



5 Day Mainly* Plant-Based

KAROO COOKING CLASS MONTAGU - KLEIN KAROO

Hosted by
Petro Lotz of Appetito School of Food
&
360on62 Mountain View Farm Cottages

* Although the menu will be mainly plant-based, some menu items will contain dairy and/or egg.

The Basics

- 6th August 2020 to 11th August 2020
- 5 nights of accommodation at 360on62 Farm Self-Catering Cottages in Montagu – surrounded by mountains and Karoo landscape
- 4 days of cooking lessons taught by Petro Lotz, renowned SA Chef and food critic
- 2 cooked meals, lunch and dinner, provided a day (as cooked by the participants)
- Plant-based menu (with some dairy and/or eggs) learning that you don't need meat to eat beautiful food
- And some optional fitness thrown in between – bring your mountain bike, running shoes and / or workout gear for some High Intensity Interval Training classes.

ROUGH ITINERARY

Thursday 6th August 2020:

Arrivals from 14h00

Dinner - Pizza Evening

(home-made pizzas, 360on62 will supply home-made dough and various vegetarian toppings – Please note that this is not part of the cooking class experience)

Friday 7th August – Monday 10th August 2020:

OPTIONAL Morning HIIT (High Intensity Interval training)

Breakfasts at cottages

(breakfasts will not be provided. Please bring your own light breakfast ingredients that you will prepare yourself at the cottages).

09h00 – 12h00 – session 1

Lunch

14h00 – 16h30 – session 2 (except Monday 15th June)

OPTIONAL Mountain Bike Ride

17h00 - 18h00

Dinner

19h00 onwards

Tuesday 11th August:

Morning at own leisure – checkout by midday



Cooking

SCHEDULE AND MENU

Friday 7th August

CARE Friday Morning (3 hours)
You made it here. Take comfort, soothe. Gentle tastes.

Almond and Chocolate Plait
 Membrillo
 Spinach Timbale and Parmesan Cream
 Cabbage Wraps
 Risotto, Caramelised Onion and Brandy
 Sweet Pepper and Chickpea Salad

INDULGENCE Friday Afternoon (2 - 2½ hours)
Everyone deserves a bit of indulgence...heady aromas and tantalising tastes

Chickpea Butter
 Grain Bread
 Iman Bayildi
 Salsa Verde
 White Bean and Broccoli Stew
 Amaranth
 Coconut Bliss Balls

Saturday 8th August

AWAKE! Saturday Morning (3 hours)
Good-for-you bold flavours, both local and from far away

Paw-Paw, Lime and Aloe Smoothie
 Pearl Couscous Stuffed Peppadews
 Aioli
 Spelt Pasta
 Cauliflower Curry
 Green Paw-paw Pickle
 Vegetable Paprikash and Kasha
 Sweet Potato, Orange and Cashew Salad

RITUAL Saturday Afternoon (2 - 2½ hours)
Time...the ultimate ingredient

Preserved Lemons
 Halloumi
 African Chickpea Stew
 Gnudi
 Spinach Leaves stuffed with Halloumi and Sun dried tomatoes
 Roast Pear Salad with Blue Cheese, Walnuts and Burnt Sage
 Roasted Onion and Sweet Potato Pizza
 Honey and Nut Mix for Yogurt/Whey

Sunday 9th August

VENTURE Sunday Morning (3 hours)
Unusual ingredients, flavours and methods

Spinatakopita with Garden Greens
 Slow-Cooked Onion and Mushroom Soup
 Southwest Salad
 Caramelised Miso Butterscotch and Brinjal
 Tempeh and Curry Peanut Sauce
 Lacy Pancakes
 Pakoras and Tomato Chutney

DIRECTIONS Sunday Afternoon (2 - 2½ hours)
Inspiration from the four corners of the world

Design your own Ras-el-Hanout
 Cardamom Dukkah
 Armenian Bread and Rue
 Rice Paper Springrolls
 Imli
 Yuzo Kosho
 Spicy Quinoa, Blackbean and Butternut Chilli
 Beetroot and Edamame Salad with Avo
 Paleo Chocolate Brownie

Monday 10th August

TO LIFE! Monday Morning (3 hours)
A final, celebratory menu

Cauliflower Soup with Spekboom and Red Onion Pickle
 Pot Bread
 Ratatouille Pot Pies
 Quinoa and Beetroot Patties on Greens with Lentil Dressing
 Winter Squash and Cardamom Dumplings
 Potato, Mushroom and Pepper Enchilladas with Pepitas
 Smoked Chocolate Fondant and Pink Peppercorns

'TILL WE MEET AGAIN... Monday Evening - we cook for you

Minestrone
 Spinach and Sorrel Soup
 Focaccia
 Florentines

Who is PETRO LOTZ?

