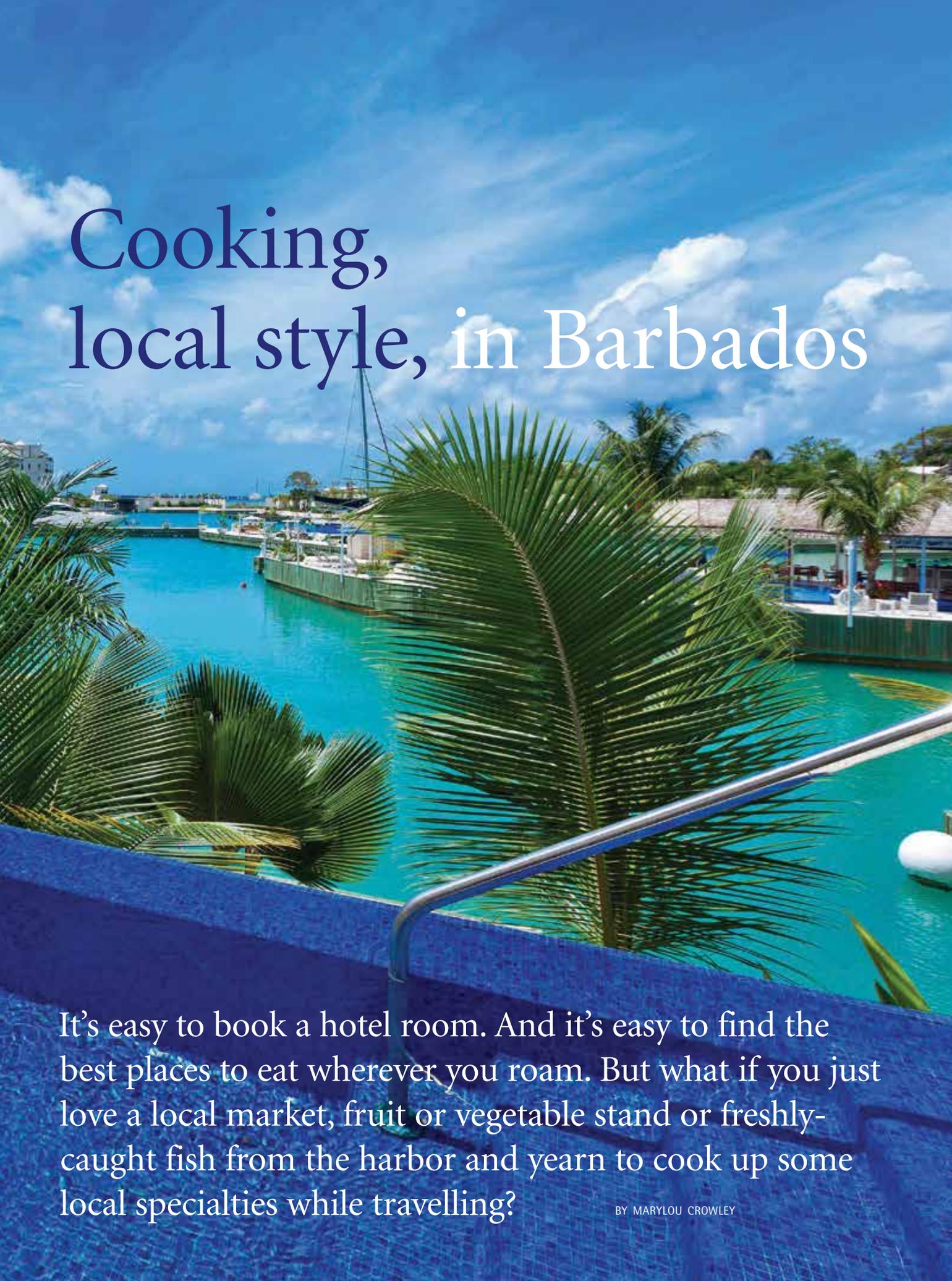


food destination: BARBADOS





Cooking, local style, in Barbados

It's easy to book a hotel room. And it's easy to find the best places to eat wherever you roam. But what if you just love a local market, fruit or vegetable stand or freshly-caught fish from the harbor and yearn to cook up some local specialties while travelling?

