



## **Morocco, a Journey of Culinary Discovery**

The cuisine of Morocco is highly influenced by centuries of interaction with other cultures and countries. Arabic, Berber, Mediterranean and Moorish influences have helped create the very special food of Morocco.

Mountain Voyage Morocco offers our clients a comprehensive range of interactive experiences to learn about authentic Moroccan cuisine & wines as well as gain a remarkable insight into the true way of life of the Moroccan people. We source unique cooking venues across Morocco and local experts to share their passion and knowledge, be they local house-wives or highly-regarded restaurant chefs.

### **Day 1 – Arrival to Marrakech**

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On arrival at Marrakech airport, you will be met by your driver and taken by private air-conditioned vehicle to your Riad accommodation in the heart of the medina of Marrakech.

You will stay for a total of four nights at a top deluxe Riad, situated only a short distance from the enchanting square, Jemaa el-Fna, the focal point of the medina which is akin to a vast open-air theatre, food market and bazaar.



Dinner may be taken at any number of excellent Moroccan restaurants in the medina or new town of Marrakech.

The images of the accommodation here are taken from a number of places we use for our clients and do not represent one particular establishment. These images are just to show examples of quality, comfort and design.



### Day 2 – Cook At Home

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After breakfast you will be met by your English-speaking guide (who will act as translator today) and driver to make the short transfer to a residential suburb of Marrakech to meet your hostess, and expert chef, for the day, a local house-wife. This is truly a unique, hands-on experience to learn about authentic Moroccan cuisine and to gain a remarkable insight into the way of life of the Moroccan people.



Your hostess will firstly take you ingredients shopping in her local market (souk), where the abundance of fresh, quality, Moroccan-grown produce is simply wonderful. The colours and aromas in the souk will not fail to impress.

After the souk, return home to assist your chef with the preparation of yours, and the family's, lunchtime meal. Learn her best-kept secrets in her own kitchen and expect to learn how to bake real bread, prepare & steam couscous to perfection or conjure up a colorful tagine (the staples of the Moroccan table). Thereafter, enjoy genuine, local hospitality as you sit down together to dine. The rest of your afternoon and evening is at leisure in Marrakech. Overnight at Riad.

### Day 3 – Garden to Table

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After breakfast you will be driven to an eco-farm and hotel, approx. 30 minutes from Marrakech.

The creation of an intrepid Belgian gastronome, who used to own a Brussels bistro, this elegant hotel, set amongst 15 hectares of olive groves, vegetable gardens and orchards resembles a historic Berber village (or 'douar'), constructed from traditional materials.



You will have the opportunity to spend the morning amongst the gardens as you select your own herbs and vegetables from the farm, which also produces its own excellent olive oil, and then prepare a three-course meal with the hotel's chef at your own workstation. The cookery lessons are conducted in one of a series of special bungalows that have been converted from a farming barn into state of the art self-catering properties, replete with their own terrace, pool and gardens.



Enjoy your own-prepared meal during lunch on an outside patio and admire the mountain views. The afternoon is spent at your leisure and the hotel offers a variety of on and off-site activities, a spa and swimming pool. Overnight here and dinner is included.

#### Day 4 – Cookery Master Class in the Desert

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After breakfast you will be transferred to another exceptional location, this time in the “Desert of Marrakech”, approx. 50 minutes from the eco-farm, for a full day’s cookery master class.

This area is as unique and as close to a desert oasis as you can find without travelling 5 hours south of Marrakech, to the environs of Ouarzazate. Created by a Frenchman, Frederic, the opportunities here exceed the cooking and you will spend a night here, either under luxury Berber canvas or in the traditional guest house.

Your culinary day starts with meeting the head chef at the resort and then going to a nearby village for a local shopping experience. Returning to the oasis, the first lesson is in the art of making mint tea. After tea, the chef will lead you on a tour of their garden where their own herbs and vegetables are grown. The resort’s own olive grove produces delicious oil which you will use during the afternoon’s cooking session.



You will break for a light lunch under traditional canvas tents, beautifully furnished with both dining and salon areas.

The afternoon cooking lesson will last approx. 3 hours and includes a three course meal and how to make bread. You will be able to cook in the open air at your own workstation.

At the end of the class, a break is taken with aperitifs (alcohol is served here) and you can freshen up before enjoying dinner of the meal you spent time preparing. The evening will also be a perfect occasion to star-gaze.

Overnight here and dinner is included.

If there are people within the group who are not interested in cooking all day there is the option to horse or camel ride, take a 4x4 or quad excursion of the area, trek the canyons or just relax by the pool.



