

LIME
FABULOUS
FOOD



FOOD

Where to eat, drink, cook, sip, and celebrate food across the Caribbean, by Janet Kipling



BUY THIS...

Jouvay chocolate

The tasty bar that's 100% Caribbean

The Caribbean produces only a fraction of the world's cocoa, but it's considered some of the finest. Indeed, many European makers add small amounts of Caribbean cocoa to their chocolates to improve the flavour. So imagine a bar made from 100% Caribbean cocoa. Well, it's here.

Independent cocoa farmers of Grenada teamed up with renowned American chocolate-maker Larry Burdick to create Jouvay.

Andrew Hastick, General Manager of Jouvay, puts it this way: "We don't just buy from farmers or work with farmers. We are the farmers! We grow all of our own ingredients, sustainably, right here in the Caribbean."

The factory is housed in a former rum distillery built in the 1700s by monks, next to the organic cocoa farm. Visitors are welcome for a free tour and tasting.



* BUY JOUVAY AT SHOPS THROUGHOUT GRENADA OR ONLINE AT WWW.JOUVAYCHOCOLATE.COM.

DRINK HERE...

Goatie's Bar, *Petit St Vincent*

If watching the perfect sunset from a rattan lounge while wriggling your toes in the sand and enjoying a cocktail sounds like your way of enjoying life, then splash out on a trip to Petit St Vincent. Goatie's Bar, on the private island in the Grenadines,

is about as special as it gets. Set on the leeward side of the island, it's flanked with almond trees and palms, and captures all that is peaceful and beautiful about Caribbean living. It was named after one of the senior members of the team who developed

the island resort back in 1966, when there was no electricity or infrastructure.

The bartender, Bequia, whips up a rum punch from a medley of five rums, lime juice, sugar syrup, bitters, Grenadine syrup, pineapple juice and fresh grated nutmeg. Another favourite is the Leaping Lizard, a mix of Mount Gay rum, coconut cream, pineapple juice, crème de menthe and white crème de cacao. What's not to love?

* THE RESORT IS A 20-MINUTE BOAT RIDE FROM UNION ISLAND. WWW.PETITSTVINCENT.COM



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GO HERE...

Juice Bar, *Trinidad*

The little Trinidad cafe delivering a big health hit



"With more fruit and veg in one cup or bottle than people would sometimes get in a week, it's like having a huge tasty salad through a straw!"

Juicing is big right now. Many see it as an easy way to get some of your daily recommended six to eight servings of fruit and veg.

Shop-bought juice can be high in sugar as well as being pasteurised, which takes out all the live vitamins and enzymes. However, the Juice Bar in St James offers a genuine juicy experience. The bar has been set up by health coach Kristen Talma-Xavier who says, "The drinks on our menu are a culmination of mixtures that have helped my clients for years; they are all tried and tested. We never add water, sugar or milk.

"Our juices include some plant-based foods that you may not typically eat such as kale, turmeric, hemp and even charcoal; 90% of our menu is locally farmed, including mango, coconut water, cacao beans, honey and aloe.

"Green Smoothie and Doctor Greens are definitely the stars of the show. We've seen people make a dramatic transformation when they make this drink part of their daily lives."

Juice Bar's full-day cleanse puts every drink in strategic order to promote detoxing while still keeping tummies feeling full.

* ST JAMES ST, ST JAMES, TRINIDAD; (868) 221 4876; WWW.FACEBOOK.COM/JUICEBARTT

TRY THIS...

LITTLE LUCIAN COOKING SCHOOL

St Lucia's Little Lucian Cooking School aims to demystify the unique Creole mix of French, Spanish and African flavours. The school was founded by Canadian Chef Jo-Anne Schultz, who works alongside St Lucian food wizard Herbert Evans. Classes are held on an organic family farm, in an open-air kitchen. Typical sessions last around three hours, and the results are eaten out of calabashes. Jo-Anne said: "We wanted to capture the historical influences of St Lucia and also the culinary expertise of local cooks. We've hosted everyone from complete novices to very experienced luxury yacht chefs, and all go away with new ideas and a full belly!"

* WWW.THELITTLELUCIAN.COM

DO THIS...

UPICK FARM

If you're searching for the freshest vegetables in Trinidad, then consider picking them yourself

UPick Farm opened at the end of 2015. The first of its kind in Trinidad, UPick allows visitors to pick tomatoes, peppers, corn and other locally grown produce direct from the plant, both in the open field and several greenhouses.

Located on 100 acres in Tucker Valley Road, Chaguaramas, UPick farm also offers guided tours, school trips and even yoga classes.



Ryan Deans, General Manager, said: "Crops are seasonal so our customers eat in harmony with harvesting times. Whatever produce one picks is weighed at the shop, where there is also a wide variety of other fruits and vegetables such as oranges and avocados, along with herbs and spices. Our goal is to provide a year-round location where families can enjoy the natural environment and get the freshest produce."

* WUPICK FARM IS OPEN TUESDAY-SATURDAY, 7AM-2 PM, AND SUNDAY, 9AM-2PM. FOR MORE INFORMATION CALL +1 868 271 2681 OR CHECK OUT FACEBOOK AND INSTAGRAM: UPICKTT.

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EAT HERE...



LEFT:
Chef Eric Subin
curates the
magnificent
menu at
Secret Bay

Try a
cookery class
with Eric
Learn how to prepare
Secret Bay signature
dishes such as yam pie
and creole shrimp!
www.secretbay.dm

COOK THIS...

ERIC'S PEANUT SATAY BREADFRUIT

(SERVES 4)

"One breadfruit season I was trying to decide what I could do other than roast it and fry it," says Eric Subin. "A friend from Hawaii said their family sautés it with shallots and finishes it with fish sauce. It struck me I could develop that into peanut satay."

INGREDIENTS

- * Half a roasted breadfruit (peeled and diced into 1 inch pieces)
- * ¼ cup vegetable oil
- * 2 tbsp finely diced shallot
- * 1 tbsp minced ginger
- * 2 tsp minced garlic
- * 1 tbsp sambal oelek (chilli paste)
- * 3 tbsp jaggery (unrefined brown sugar)
- * ¾ cup crushed peanuts
- * Handful chopped cilantro or chadon beni
- * ¾ cup carrot chiffonade (carrot matchsticks)
- * 1 tbsp lime juice
- * Fish sauce to taste



METHOD

- 1 Heat oil in large skillet over high heat
- 2 Sauté breadfruit until golden brown. Add shallot, ginger, garlic and sambal oelek. Sauté until fragrant.
- 3 Add jaggery and peanuts; stir until combined
- 4 Add cilantro, carrots, lime juice and fish sauce
- 5 Serve with shrimp and a glass of zinfandel

Eric Subin,

Secret Bay's kitchen king

A divine retreat in Dominica serves up seriously special dining experiences

Dominica's Secret Bay offers a very special dining experience. The highly personalised service at the six sustainable, luxury villas and bungalows includes food cooked in-villa or in the resort's central kitchen, the Souce Shack, and delivered to guests in their villa or on one of the property's scenic decks.

Local flavours, from guava and sweetsop to pineapple and coconut, along with a bounty of herbs, feature large in the Secret Bay menu, curated by chef Eric Subin.

"I like to make everything from scratch including our own yoghurt, granola, bread and jams," says Eric. "I also try as much as possible to use fresh, locally

sourced ingredients. It makes for a tastier meal and I am also helping small-scale entrepreneurs in the community."

Secret Bay also offers cookery classes with Eric. Or you can try making his breadfruit satay at home...

* WWW.SECRETBAY.DM