



Cooking it up

Sampling the cuisine of a country or region is very much part of the travel experience. If you would like to go one step further and learn how to prepare some wonderful local delicacies, be it on a half day course or much longer, then read on ...

Ayesha Manzil, Kerela

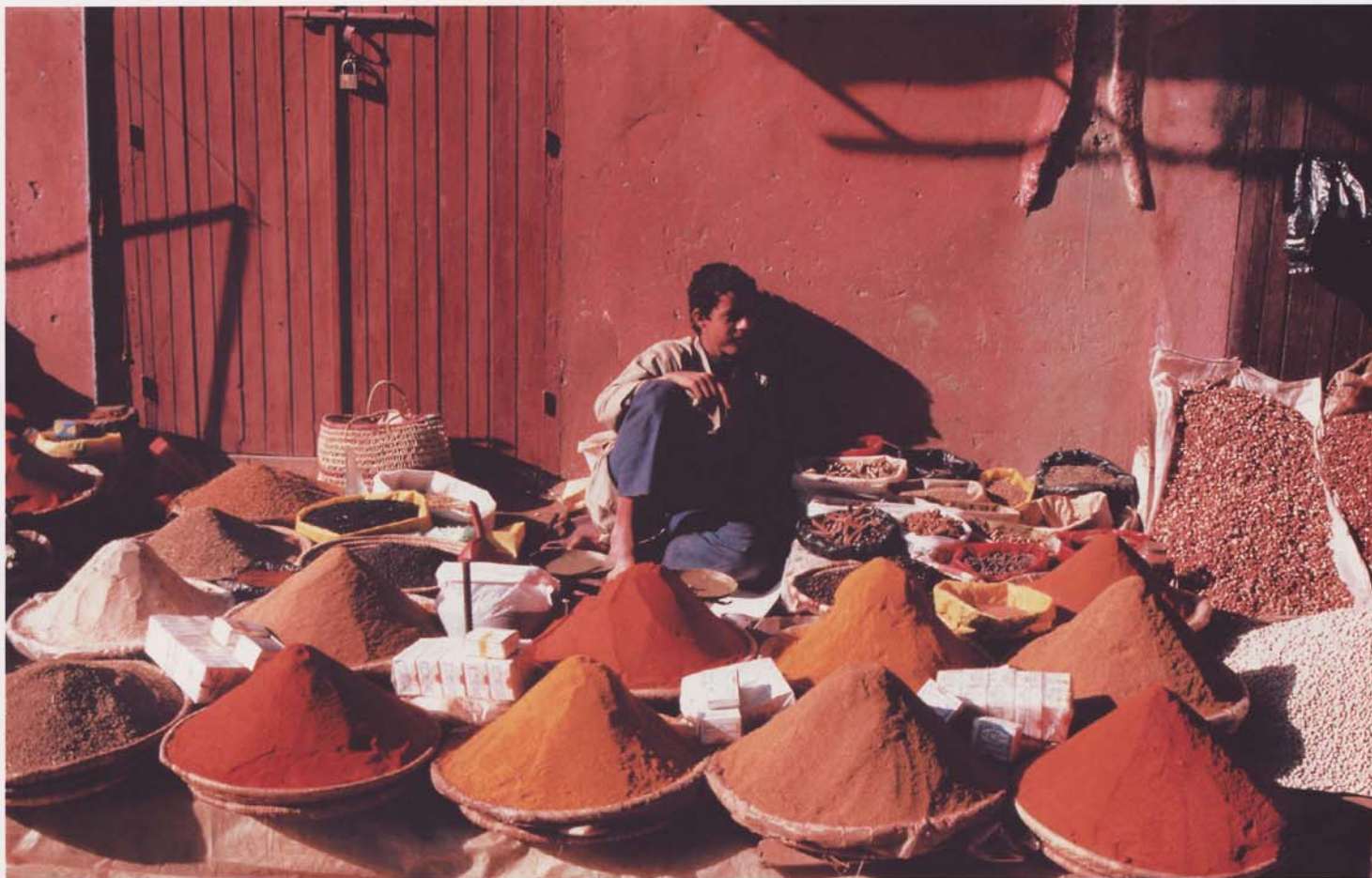
The Malabar Coast has long been synonymous with spices and wonderful fresh fish. The Mopilahs of northern Kerela use prawn, shrimp and crab, combined with local sauces and curries. The colonial Ayesha Manzil in Telicherry, runs a cookery courses where guests learn to make authentic curries, commencing with visits to the local fish and spice markets. The hotel, decorated in period furniture and family heirlooms, is run by the grandson of the original founder and forms a relaxing and atmospheric back drop to the cookery courses. (*Specialist* – Jeff on 01869 276 243.) This is just one of the many cookery courses available in Kerela and, indeed, the whole of India.



Home cooking in Kyoto

The Women's Association of Kyoto have established a range of short introductions to various aspects of Japanese culture, craft and cookery that allow foreign visitors to Kyoto to visit a real Japanese home and try their hand at traditional skills. Courses are run by local women keen to share their hobbies and skills with visitors, and offer the chance to enrich your time in Japan by interacting with local people while trying your hand at some traditional Japanese home cookery recipes. (*Specialist* – Maeve on 01869 276 206.)





La Maison Arabe, Marrakesh

La Maison Arabe consists of both a charming riad in the heart of Marrakesh medina, and a retreat in the palm groves outside the city, where you can swim, relax and learn the secrets of Moroccan cookery. The riad combines high Moroccan and European styles and is a sumptuous residence, whilst in the palm grove is a Kasbah where a

traditional housekeeper uses fresh, local produce in her cookery courses. Each session consists of an introduction to Moroccan cuisine before being taught to cook two courses which you subsequently eat in the wonderful surroundings of the palm grove. (*Specialist* – Johanna on 01869 276 270.)

Y Thao Garden, Hue

Run by the welcoming Ms Truong Thi Cuc, Y Thao Garden is located in the grounds of a family home in Hue, Vietnam. Here, you can enjoy traditional Hue dishes, considered by many to be Vietnam's finest cuisine, in a magical setting. Renowned for its collection of rare "Bleu de Hue" ceramics produced during the Nguyen dynasties over 300 years ago, and traditional Hue glassware, it is the ideal place for dinner. For those who would like to learn the secrets for themselves, join the family at the market and take part in a cooking class. (*Specialist* – Katie on 01869 276 224.)



Herzog's Winery and Restaurant, Marlborough

The Marlborough region of New Zealand is heralded for its world class wine and yields some of the country's finest seafood, fruits and vegetables. Herzog's Winery and Restaurant brings together award winning wines and fantastic home grown produce during their excellent day long gourmet cooking classes. The 'hands on' style workshops allow novices and enthusiasts alike the opportunity to work along side Michelin Star chefs preparing and presenting a three course menu, whilst learning about some of New Zealand's wonderful produce. (*Specialist* – Sam on 01869 276 240.)