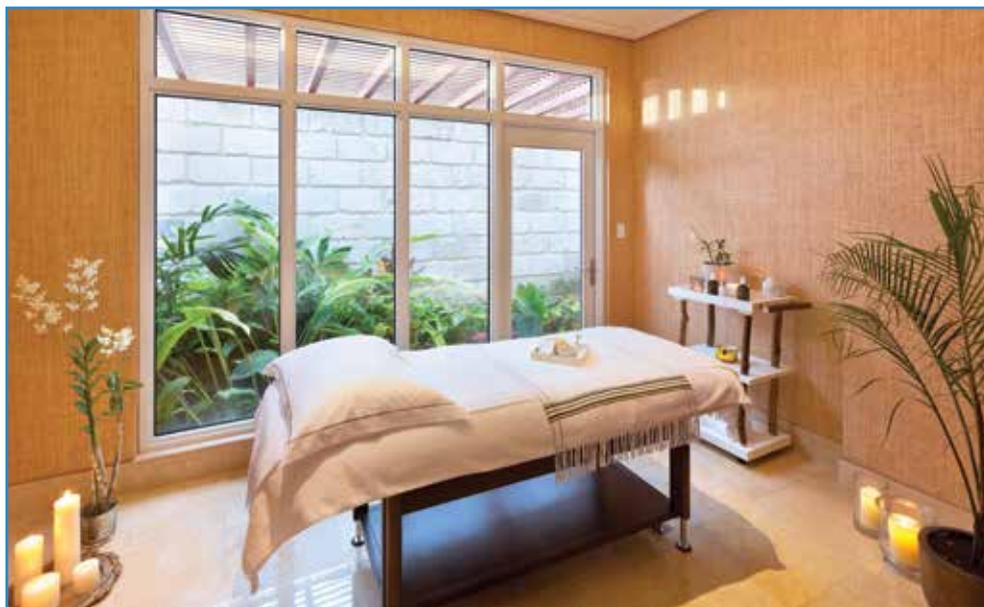
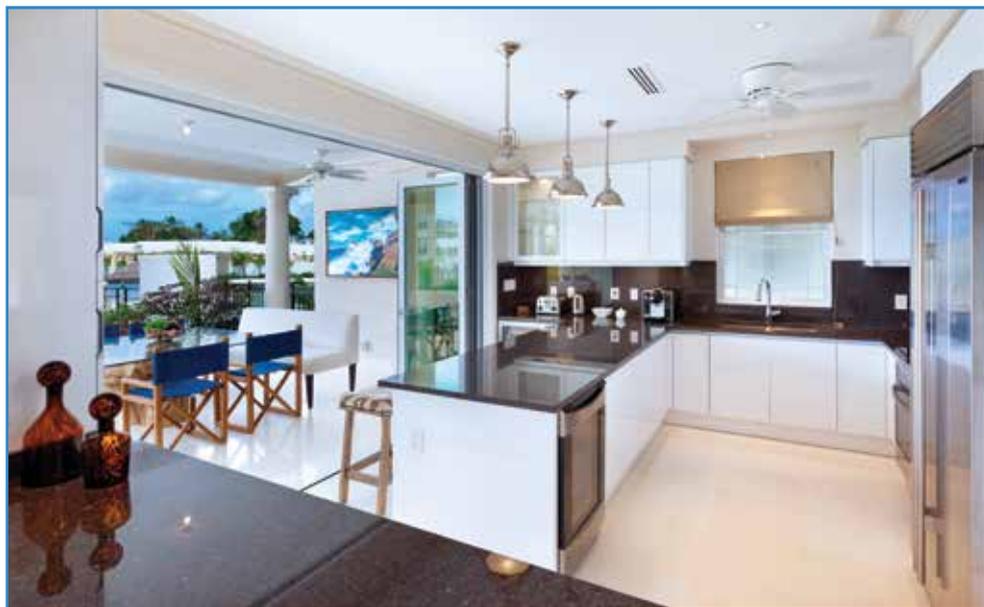
BY MARYLOU CROWLEY