Petro grew up on fish fingers and instant soup. Her parents, an academic and a musician, used the dining table as a bookshelf which grew so packed with books that nobody ever thought to use it as a table, never mind serve food on it. So, while conversations in the home were spicy, appetising and food for thought, mealtimes were...well, less nourishing. Desperate, Petro taught herself to cook. Soon the garden was bristling with herbs (info gleaned from a book she suspects her parents intercepted on its way from Britain to Uganda) and greenish concoctions and tisanes started appearing on windowsills. There were experiments with Comfrey Pasta, Breads topped with Rue and Iranian Eggs (an unpleasant memory).

Much to the family's relief, Petro eventually left for varsity and became a linguist and translator with a weight issue. Much to her own relief, she managed to attract a man and married an intrepid adventurer who bravely tried to eat most of her creations, but kept a bowl of Pronutro handy to see him through.

Three healthy kids later, a Chef's Diploma from City and Guilds of London and cooking experiences wherever her travels have taken her, Petro can safely say that more people than not survive her food these days. In fact, she is getting paid for her food.

For the past 18 years she has been hosting cooking experiences and doing public demonstrations, having great fun and laughing a lot. She loves the written word and her recipes are spiced with anecdotes and, true to her academic background, always enthusiastically researched and seasoned with interesting facts and tips.

She has made various television appearances, reviewed for EatOut Magazine for a few years and owns a catering and inter-active cooking company called Appetito School of Food (Facebook Page - Appetito). For a brief, but mad period she co-owned a restaurant. She loves foraging, wine, mountain biking and still thinks that she has a weight issue.



Accommodation

OPTIONS AND COSTS

360ON62 MOUNTAIN VIEW FARM COTTAGES

360on62 offers self-catering farm cottage accommodation with 360-degree mountain views just 7 kilometres outside the charming village of Montagu, in the Little Karoo along the R62. The cottages, originally farm labourer accommodation, have undertaken a restoration process executed with great sensitivity and attention. The intention was to retain their simplicity and authenticity, but also ensure elegance and comfort. The cottages are well-equipped with linen, crockery and cutlery, as well as a gas cooker and microwave for indoor cooking. Each cottage has its own braai facility on a comfortable patio to ensure that the panoramic views of the outdoors are not missed. The cottages do not have TVs to distract you from the sounds of birdsong or the call of jackals and foxes. Spotted eagle owls and Cape eagle owls are handsome predators and are often seen and heard at the cottages.

PRICE

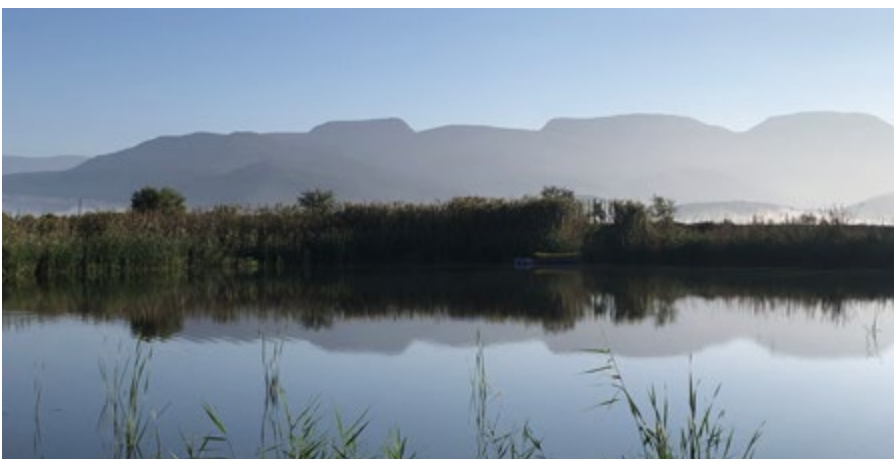
Please note that in order for this event to be viable, all cottages will need to be filled to the number indicated under "guests required". Groups that book cottages will get first priority, unless we are able to fill cottages by individuals who indicate their willingness to share as may be dictated by the respective cottage. When contacting us to make a booking for this event, please:

1. Indicate number of individuals that you are booking for;
2. Indicate if you will be booking a cottage in totality (if so, please name the cottage) or if you are hoping to share a cottage with other participants;
3. Understand that, if you are not booking a cottage in totality, unless you are willing to pay the full fee, availability and ability to attend will be dependent on finding individuals also willing to share, to fill the cottage.

PRICING

Includes accommodation, 2 meals per day (lunch and dinner) cooked by the delegates, plus a branded apron, recipes, information, guided mountain bike rides, optional HIIT sessions and a few additional surprises.

Guests are responsible for their own drinks and breakfasts (a light breakfast is suggested).



Accommodation

OPTIONS AND COSTS

PALE CHANTING COTTAGE

This private, comfortable cottage sleeps 2 in a double bed. The kitchen has a huge fireplace and is nicely equipped. The bathroom has a shower and toilet. An outdoor patio contains a braai and outdoor bathtub to enjoy the peace, quiet and mountain views.

GUESTS REQUIRED: 2

Accommodation: R5,500 for 5 nights (total)
Cooking Class: R4,000 per person

Total: R13,500 for 2 people (R6,750 ea)



BOKMAKIERIE COTTAGE

Bokmakierie sleeps 2 in a double bed and has a Victorian bathtub in the bedroom. A toilet is discreetly hidden behind reed-clad walls. The cottage has a kitchenette and lounge area with an indoor fireplace. There is an outdoor braai and patio with table/chairs on one side and a comfortable relaxation patio and outdoor shower and toilet on the other. A sleeper couch is available in the kitchenette / lounge area should individuals not wish to utilise one bed.

GUESTS REQUIRED: 2

Accommodation: R5,500 for 5 nights (total)
Cooking Class: R4,000 per person

Total: R13,500 for 2 people (R6,750 ea)

FISH EAGLE COTTAGE

Fish Eagle has 2 bedrooms; one fitted with a double bed and the other with twin single beds (convertible to a king-sized bed). The bathroom leads off the main bedroom (i.e. guests in the 2nd bedroom will need to enter the bathroom via the main bedroom) and has a solar-powered hot water shower. The cottage has a kitchenette / dining area with an indoor fireplace. Outdoors there is a patio, braai, fire pit and bathtub with spectacular mountain views.

GUESTS REQUIRED: 4

Accommodation: R6,750 for 5 nights (total)
Cooking Class: R4,000 per person

Total: R22,750 for 4 people (R5,687.50 ea)



Accommodation

OPTIONS AND COSTS



NONNETJIE COTTAGE

Nonnetjie sleeps 4. The main room has a double bed, Victorian bathtub and a discreet toilet behind reed-clad walls. The second room has twin beds (convertible to a king-sized bed). The cottage has a kitchenette and lounge area with an indoor fireplace. There is an outdoor braai and patio with table/chairs on one side and a comfortable relaxation patio and outdoor shower and toilet on the other. A sleeper couch is available in the kitchenette / lounge area should individuals not wish to utilise one bed.

GUESTS REQUIRED: 4

Accommodation: R7,250 for 5 nights (total)
Cooking Class: R4,000 per person

Total: R23,250 for 4 people (R5,812.50 ea)

JAMES' HONEYMOON COTTAGE

Comfortable and romantic self-catering cottage that sleeps 2 in a queen bed. The bathroom has a bathtub and shower with spectacular mountain views. There is kitchenette and an indoor fireplace in the small lounge with a comfortable patio, braai area & wood-fired hot tub outdoors. This cottage stands alone from the others.

GUESTS REQUIRED: 2

Accommodation: R7,500 for 5 nights (total)
Cooking Class: R4,000 per person

Total: R15,500 for 2 people (R7,750 ea)



*We understand that, owing to the COVID-19 epidemic, regulations may force a postponement of this event. Should a postponement be forced owing to regulations, you will have the right to obtain a full refund should you request one or alternatively attend the postponed event.

Contact: info@360on62.co.za to book or make enquiries