

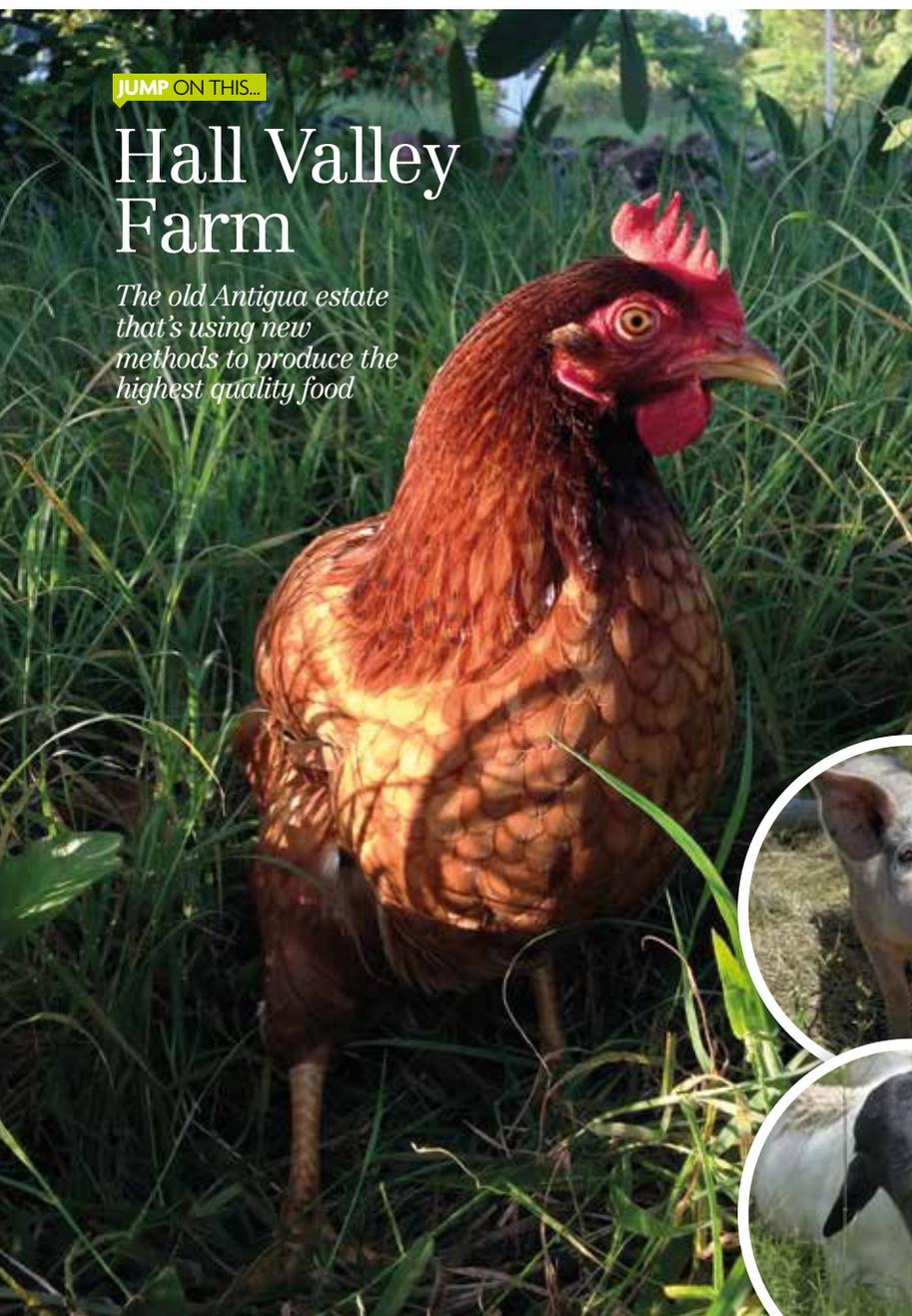
FOOD

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

JUMP ON THIS...

Hall Valley Farm

The old Antigua estate that's using new methods to produce the highest quality food



LAURA HALL; VANESSA HALL

Adrian Hall is passionate about farming. It's no surprise: his grandfather was the first Minister for Agriculture in Antigua, and was posthumously knighted for his work. Now, Adrian and his wife Vicky have built on that legacy, developing the best heritage farming methods to create a thoroughly modern approach.

The pair met at agricultural college in the UK before moving back to Antigua to the family estate. This was first created by Sir Robert Hall Senior in the late 1930s, and further developed by Adrian's father Vernon. Since returning, the couple have transformed Hall Valley Farm into a high-quality meat producer with a solid commitment to animal welfare.

Adrian says: "We raise our animals in a managed environment that is as natural as possible, and are moving towards being fully pasture-raised and free range. Our ethos is to allow the animals to behave naturally. Our chickens scratch and dust bathe themselves on grass in the fields, and the pigs wallow and forage, sleeping in the shade of the trees and rubbing themselves on low lying branches. We want to bring back older methods of farming that don't involve chemicals to nurture the land. Without the land's health, there will be nothing left for the future." Hall Valley Farm's meat, unpasteurised milk, eggs and cheese have rapidly gained a strong following. Vicky adds: "It's certainly a challenge doing it this way but for us it's rewarding. We are growing gradually, with a loyal customer base, who encourage us every time they tell us how much they've enjoyed the food we produce."



