

# Gourmet Food Retreat in Andalusia



## Highlights

Home to an internationally renowned cuisine fusing Spanish and North African flavours, Andalusia is a food-lovers' paradise. This week long gourmet food retreat is your passport to this culinary wonderland!

Once the hub of Islamic influence in Europe (thanks to its proximity to neighbouring Morocco), Andalusia is like nowhere else in Europe. Combining the ceaselessly Spanish – bullfighting, tapas and sombreros – with the magically Moorish – Alhambra, Spain's most iconic building, can be found in the southern hills – the autonomous community is a cultural goldmine. Add to this a landscape as beautiful as it is diverse, with rolling green hills, whitewashed villages, forest, beach and the mighty Sierra Nevada, and you have all the makings of travel perfection!

This eight-day gourmet food holiday puts the 'treat' in 'retreat'! (Sorry! - too neat a pun not to use!) Ever wanted to know how to make an authentic North African tagine? Or how to identify wild herbs and edible flowers? Your week at The Orange Grove covers all this and more. There's a raw food course in which you'll learn of the health benefits of uncooked and unprocessed foods, as well as tasting sessions for everything from fine wines to local sweetmeats. You'll learn to create local & moorish dishes such as gazpacho, Lamb tagine and Gypsy stew, using locally sourced ingredients. It's not just the food that makes this trip special though; there's some fine guided hiking to be had, including a walk on the route of sultans to the Alhambra palaces of Granada! And at the end of the day – or perhaps in between gourmet meals! – you can unwind with a dip in the pool or a sway in a hammock!

## Is it for me?

Fine food, spectacular scenery and the salubrious Spanish sun – this is without doubt one of the most relaxing retreats we've come across! It's equally suitable for singles, couples and families as there's a load to do besides the culinary, from wild adventuring to poolside reclining. In fact, it's difficult to imagine someone feeling ill at ease at The Orange Grove, though those who are attracted to Andalusia for its nightlife might be better off heading to the coastal resorts; although there are bars in cosmopolitan Competa a short drive away, this trip is very much about getting away from crowds and discovering the true culture – and awesome cuisine - of this fascinating region.

Vegetarians are most welcome and catered for.

## Accommodation

The Orange Grove is a perfect place to discover the art of Andalusian cooking. Nestled in a fertile river valley amidst groves of olive, orange and almond, the farmhouse can accommodate families and groups of between four and nine people, with two double bedrooms and two large twins (all en suite). Outside you'll find a pool and a mountain-fed stream where you can take a dip, and there are also a number of hammocks and chill-out areas dotted about the place. In addition, the farm boasts an extensive organic garden, so you can guarantee that everything you eat will be as fresh and local as you can get!

The food of Andalusia is a heady mix of Spanish and Moorish; garlic, rosemary, thyme, oregano and mint are favourite flavourings for the region's excellent products, while other staples include breads, olive oil and wines (including the famous vino de Jerez, otherwise known as 'sherry').

Prices from

**821** GBP (8 days) per person

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## Itinerary

**Saturday, Day 1:** Arrive at the Orange Grove. Enjoy a welcome drink and relax and unwind before dinner – a variety of local tapas and a chance to sample some of the region's wines.

**Day 2:** After breakfast you'll take a stroll to the pretty village of Salares, steeped in Moorish history with a 13th century minaret tower and bridge. The afternoon will be free for you to relax, then for dinner you'll enjoy some Andalucian specialties and Spanish wines.

**Day 3:** Today is spent relaxing and exploring. In the late afternoon you'll visit the award winning Bentomiz bodegas to sample some fine wines and learn how they are produced. It's then on to the village of Competa to the 'El Pilon restaurant for dinner.

**Day 4 :**After an early breakfast you'll take the route of sultans to visit the majestic city of Granada and the Alhambra palaces. Lunch is at a favourite restaurant in Granada. The evening meal is a variety of local tapas and wines.

**Day 5:**Today sees a living food/raw food demonstration and talk by Jane Gudge, followed by a raw food lunch. For dinner there's a variety of tapas and wines with traditional local sweetmeats to finish.

**Day 6:**Today you'll enjoy a guided walk and talk on local wild herbs and their culinary and medicinal uses. There will then be a lunch prepared using the herbs and flowers foraged for you to taste and enjoy. Tonight's dinner is at the wine museum restaurant in Competa, where you can sample the local muscatel wines, buy local products and enjoy the atmosphere.

**Day 7:** Features a walk in the Al Mijara range, the last outpost of the marquis during the civil war, and some of the most stunning scenery in southern Spain – the perfect spot for a picnic lunch! The evening meal includes a demonstration of how to prepare an authentic North African tagine with all the trimmings and a wine tasting.

**Day 8- Saturday**

After breakfast you'll say goodbye before being transferred to the airport.

Please note that itinerary may adapt or shift around due to fiestas, weather or bank holidays.

Vegan & Vegetarian Courses are also available

## Details

### Getting there

If you are flying, please book flights to arrive no later than 7pm at the cortijo (to arrive at Malaga around 5pm at the latest)

### Price includes

This includes all activities and meals eaten at the orange grove and transfers. Does not include any meals eaten out in restaurants

### Price details

Prices are based on 2 persons sharing a twin or double bedroom. Partners not on the course are welcome to stay at a reduced rate.

Single occupancy is available for people who do not want to share a room, prices depend on season and availability.

Courses need a minimum of 4 participants to run.

### When is best

If you would like to come for less than a week, please get in touch. Shorter breaks can also be arranged!

### Available

Apr—Oct

### Typical Duration

1 week

### Comfort level

Refined (boutique or luxury accommodation and food)

### Experience required

A reasonable interest is all that is needed