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LIVING *for* RETIREMENT

THE UK's PREMIER RETIREMENT PROPERTY MAGAZINE

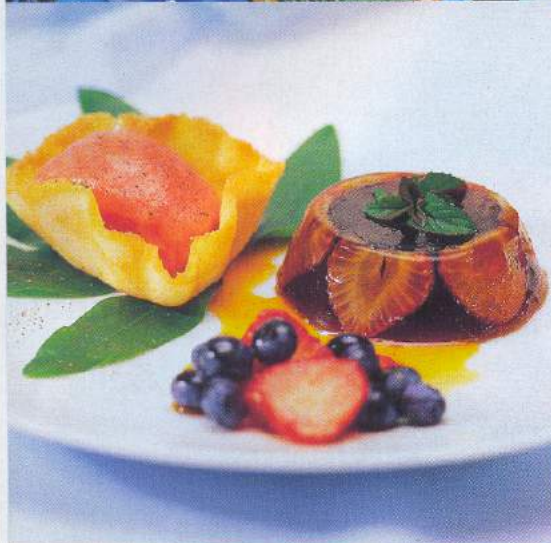
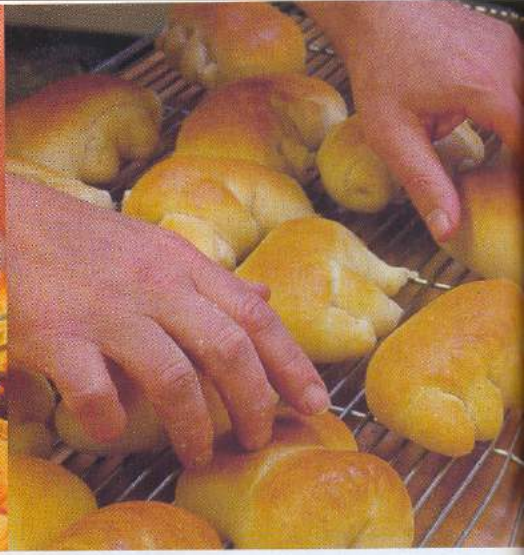
THE
VERY BEST
IN UK
RETIREMENT
PROPERTY

Safari style

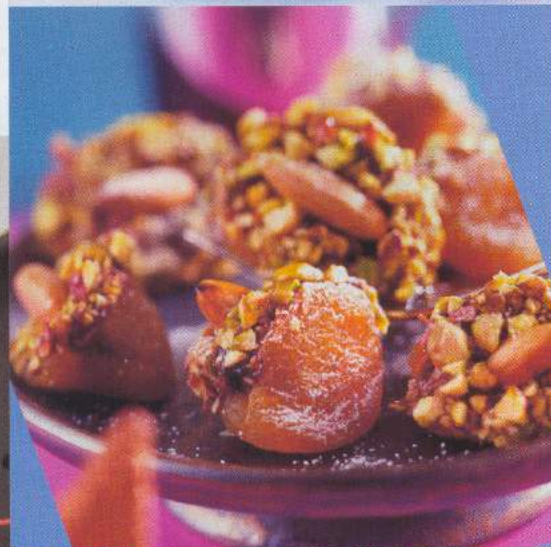
Tribal touches
for your home

SAFE AS HOUSES Housing options where security is key
ARE YOU CARE AWARE? Finances for Long Term Care
HOUSE DOCTOR Is YOUR home making you ill?

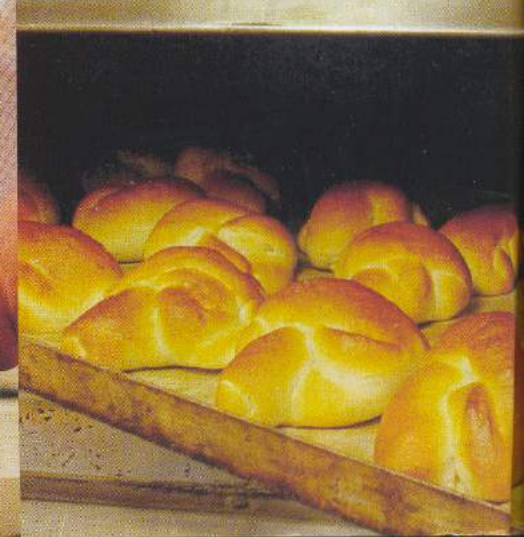
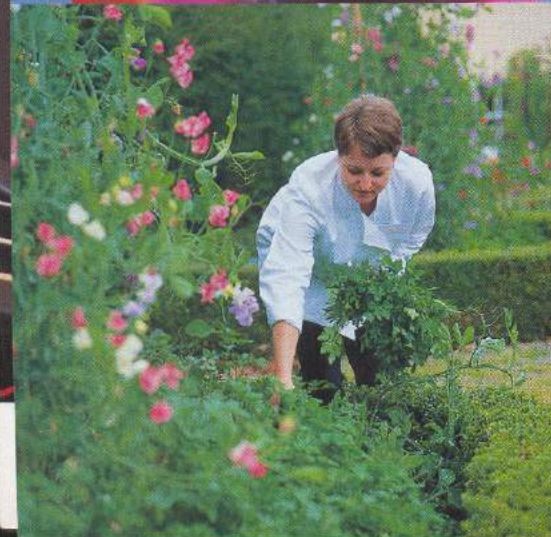
PLUS SPECIAL OFFERS & FREE TICKETS TO THE IDEAL HOME SHOW!