LIME HERE...

The Naked Fisherman

Could this be the most relaxing beach bar on St Lucia?

If you slip down to Smugglers Cove on the northernmost point of St Lucia at dawn, you may glimpse a fisherman setting out in a canoe unconstrained by the convention of clothing! That's how the idyllic Naked Fisherman Beach Bar and Grill, part of the Cap Maison headland resort, got its name.

The family owners encourage you to do little more than chill beneath the thatch, sip a rum cocktail and tuck into simple but sumptuous fare – such as spiny lobster tail or pumpkin and coconut curry.

The Naked Fisherman was opened two years ago, and offers a relaxed alternative to the resort's Cliff at Cap restaurant, known for its breathtaking views and fine dining.



* SMUGGLERS COVE, CAP ESTATE, ST LUCIA;
WWW.NAKEDFISHERMANSTLUCIA.COM



Naked lunch:
The beach bar at Smugglers Cove is designed for lazy days and delicious bites



EAT THIS...

HATCHMAN'S PREMIUM CHEESES

Taste the tangy, creamy delights of Barbados's only cheesemaker

Few Caribbean islands produce their own cheese. But Andrea Power is leading the charge with Hatchman's Premium Cheeses – the only producer in Barbados and one of just a handful throughout the region.

Taught by her father 'Hatchman', Andrea began making cheese four years ago and set up Hatchman's in 2014. The company now produces a wide variety of cheese, including a brie, a sorrel-and-herb chèvre, a cheddar-style scotch bonnet jack and Kofi's blue cheese, named for her son.

Andrea said: "On the family dairy, my Dad was always making small quantities of fresh butter and cheese. More recently, with all the talk about milk prices, I kept thinking about the cheese Dad made.

"Cheesemaking typically takes place in temperate climates – not the Caribbean! Enter my cousin, a refrigeration specialist, who adjusted some second-hand fridges so I could get my cheese ageing rooms!"

Andrea has garnered such a reputation that she was a judge at the 2016 World Cheese Awards in Spain.

* PASTURE ROAD, HAGGATT HALL, ST MICHAEL, BARBADOS; WWW.HATCHMANSCHEESES.COM

DO THIS...

Island Flavours Culinary Experience

Head to Fairview Great House, St Kitts, to learn classic recipes and the history behind them

Booking is essential for this popular St Kitts foodie demonstration and feast, set in the atmospheric grounds of the 18th-century Fairview estate. The half-day Island Flavours Culinary Experience sees a chef take an audience through the cooking of five delicious Caribbean dishes, using only fresh and locally sourced ingredients. While guests learn how classics such as jerk pork and bread-and-butter pudding are really done in the West Indies, they will be regaled with the history behind the recipes. And then, of course, they get to eat them – served with a homemade drink such as spicy Kittitian bush iced tea. For a longer day out, combine the experience with a tour of Fairview Great House and Botanical Gardens and a rum tasting.



Flavour-filled feast:
The culinary experience at Fairview includes classic dishes such as jerk pork and bread and butter pudding



FAIRVIEW JERK PORK

Serves six

* 2lbs pork loin

FOR THE JERK SEASONING:

- * 1/4 cup ground allspice
- * 1/2 cup brown sugar
- * 8 cloves garlic
- * 4 hot peppers
- * 2 bunch island herbs
(garlic chives/green onions)
- * 1 teaspoon cinnamon powder
- * Grated nutmeg to taste
- * Lime juice

METHOD

- 1 Blend seasoning ingredients in a blender.
- 2 Heat a non-stick pan on medium flame for 15 minutes.
- 3 Season pork loin with the jerk seasoning.
- 4 Place pork loin into pan and sear for 2 minutes per pound on each side.

* KANTOURS DESTINATION SERVICES, LIVERPOOL ROW, BASSETERRE, ST KITTS; 869 465 3054; WWW.FACEBOOK.COM/FAIRVIEW.KANTOURS

DRINK THIS...

AROMAS CIGAR & MARTINI BAR

Head to this hotspot on Tortola for a cool cocktail

Fancy sipping a fishbowl-sized cocktail the colour of the ocean you're gazing at, while savouring one of the world's finest cigars? Then try Aromas Cigar & Martini

Bar, which overlooks one of Tortola's loveliest bays, Road Harbour. Legendary bartender Mic and his team charm customers with every twist of lime, while the humidor offers premium hand-rolled cigars from Cuba, the Dominican Republic, Nicaragua and elsewhere.



* TORTOLA PIER PARK, TORTOLA, BVI; WWW.AROMASBVI.COM

MUST READ...

Pinch of Black Salt

Ambitious chef-blogger Giovanni Meyer reckons it was growing up in the bubbling kitchens of his Antiguan and Trinidadian relatives that inspired him to become a chef.

Now, his blog, pinchofblacksalt.com, is a treasure trove of recipes with heartfelt commentary. From beef meatballs in green pepper sauce to plantain jam, he meticulously melds heritage and life experience, honouring his early days with his Caribbean family, while building on his work at renowned Caribbean and New York restaurants.

"My desire is to become one of the best chefs in the world," Giovanni says. "I want to own a chain of restaurants that will offer people an amazing dining experience while partaking of exquisite cuisine that will leave them wanting to come back for more."

* WWW.PINCHOFBLACKSALT.COM

