

# PEGGY MARKEL'S

CULINARY ADVENTURES  
CONNECTING CUISINE, CULTURE & LIFESTYLE



[www.peggymarkel.com](http://www.peggymarkel.com)

1-800-988-2851

## Morocco: A Feast for the Senses

November 2 - 11, 2014

*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, November 2

Marrakech, Jnane Tamsna

Welcome aperitif and dinner in the enchanting private guesthouse gardens of Jnane Tamsna.

## Monday, November 3

Marrakech, Jnane Tamsna

After breakfast, tour ethnobotanist Gary Martin's organic vegetable garden. Our first cooking demonstration 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. Clay court tennis is available as is time by the pool. 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, November 4

Marrakech, Jnane Tamsna

After breakfast, a lesson on couscous made in the traditional couscousier. Lunch in the garden.

Afterwards, we'll forage through the spice market. Learn to identify true saffron. Participate in identifying the various ingredients of ras-el-hanout, the traditional mixture of herbs and spices used in many Moroccan dishes, especially tagine.



Afternoon options the same: More Medina shopping, Hammam, massage.  
Dinner at Jnane Tamsna.



## Wednesday, November 5

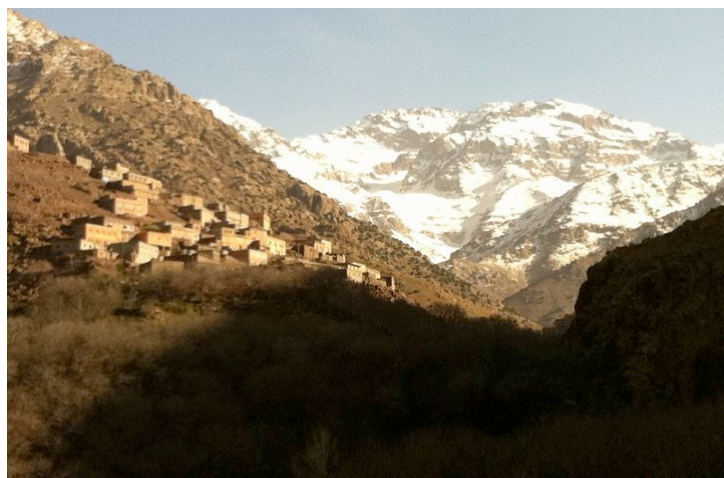
Marrakech, Jnane Tamsna

After breakfast, a fusion cooking class will be given on Spanish Moorish cooking. Almond soup, almond cake and tortilla. Lunch in the garden.

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

## Thursday, November 6

Imlil, Kasbah du Toubkal



After breakfast, 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 demonstration on baking bread 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, Morocco's highest mountain.

A short but winded walk up will take us through the walnut grove to the Kasbah on foot, or a stylish donkey ride. Dinner and overnight in the Kasbah.

## Friday, November 7

Imlil, Kasbah du Toubkal

After breakfast, we'll 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, November 8

Essouira, Sidi Kaouki Inn

After breakfast, travel about 4 1/2 hours to the Atlantic coast to visit the Portuguese port of old Mogador, now known as Essaouira. We'll enjoy a lunch of grilled fish at the port. 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, November 9**

Marrakech, Jnane Tamsna

Breakfast on the terrace. Afterwards, a long walk and camel ride along the wide open beaches of Sidi Kaouki. Prepare to leave for the journey back to Marrakech.

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 Tamsna in time to settle back in, relax, have an aperitif.

Dinner by the fireside.



## **Monday, November 10**

Marrakech, Jnane Tamsna

After breakfast, a cooking class with Baija on Pastilla and Kefta. Lunch in the garden at Tamsna Moorish cooking. Lunch under the carob tree with poetry reading and sharing of the weeks impressions.

Candlelight Gala dinner with Andulucian music.

## **Tuesday, November 11**

Departure after breakfast.