**Day 5 – From the Plains to the Atlantic Coast and Essaouira.**

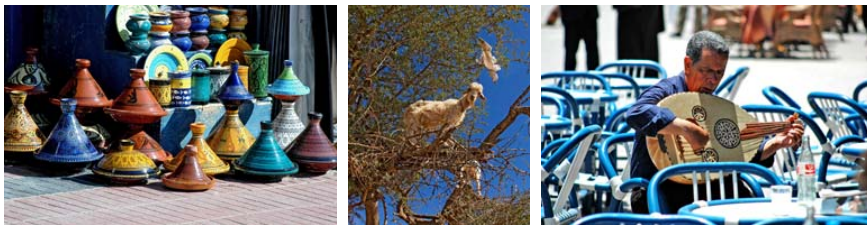
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After breakfast, you will make the private transfer to the Atlantic coastal resort of Essaouira, approx. 3 hours from the “desert” resort.

Essaouira is a charming 18<sup>th</sup> Century fortified town and formerly a Portuguese stronghold. It is enclosed by medieval battlements and facing a cluster of rocky offshore islands. Its whitewashed and blue-shuttered medina buildings, wood (Thuya) workshops and art galleries, boat-builders and sardine fishermen all provide a colourful contrast to the urban feel of Marrakech.



On arrival at lunchtime, and after checking in at your luxury Riad, where you will spend one night, you may wish to eat at one of the many fish stalls near to the port where the morning's catch is on display and cooked right in front of you.



After lunch you will take a guided tour of this charming town. Explore the port, the lively souk, the traffic-free medina, and the ramparts. An 18th century synagogue may still be visited, testimony to the town's strong Jewish heritage.



Your evening is spent at your own leisure. There are numerous excellent restaurants in Essaouira featuring numerous international cuisines as well as traditional Moroccan. We will be pleased to advise you of the best places to dine at.

**Day 6 – Rustic Cookery Amongst the Vines**

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After breakfast you will make the short transfer (20 minutes) by private vehicle to a nearby French-owned vineyard, one of Morocco’s best-kept secrets. It is the only vineyard in Morocco outside the more traditional growing regions around Meknes in the north.



This is a highly organic property and not only produces some truly excellent wines, it also makes its own olive and argan oil from its own extensive groves.

Part of the vineyard also includes a panoramic restaurant that overlooks the vineyard and surrounding countryside.



You will follow a morning’s cookery class in the grounds of the vineyard with the resident chef, at your own workstation. You will learn grilling and mechoui (bbq) techniques, prepare tajine, couscous, Moroccan bread and sweet Moroccan pastry for dessert, and then dine on your own feast in the restaurant. The vineyard also offers wine to accompany each of your dishes.

The rest of your afternoon is spent at leisure and you have the option to visit the wine cellars and the rest of the vineyard. Dinner is included tonight. Overnight accommodation tonight is in en-suite cottages on-site that enjoy a private swimming pool and their own gardens.

**Day 7 – Classic Riad Cookery**

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After breakfast you will make the private transfer to Marrakech (approx. 2.5 hours) to return to the riad, and overnight there on a two night basis.

This afternoon you will follow the riad’s chef during a traditional Moroccan cookery class, preparing a three-course meal (salad or pastilla, tagine, pastry or fruit dessert). The class is usually held on the Riad’s rooftop terrace at a special workstation for each guest.

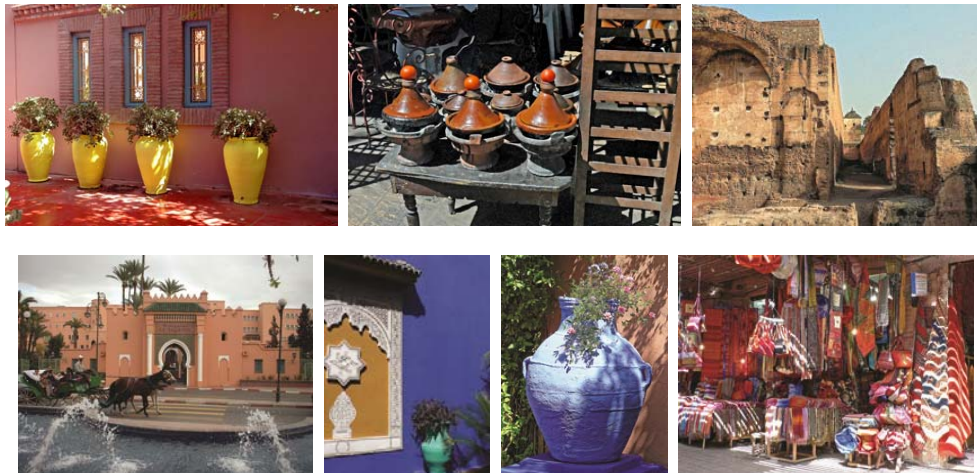


**Day 8 – Guided Tour of Marrakech**

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After a leisurely breakfast your English-speaking guide will meet you to take you on a day's tour of the city's main sights.

The most renowned city in Morocco, Marrakech is at once an exotic cocktail of sights and sounds, elegantly combining the traditional and the cosmopolitan in a blend of architecture, cuisine, folklore, history and art.



**Day 9 – Departure day**

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This is your departure day. Depending upon your flight times, you can continue to enjoy Marrakech at your leisure. Your driver will take you to the airport in good time for your flight.

