

Cooked: Living Free (Series 5)

13 x 30 MINUTES

EPISODIC BREAKDOWN

1. The Noble Bird

Justin's first stop is Jeanne Groenewald's free range chicken farm in the small town of Grabouw outside of Cape Town. He follows the life of the noble bird, from cute little chick to chicken, slaughtered and ready for the supermarket within 40 days. He explains the difference between free range chicken and commercial birds and leaves the viewer some food for thought.

2. An Ancient Contract

Justin and crew travel from Grabouw to Kareestomp, a sheep farm in the Great Karoo near Aberdeen. He spends a couple of days with JP Smith, a third generation farmer, and enjoys true Karoo hospitality. Justin plays Shepard for the day and learns how to inoculate lambs, cut off their tails (and eat them!) and wean them off of their mothers.

3. A Well-Travelled Fish

It's a long road from the Karoo to Lesotho, but eventually Justin and his crew make it to Montabeng Village in the beautiful, but chilly Mountain Kingdom. His first day is spent checking out aquaculture to find out how this fish is farmed and eventually ends up on his plate. Greg Stubbs and Mike Kruger show him the process of responsible fish farming.

4. The Hungry Ones

It's another long journey through Lesotho all the way to Transkei. Justin's mission is to see if he can survive off the coast. Justin and friends hike down the unspoiled beach of the Transkei to see if they're really as wild as they think they are and if they can harvest and scavenge for their own food. Along with this adventure comes scraped knuckles and sand.

5. Uncharted Waters

Justin takes a two day drive to Thonga Beach Lodge in the Greater St Lucia Wetlands to check out the pristine marine environment and indigenous fishing methods of the Thonga people. On his first day, Justin and his crew enjoy the company of dolphins in one of the best diving sites in South Africa.

6. A Family Affair

Justin leaves behind Kosi Forest Lodge and travels to the far north of South Africa to check out biological farming in Musina. Flip Nel realised something had gone wrong with modern farming methods and reverted back to more holistic and organic farming in an effort to reverse the damage done by cold science and technology. This is farming for the future.

7. Dead Cow Walking

Justin and crew travel 1,800km from Musina to Namibia to check out free range beef on Mike and Sue Kibble's Progress Farm just outside of Windhoek. This mission turns out to be unexpectedly emotional as Justin follows the process from feedlot to slaughter. Not an episode for the faint of heart.

8. Off the Grid

Justin travels back in time and arrives at the Pool family farm in Biesiesfontein on the West Coast. The Pool family still make their own butter, bread and even soap – knowledge which has been passed on from generation to generation. Justin embraces the very traditional old-school way of life of Chrisjan Pool and his family.

9. Salt of the Earth

For once, Justin doesn't have to travel too far to get to his next destination: The small town of Clanwilliam (approximately 150km south of Biesiesfontein.) He arrives on John and Sue Bergh's Patrysvlei farm to find out more about the humble potato and the biological and bio-diverse farming methods of the Bergh family.

10. The Business of Farming

The farmer has always been a Jack of all trades, but nowadays has to be a businessman and marketer too. In the Ceres Valley, Justin meets many faces of the fruit farming business, from Robert Graaff, who believes consumers drive ethical and environmental standards in farming to Trevor Abrahams who discovered the skills of precision farming from scratch.

11. Visserman

Justin meets up with his fishing buddy Gareth Beaumont and they head to The Beach Camp in the Cape Columbine Nature Reserve. He spends time with Pietie, a local fisherman, to see how he manages to live off the sea. Later Justin goes on a mission to buy out-of-season crayfish from locals, which changes his perception about this illegal trade.

12. Nectar of the Gods

From business to pleasure – Justin visits the Franschhoek Valley to check out wine production on La Motte wine farm and meets Peter Le Roux who recently started a more holistic approach to farming. Later, Justin visits Edmund Terblanche (Cellar Master) to see if he can taste the difference between organic and normal wine.

13. Hook, Line and Sinker

It's the last stretch of the journey and Justin goes to Pringle Bay for some one-on-one fishing. Day one kicks off as Justin goes out to sea to catch Yellow Fin Tuna and later battles it out with the Snoek – a Western Cape speciality with giant teeth. Justin brings to light the problem of fishing trawlers and how humans have turned into lethal hunting machines.