

PEGGY MARKEL'S

CULINARY ADVENTURES
CONNECTING CUISINE, CULTURE & LIFESTYLE



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Morocco: A Feast for the Senses

March 8-17, 2015

A realm of truly unfamiliar and fascinating places still exists, where local people treat you like a traveler; not a tourist. Where things might not always go as expected, but are likely to be exquisitely memorable. This is Morocco! And Morocco asks us to enlarge our notion of slow travel.

We include the vastly unfamiliar – and receive unimaginable delights in return. Be ready to be subsumed in a world of exquisite luxury and dramatic rusticity, of heartwarming hospitality and charming curiosity, of combinations of tastes and ingredients that play on our senses more like music than food. And most essentially, in Morocco, be prepared for a culture deeply imbued with a simple humanness that, as you contact it, cannot help but bare your own soul.



Peggy Markel's Morocco: A Feast for the Senses offers the most complete experience of how cuisine and culture can bring a sense of expansiveness and appreciation to our lives. This rare and deeply satisfying journey asks the most of you – and will fill you with a kind of magic in return.



Sunday, March 8

Tamsna

Marrakech, Jnane

Welcome to Marrakech and Morocco!

A driver will meet you at the airport and transport you to Jnane Tamsna, a private oasis in Marrakech and our home for the next few days. Peggy will be there to greet you and we will meet in the evening as a group for a welcome aperitif and dinner in the enchanting private guesthouse gardens of Jnane Tamsna.

Monday, March 9

Marrakech, Jnane Tamsna



After breakfast, tour ethnobotanist Gary Martin's organic vegetable garden. Afterwards, our first cooking class with chef Baija will be on Chicken and Pear Tagine and Caviar d'Aubergine. Lunch will be served in the garden.

After lunch, relax in the quietness of Tamsna as you get used to your new surroundings. Read by the pool, go on a walk or even play tennis in the clay court if you'd like! Optional tour of the monuments, including the Palais Bahia and the Dar Si Said Museum, for Moroccan crafts with our guide Hisham Elalioui. Dinner at Jnane Tamsna.

Tuesday, March 10

Marrakech, Jnane Tamsna

After breakfast, we will have a lesson on couscous made in

the traditional couscousier. Lunch in the garden.

This afternoon, we'll venture into town for an introduction to the food and spice market. We will forage through the spice market for true saffron and delicious ras-el-hanout, the traditional mixture of herbs and spices used in many Moroccan dishes, especially tagine. Late afternoon relaxation at Jnane Tamsna – maybe today is the day for a hammam (Arab bath) or a massage at a nearby spa?

Dinner at Jnane Tamsna.



Wednesday, March 11

Marrakech, Jnane Tamsna

After breakfast, we will enjoy a hands-on fusion cooking class on Spanish Moorish cooking. Dishes will include almond soup, almond cake and traditional potato tortilla. Lunch in the garden.

Evening free. Recommendations will be given. Great night for belly dancing!

Thursday, March 12

Imlil, Kasbah du Toubkal



After breakfast, we will drive across the Haouz plain to the market town of Tnine Ourika to discover the Jardin de Senteurs et Cultures, a picturesque organic garden of aromatic herbs, planted by Jalil Belkamel. Here we'll learn about essential oils used in aromatherapy, cuisine and massage. Before our picnic lunch under a tented shade, there will be a hands-on demonstration on bread baking in traditional Tachelhit (Berber) clay ovens.

In the late afternoon, we will travel up into the Imlil Valley, to learn about the region's flora, including wild thyme, carob trees, Atlas figs and capers, en route to the Kasbah di Toubkal, at the footsteps of

Morocco's highest mountain.

Upon arrival in Imlil, a short but winded walk up will take us through the walnut grove to the Kasbah – choose to do this on foot, or on a stylish donkey ride. Dinner and overnight in the Kasbah, a center of Berber hospitality.

Friday, March 13

Imlil, Kasbah du Toubkal



After breakfast, we will hike along mountain slopes to visit irrigation systems, walnut groves, home gardens and terraces of the Tachelhit Berber mountain agriculture.

We will have the afternoon to relax. Hammam available, mountain style. A demonstration of lamb and fig tagine, followed by dinner at the Kasbah.

Saturday, March 14

Essouira, Sidi Kaouki Inn

After breakfast, we will travel about 4 1/2 hours to the Atlantic coast to visit the beautiful Portuguese port of old Mogador, now known as Essaouira. We'll enjoy a lunch of grilled fish at the port, near the old city walls. Meander through the town's shops and visit woodcarvers who produce artifacts of fragrant thuya wood, peruse through carpets and kilims to perfect ones appreciation and eye for Berber design. Visit the music stores for the best selection of Gnawa and Andalusian tunes. Sit in one



of Essaouira's French style café's for journal writing and people watching.

Afterwards, it's off to Sidi Kaouki and Sidi Kaouki Inn for an overnight stay in a village setting. No electricity here. Just candlelight, stars and the sound of the waves. Fish tagine will be highlighted. Dinner to follow and perhaps some dancing, Kaouki style. Overnight. Normally, a blanket of stars like you've never seen.

Sunday, March 15

Marrakech, Jnane Tamsna

Breakfast on the terrace. Afterwards, enjoy a long walk and camel ride along the wide open beaches of Sidi Kaouki with a talented group of local chameliers (camel drivers).



Prepare to leave for the journey back to Marrakech. We will make a stop on the way at an Argan Oil Cooperative to see the women proudly cracking and pressing the argan nuts that they have gathered. Argan products available. We'll get back to Jnane Tamsna in time to settle back in, relax, and have an aperitif before enjoying dinner by the fireside.

Monday, March 16

Marrakech, Jnane Tamsna

After breakfast, we will have our last cooking class with Baija on Pastilla and Kefta. Lunch under the carob tree at Jnane Tamsna with poetry reading and sharing of the weeks' impressions.

Tonight we will have a magical candlelight Gala dinner with live Moroccan Andalusian music.

Tuesday, March 17

Departure after breakfast. Farewell Culinary Travelers!