Try **Port Ferdinand**, a posh new villa complex on the northwest coast of the island. You can pull your yacht to one of the slips in the marina or drive to the resort. Spacious one, two and three-bedroom villas come equipped with everything you'd need to cook up a storm and dine happily on the large balcony. A concierge can have your villa stocked to your exact specifications before arrival, being sure to include some of the best hot sauces and condiments in the Caribbean. She'll have ideas about where to shop for the freshest fish — probably the Millie Ifill Fish Market or Six Men's fishing village, where you can buy directly from the fishermen. You'll learn where to source local produce like christophine, breadfruit, cassava, papayas, and some of the best avocados in the world; just drive along and stop at roadside stands and see what's fresh that day.

The *Speartime* is docked in the Port Ferdinand marina for fishing charters but there are many other options depending on what fish you're chasing. And when you do land that giant wahoo, the restaurant staff at the resort will clean it for you. Hire a private chef to do the cooking for or *with* you; there's no limit to what you can cook up local style.

Relax by the pool. There's casual dining poolside at the Quarterdeck and fine dining at restaurant 13°/59°. Indulge and pamper yourself at the intimate and sophisticated Sandbox Tree Spa on property.

On the days you don't feel like cooking, you'll find an island full of varied and enticing dining choices, plus four rum distilleries and a myriad of rum shops that offer fun ways to sample the famous Barbadian beverage, local-style.



Tastes of Barbados

Port Ferdinand's Chef, Kevin Shawcross, shares some of his recipes to get you started on your Barbados adventure.

BAJAN CALLALOO SOUP WITH CRABMEAT

SERVES 6

If callaloo leaves are unavailable, use Swiss chard.

- 1 pound callaloo leaves
- 6 cups chicken stock
- 1 onion, peeled and chopped
- 1/2 pound corned beef, fat removed, diced
- 1 scotch bonnet pepper, whole
- 1/4 teaspoon dried thyme
- 1/2 pound crabmeat
- Freshly ground black pepper
- Salt

1. Remove thick stems of callaloo or chard leaves. Roughly chop; put into a large saucepan.
2. Add chicken stock, onion, corned beef, black pepper, thyme, pepper and crabmeat.
3. Cover; simmer for 35 minutes.

4. Remove scotch bonnet pepper.
5. Purée soup in a blender or food processor. Return to heat and adjust seasoning. Serve piping hot.

BAJAN MACARONI PIE

SERVES 4

This is a favorite among Barbadians. It's their version of mac and cheese.

- 1/2 pound elbow macaroni
- 1 onion, peeled and grated
- 1/2 pound grated cheddar cheese, plus more for topping
- 3/4 cup evaporated milk
- 1/3 cup tomato ketchup
- 1 tablespoon jarred yellow mustard
- White pepper
- Salt
- Butter, to grease baking dish

1. Preheat oven to 375°F.
2. Cook macaroni in salted water until al dente. Drain and return to sauce pan.
3. Add onion, cheese, milk, ketchup,

- mustard, salt and white pepper to taste.
4. Pour into a buttered 9 x 13" baking dish; sprinkle top with extra cheese.
5. Bake for 30 to 40 minutes, or until golden brown.

BAJAN SPICE MIX

MAKES ABOUT 1 1/2 CUPS

Store some of this mixture in a shaker jar so it's at hand anytime you want to add the flavors of Barbados to fish, poultry or pork.

- 5 tablespoons salt
- 2 tablespoons sugar
- 5 tablespoons garlic powder
- 4 tablespoons onion powder
- 3 1/2 tablespoons allspice
- 1 1/3 tablespoons ground clove
- 1 1/3 tablespoons ground cinnamon
- 1 1/2 tablespoons dried thyme
- 3 tablespoons ground ginger
- 3 tablespoons ground nutmeg
- 3 tablespoons ground black pepper
- 3 tablespoons sweet paprika
- 3 tablespoons red pepper flakes

1. Combine all ingredients; store in a tightly covered container away from sunlight.

