the vineyards and get a feel and experience how a wine farm operates and be exposed to the wine cellars and how award- winning wines are made.

The school is close to all the Capes Main Gastronomic and Cultural sites which are shared with all who visit and experience this Culinary Adventure.



Itinerary

Day 1

Tuesday, June 30th

- Arrive at Cape Town International Airport.
- You are transferred to Zevenwacht and check into your Vineyard accommodation.
- Your Superior Suites overlook the Cape Peninsula and Cape Town.
- You have the afternoon to relax, rest or wander around and explore the area.
- 19.00 hrs A Traditional Cape Malay Dinner and welcome drinks around the fire.
- An introduction to your surroundings and the program



Day 2

Wednesday, July 1st

- 08.00 Breakfast in The Manor House
- 09.00 Your first hands on Cooking Class
- This morning you are introduced to Indian, Asian and Middle Eastern Spices and Herbs and how they are used in South African Cooking.
- You will prepare three Classic Cape Malay dishes that we will enjoy for lunch.
- 14.30 This afternoon we visit Cape Town and ascend Table Mountain
- 19.00 Dinner at Zevenwacht



Day 3

Thursday, July 2nd

- 08.00 Breakfast in The Manor House
- 09.00 This morning we prepare,
 - South African Pickled Fish an all-time classic
 - Smoked Snoek Pate / *Snoek is a long, thin species of snake mackerel found in the seas of the Southern Hemisphere.*
 - Masala Fish
- 13.00 We enjoy our mornings cooking for lunch on the school terrace.

Meet the Wine Master

- 14.30 We have an afternoon of visiting the Wine Cellars and Wine Tasting with the Cellar Master and Wine Maker of Zevenwacht. We will also take a stroll through the vineyards where you will be given an in-depth insight into how vineyards work, harvesting and the importance of their care.
- 19.30 Dinner in Stellenbosch



Day 4

Friday, July 3rd

- 08.00 Breakfast in The Manor House
- 09.00 We depart for the Food Market in Cape Town where we are given an insight into ingredients used in the preparation of dishes from all over South Africa. We also visit several small Farmers Market food producers who work with organic ingredients.
- 12.30 to 14.30 You have two hours to explore the area and have lunch from one of the many surrounding little restaurants and stalls. *Lunch is for your own account.*
- 14.30 We have a hands-on cooking class in 'Bo Kaap' by one of the area's most respected Cape Malay chefs who shares with you the Techniques and recipes that were handed down to her by her Grandmother and Mother.
- We also visit one of the Capes most well-known Spice Shops where you can explore and buy South African Spices to take home with you.
- 19.30 Dinner at Bo Kaap Kombuis, Cape Towns most renowned Cape Malay Restaurant that has a majestic view of Table Mountain.



Day 5

Saturday, July 4th

- 08.00 Breakfast in The Manor House
- 09.00 This morning Alison shares with you two of her contemporary creations on South African Desserts
 - Melk Tert 'Milk Tart'
 - Cape Brandy Pudding with Van Der Hum Ice Cream
- 13.30 Lunch
- 14.30 This afternoon we visit Hout Bay, home to a small fishing fleet and a Fish Market based on the harbour front. We then make our way along Chapmans Peak to Boulders Bay, home to the Cape Peninsulas Penguin Colony.
- 19.00 Dinner with Elna and Naseem

Friends of the hosts have a restaurant in this small seaside town and serve Natal styled curries which was home to Naseem before he came to the Cape. Natal Curries are based on Indian Curry and here you will enjoy one of Kwa Zulu Natal's all-time favourite dishes, the Bunny Chow and a talk on its preparation and origin by Naseem and Elna who makes the Samosas.



Day 6

Sunday, July 5th

- 08.00 Breakfast in The Manor House
- 09.00 Today you have a full day's intensive introduction into the 'Fire and Spice' side of cooking in this part of the world.

A braai is a social occasion that has specific traditions and social norms. In black and white South African culture, women rarely cook meat at a social gathering, as this is normally the preserve of men. The men gather round the braai stand (the grill) outdoors and cook the meat, while women prepare the pap, salads, desserts, and vegetables in the kitchen. The meal is subsequently eaten outside by the braai stand, since these gatherings are normally hosted during the long summer months.
- We take a whole lamb and prepare it to use in several dishes prepared in and around the fire.
 - Sosaties
 - Tomato Bredie / *The Cape Malay Bredie, closely related to the tagine, but with Asian flavour influences.*
 - Lamb Sausage or Boerewors as it is known in these parts of the world.
 - Potjie Kos
 - Cape Asado
 - With Sidney, you will prepare two accompaniment dishes for the Braai
 - Chakalaka / A spicy Tomato and Onion Relish
 - Putu Pap / A Coarse Maize dish that resembles Polenta
- 13.00 We will enjoy our creations for lunch.
- This afternoon our journey continues as we prepare dinner as we invited the cellar master and owners of Zevenwacht to dine with us at le Calabash. The Wine Maker will pair wines to go with our dishes.
- For Dessert Alison prepares with you an all-time Braai favourite dessert the 'Dom Pedro' which she has created her own take on using French pastry techniques.

