

## What's Included?

- 7 nights twin accommodation - Let us know if you need a roommate
- Transfer from/to Malaga airport at specified times
- Champagne Cava reception on arrival
- 7 breakfasts
- 6 lunches with wine
- 6 dinners with wine
- Escorted excursions by private coach to Ronda and Cordoba
- Visit to Antequera market
- Ticket for flamenco performance
- Winery visit
- Wine tasting and wine pairing
- 4 x 2 hour hands on cooking sessions
- 3 cooking demonstrations
- Personal Recipe Book

## The Details

- 15 – 22 April, 2012
- Course is limited to maximum 8 participants
- Land only – \$2990 per person twin share
- Deposit \$590 per person due at time of booking and balance due 15 February, 2012
- Single supplement \$600
- We recommend that you purchase Trip Cancellation Insurance & Out-of-Country Medical coverage
- Premiums may be quoted at time of booking
- Deposits and final payments are non-refundable

## Not Included

- International airfare
- Items of personal nature
- Cancellation & medical insurance



Culinary & Cultural Learning Vacations in southern Spain



[www.flavourofspain.net](http://www.flavourofspain.net)

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# Spanish Cooking

In Andalucia, Spain



15 - 22  
April,  
2012



# A Spanish Cooking Experience in Andalucia, 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 a fish market in Antequera, and explore Ronda and Cordoba.



*Loved the emphasis on fresh and healthy. D. Sleema*

*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*

*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 Andalucia, 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 like to enjoy days at a lovingly restored Old Mill in the Spanish countryside nestled between two white hill top villages; savour leisurely lunches

in the courtyard or in the traditional dining room, tapas by candlelight, and long evening dinners brimming with 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, wines and gastronomy as Spain. Mike and Lari escort 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 Andalucian 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. 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 nuts, beans and lentils Spanish style.

After learning a variety of fine Spanish recipes for seasonal fruits and vegetables, a special seafood paella, and flavourful desserts, you have completed your cooking course at El Molino. We round off our time in Andalucia by escorting you by private coach to the charming town of Ronda and the beautiful city of Cordoba..

*Loved it! Loved it! Loved it! S. Allen*

*Superb. Simply the finest food! M. Macdonald*

*Beyond anything I expected. S. Richardson*