The **ULTIMATE** stressbuster... **It's not what you think**



Who'd have thought going on a course could be so inspiring and energising? Especially if that course involves cooking – and lots of it. But, as our cook-school investigators found, an everyday chore can be viewed in a new light when you're learning from people with passion. Our testers, who ranged from novices to keen cooks, were unanimous in their verdicts: a hands-on course doing something completely different forces you to switch off, and the pressures of everyday life recede... What could be a better Christmas gift?



Gastronomic Getaways

Are you a foodie fanatic with a yearning to learn? From whipping up a scrumptious Mediterranean feast to getting to grips with grapes, this taster selection of tantalizing breaks promises to whet the appetite.



GENTLEMAN'S RELISH

This weekend connoisseur's course is aimed at men with an interest in good country living, fine dining and the art of the *bon viveur*.

How to cook with game, a meat master class with a top local butcher, how to prepare delectable desserts and coming nose to rind with local cheeses are all part of this male-exclusive course. Partners can also enjoy classes, or take advantage of the local health spa. B&B accommodation is available at the school or for a special treat take advantage of special reduced rates at the Holne Chase country hotel.

- 2-day course
- £189 (course only)
- B&B from £49 per room
- Pamper day at Spa £49
- Ashburton Cookery School
- T: 01364 652784
- www.ashburtoncookeryschool.co.uk



FRENCH FARE

Le Manoir de L'Aufragère is an 18th-century Normandy manor house set in 8 acres of tranquil orchard and farmland, home to Cordon Bleu chef, Nicole Dussartre and husband Régis. Nicole takes the stress out of cooking and entertaining, introduces you to many new flavours, great short cuts and new recipes. The courses include visits to the local market, cheese merchant and wine tastings. Régis takes guests to the market to buy ingredients and supplies meat and vegetables which he has reared and grown himself. Non-participating guests can enjoy golfing, fishing, walking and plenty of sightseeing. Combined tours covering Normandy, Mont St. Michel, Giverny, Versailles and the Loire Valley Chateaux are also available.

- 4 nights full-board inc. course fees and excursions (flights exc.)
- €550 (£370 approx.)
- Le Manoir de L'Aufragère
- T: + 33 2 32 56 91 92
- www.laufragere.com

SIT DOWN, RELAX AND REVEL IN THE STUNNING



CONTINENTAL CONNOISSEUR

Enjoy five days of hands-on gourmet cookery courses in the beautiful countryside of the Loire Valley. Your hosts and tutors are acclaimed chefs Maynard Harvey and Benedict Haines, two modern chefs who place an emphasis on distinct flavours and clean, meticulous presentation. With four guests to one chef, personal attention is guaranteed. Morning demonstrations are followed by a hands-on class, ranging from croissants and brioche to jams and chutneys. Then preparation begins on the gourmet dishes for the evening meal, such as Smoked Haddock and Brie Soufflé.

- 5-nights full-board inc. course fees and excursions (flights exc.)
- £895.00 per person
- £425.00 for non-participating guests
- Walnut Grove
- T: +33 2 43 98 50 02
- www.walnutgrovecookery.com



TUSCAN TASTER

In the cantina of a beautifully restored large Tuscan villa set in hills 50km south of Florence, the Casa Ombuto Cookery School is rated one of the top ten cookery schools by the Observer. The school runs weeklong Italian and Mediterranean cooking classes, which include four hands-on cooking sessions and enough free time to relax and enjoy the surroundings. A one-day excursion to a local vineyard for wine tasting, and a trip to a local olive oil producer is included.

- 7 nights
- From €1750.00 (approx £1,180)
- Casa Ombuto
- T: +31 35 5310030
- www.italiancookerycourse.com



CASTLE COOK

The restored Georgian stables at Swinton Park luxury castle hotel are home to a state of the art cookery school, run by celebrity chef Rosemary Shrager. Set amidst 200 acres of parkland, lakes and gardens, the castle is surrounded by rivers and reservoirs and borders the Yorkshire Dales National Park. Rosemary's courses concentrate on the classical preparation of food and mastering the essential techniques including patisserie, baking, sauces and soufflés, boning and filleting. Her underlying philosophy is that the only way to learn is by hands on experience so there's no hiding at the back in this class!

- 4 day residential course
- From £1,100 per person
- Non-participating guests stay free
- Swinton Park Cookery School
- T: 01765 680900
- www.swintonpark.com



EPICUREAN EXCURSION

Robust red wines, aromatic olive oil, delicate cheeses and a unique cuisine are the theme of this tour through Umbria, Emilia, Romagna and Lombardy in Italy. Stimulate the senses and satisfy the taste buds in fabulous surroundings dotted with vineyards and olive groves and medieval hill towns with cobbled streets, graceful piazzas and elegant bell towers. Highlights of the tour include visits to a wine museum, sampling local food and wine in Gubbio. Also visits to Parmesan cheese and Parma ham producers; a trip to Modena to see how balsamic vinegar is made; dinner at a local agriturismo in Bologna.

- 11 nights
- From £889
- SAGA Holidays
- T: 0800 056 5880
- www.saga.co.uk/holidays

FOOD YOU'VE LEARNED TO PREPARE