Day 7

Monday, July 6th

- 08.00 Breakfast in The Manor House
- 09.00 We depart to visit one of the Capes Finest Cheese producers where we are given an insight into how three of South Africans favourite cheeses are made.
 - Dalewood Huguenot
 - Fairview Blue Rock
 - Simonsberg Cream Cheese
- 13.00 We go to Stellenbosch for a light lunch
- 14.00 This afternoon we visit Lanzarac home to Pinotage and we enjoy a Wine and Chocolate Tasting.
- 16.30 An afternoon of preparing dishes using the cheese that we purchased this morning.
 - Blue Cheese Bread
 - Cream Cheese Raviolis with 'South African' Water flowers
 - Dalewood Huguenot Cheese Soufflés
- 19.30 we enjoy our dishes for dinner at the school and enjoy Cape Coffee around the fire afterwards



Day 8

Tuesday, July 7th

- 07.30 Breakfast in The Manor House
- 08.30 We depart for Cape Town Harbour where we catch a boat to **Robben Island** and are taken on a tour of one of the world's most famous prisons and where Nelson Mandela was held captive. You will disembark at Murray's Bay Harbour situated on the east coast of the Island and take a short walk to buses that will transport you to all the historical sites around the Island. On the way to the buses, you will pass buildings and a high wall built by prisoners during the 1960s. The buildings were used for family and lawyer visits to prisoners.

You will meet your Tour Guide when you have boarded the buses. The Tour guides inside the prison are former political prisoners. They are fully conversant and knowledgeable about the Island's multi-layered 500-year-old history. The

tour route includes the graveyard of people who died from leprosy, the Lime Quarry, Robert Sobukwe's house, the Bluestone quarry, the army and navy bunkers and the Maximum-Security Prison where thousands of South Africa's freedom fighters were incarcerated for years. The tour culminates with a viewing of Nelson Mandela's cell.

- 13.00 Lunch on Waterfront at one of the many Restaurants overlooking the harbour.

Situated at the foot of Table Mountain, within a stone's throw from the Cape Town Stadium and in the heart of Cape Town's working harbour, the V&A Waterfront offers the visitor an abundance of unforgettable experiences. Indoor shopping and entertainment venues seamlessly merge with ocean vistas and mountain views and the fresh sea breeze and warm African sun add zest to a cosmopolitan, vibrant atmosphere. More than 80 restaurants bring a fusion of international food, from rustic al fresco fish and chips to starched tablecloth cuisine.

*The Watershed Craft Market is home to dozens of Craftsmen and African Artists. You can also explore the food market where you can taste more unusual dishes including **Mopane Worms**.*

*Considered a true delicacy, the mopane worm is widely consumed in rural areas of Southern Africa. Being highly nutritious makes it an important source of protein for a lot of households in these areas. Scientifically known as the *Gonimbrasia Belina*, the mopane worm is in fact the brightly coloured spiky caterpillar of the Emperor moth. They are one of the larger caterpillars, nearly as long as a finger and as thick as a cigar.*

- 19.30 We have dinner at the Waterfront.



Day 9

Wednesday, July 8th

- 08.30 Breakfast in The Manor House
- 09.30 We head out to a Game Reserve where we will be given an introduction into the use of Game in South African cooking.
- 14.00 Lunch Pack
We will also use this opportunity to go on Safari and see the 'Big Five'

- Elephant
- Lion
- Leopard
- Rhino
- Buffalo

As well as many other species of indigenous animals including the Hippopotamus.

- 17.30 Tonight, we prepare our own dinner on the coals around the fire under the African Sky using local game meats and fresh produce.



Day 10

Thursday, July 9th

- 07.30 Breakfast on Safari
We take a trip around this Game Reserve and are given an insight into Game Farming and sustainable game use as a means of being used as an ingredient. We will also be taught how to prepare Biltong, a local air-dried meat dish loved by all in Sub Saharan Africa.
- 11.30 We depart for an Ostrich Farm where we enjoy lunch and learn how to use Ostrich Meat as it has become one of the most sought after meats in restaurants around the globe.
- 18.30 Dinner at Zevenwacht for your own account



Day 11
Friday, July 10th

- 08.30 Breakfast in The Manor House
- 09.30 We visit one of the Capes most favoured Butcheries and Meat Markets where you will be broken up into two teams and given a budget to purchase ingredients to prepare a typical South African meal cooked on the coals using typical regional ingredients during the afternoon.
- 12.30 Lunch on a local wine farm
- Culinary Cook Off
- 18.30 Certificate and Awards ceremony.
- 20.00 Dinner is served



Day 12
Saturday, July 11th

- 07.30 Breakfast in The Manor House
- 11.00 Depart

Pricing on following page

Pricing Information:

- \$4425 Per person/Double Occupancy (2 people per room)
- \$5752 Single Occupancy (1 person in a room)
- 50% deposit is required at the time of booking

Price Includes:

- Superior Accommodation
- Airport Transfers
- All meals as per itinerary and all breakfasts
- All Excursions as per itinerary
- Two Glasses of Wine per meal
- All Transport as per itinerary
- All Cooking Classes and tastings

Price DOES NOT include:

- Flights
- Travel Insurance
- Beverages ordered for own account
- Telephone Calls
- Laundry

We highly recommend that you take out travel insurance.