

Leopard's Leap's programme of cooking classes announced

The forthcoming programme for the second term of 2015 takes enthusiastic foodies on a culinary tour of note and includes:

- **Karoo Kitchen:** In June you are invited to join Chef Gordon Wright, author of *Veld to Fork*, and experience all the Karoo has to offer: good, honest cooking using the freshest ingredients. *Veld to Fork* focusses on slow food from the heart of the Karoo and Wright will be sharing his experiences and recipes from the book, specifically venison;
- **Pleasures of Provence:** In July the Franschhoek Valley celebrates its French heritage and at Leopard's Leap Family Vineyards the focus is on the beautiful food of Provence. Try classic winter warmers such as boeuf bourguignon and cassoulet and understand how to perfect more technical Provençal favourites such as confit duck, preserved salmon and those classic French sauces;
- **Tuscan Traditions:** Pappardelle pomodoro, Panzanella, Parmigiana de Melanzane, Brodetto di Pesce... Don't you just feel like grating some Parmesan and chopping some garlic? Have you always dreamt of going on a food tour of Italy? Join the August Tuscan-inspired cooking class and learn how to cook these traditional Italian favourites;
- **Harvest Table at Home:** In the September cooking class Chef Pieter shares a few of his secrets, enabling you to cook some of the Rotisserie and Harvest Table favourites at home. Learn how to perfect the popular pork belly with caramelised apples and transform everyday vegetables into dazzling dishes, salads and sides; and
- **J'Something Cooks Portuguese:** The culinary world tour concludes on a highlight when J'Something of popular South African band Mi Casa, and host of DStv's *Something's Cooking*, joins the Leopard's Leap Kitchen. In this hands-on cooking class he will encourage you to try Portuguese favourites, such as Caldo Verde, Pastel de Bacalhau (salt cod fritters), skewered prawns with spiced rice, spicy spatchcock chicken, Arroz Doce (sweet rice) and the traditional pastry, Pasteis de Nata. Born in Portugal, he will be sharing some of his family's delicious Mediterranean-inspired recipes, honest flavours and cooking tips in his informal and fun style that promises to both inspire and entertain.



Chefs will share techniques and cooking methods for each recipe, but also general cooking tips and interesting facts about the food and its origin. All classes are repeated, to offer a morning class with lunch or evening class with dinner.

Classes take approximately three hours and are presented from the state-of-the-art and exceptionally equipped kitchen. Classes can accommodate 22 enthusiasts at individual cooking stations with their own stove and utensils. The chef's every move can be followed on big-screen television sets while printed recipes served as guidance on the day and when practising the newly acquired skills at home.

After a busy cooking session, students are invited to relax and indulge in their own cooking crafts - all beautifully paired by Leopard's Leap wines as selected and recommended by Leopard's Leap Cellar Master, Eugene van Zyl.

Classes cost R650 per person. Reservations are essential and should be made at least a week in advance at +27 (0) 21 876 8002 or cooking@leopardsleap.co.za.

For more information on Leopard's Leap and the activities at Leopard's Leap Family Vineyards, go to www.leopardsleap.co.za.

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