

What's Included?

- 6 nights twin accommodation - Let us know if you need a roommate
- Transfers to/from Malaga airport at specified time
- All meals at El Molino including wine and filtered water
- 3 Excursions and sightseeing by private coach to Ronda, Baena, Antequera or Cordoba
- Winery visit
- Olive oil mill tour
- 3 hands on cooking sessions
- 3 cooking demonstrations

Not Included

- International airfare
- Items of personal nature
- Cancellation & medical insurance
- 1 lunch and one dinner (excursion days)

The Details

- 7-8 people can participate in this personal cooking experience
- Land only – \$2889 per person twin share
- Deposit \$800 per person due at time of booking
- Second Deposit \$800 due on 30 January, 2011
- Single supplement \$300
- We recommend that you purchase Trip Cancellation Insurance & Out-of-Country Medical coverage
- Premiums will be quoted at time of booking



Culinary & Cultural Learning Vacations in southern Spain



www.flavourofspain.net

For Information & bookings contact:
Cindy at Travel Concepts

1716 Marine Dr., West Vancouver
BC, V7V 1J3

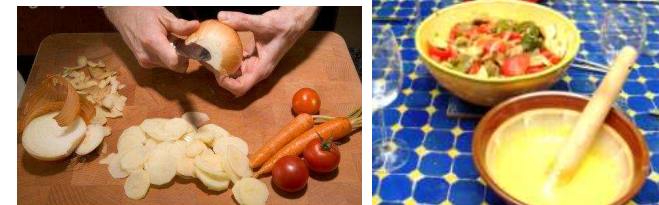
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Simply Spanish Mediterranean Cooking

In Andalucia, Spain



3 - 9 April,
2011



A Spanish Cooking Experience in Andalusia, Spain

Experience the fun of preparing simple dishes with distinctive flavours you can bring home and prepare in your own kitchen, pairing them with some fine Spanish sherry or Montilla followed by wines from the Rioja and other Spanish wine producing regions.

Food is central to the Spanish way of life. We'll learn about tapas and the quick and easy way to prepare them. We'll discuss wine pairings, visit a winery for tastings and an olive oil mill for the superb quality Extra Virgin oil from the region. Explore Ronda and Antequera or Cordoba.



Loved the emphasis on fresh and healthy

Vegetables have never tasted so good. D. Sleema

Thank you for the amazing food and wonderful holiday. A Ralston

Dividing their time between Vancouver and Iznajar, Mike and Lari run Flavour of Spain, cooking and art holidays in Andalusia, Southern Spain. Mike is passionate about Spanish food: its freshness, the simplicity of preparation, its historical legacy left by the Moors, and the quintessential flavours of Southern Spain...the healthy Mediterranean diet at its best.



If you would enjoy days at a lovingly restored Old Mill in the Spanish countryside nestled between two white hill top villages; a chance to savour leisurely lunches in the courtyard or in the traditional comedor-dining room, tapas by candlelight, and long evening dinners full of food and laughter, join Mike and Lari in Spain.



With worldwide attention on the healthy Mediterranean diet and Spain becoming a rising star in the foodie world, TIME Magazine called Spain, "The New Food Mecca for Culinary Pilgrims, and the San Francisco Chronicle stated, "Spain now rivals Italy as a food lover's destination", it's the perfect time to learn some of the delights of Spanish cuisine. Spain is synonymous with the good life, and this for foodies means a wealth of colours, flavours and textures. There are few countries that have such a diversity of landscapes, wine types and gastronomy as Spain. Mike and Lari take you to the bustling marketplaces, ancient villages, cobblestone streets, wine cellars, and much more. Discover the joys of cooking, using the finest local ingredients and learning the secrets of these dishes on this unique and personal cooking holiday.



We'll cook Andalusian seafood paella, fillet of pork with figs and Malaga wine, chicken with avocados and mangos, distinctive gaspachos, Spanish flan flavoured with rosemary and lemon, flourless chocolate tart, caramelized oranges with spiced zest and much more.

Mike Powell was a slow food chef long before the start of the Slow Food movement. Trained in the French Escoffier tradition, he grew to love the simplicity of Spanish cooking when he and Lari ran their restaurant, La Cascada Verde, on the Costa del Sol in Southern Spain for many years.

The main intent of Spanish cuisine is to preserve and intensify original flavours. Produce is market fresh daily, generally grown in the same region. The Spanish fruits and vegetables are eaten in season so many different ways have been created to prepare them. Heritage from the Moorish past includes the diverse uses of nuts and spices, the tastes and relationship between sweet and savoury and the pleasures of learning to cook with pulses and nuts Spanish style.

Loved it! Loved it! Loved it! S Allen

Your warmth, caring, hospitality is so awesome. And oh the food - gourmet and so healthy, just loved it - and of course all the wine. Thanks for everything. A Notte

Beyond anything I expected. S. Richardson

Superb. Simply the finest food! M. Macdonald

A Flavour of Spain is a member of Slow Food Lions Gate Convivium.

