

UP AND away

JANUARY - MARCH 2022

BAHAMASAIR
INFLIGHT MAGAZINE

FREE COPY

The Culinary ISSUE

**FLY FREE &
Discover Our Family Islands**

**BAHAYOGI
Connecting The Mind,
Body And Soul**

**LONG ISLAND
Off The Beaten Path**

**SOURSOP
Stories**

CUISINES AND RECIPES FROM

The Bahamas • Cuba • Turks & Caicos • Haiti • Trinidad & Tobago

Hope Town, Abaco, Bahamas
Photo Courtesy of Guilden Gilbert





MESSAGE FROM THE MINISTER OF TOURISM, INVESTMENTS & AVIATION

Photo Courtesy of Bahamas Information Services (BIS)

“Treat your palate to delectable, mouth-watering dishes
that draw heavily on freshly caught seafood”

—Honorable I. Chester Cooper, DPM

Welcome to paradise.

Welcome to the Islands of The Bahamas.

We are delighted that you have decided to visit the Islands of The Bahamas, whether it's vacation or business that brings you to our islands. The options for air connections to our destination are numerous. We are equally delighted that you chose to fly on Bahamasair, our country's national carrier, which connects our islands to the outside world and interconnects the many islands of our far-flung archipelago.

The Islands of The Bahamas are a chain of 700 islands located just 50 miles southeast of Florida. Comprised of 16 unique island destinations, The Bahamas is home to a population of upwards of 390,000—a people whose legendary hospitality is the cornerstone of the world-class tourism destination that The Bahamas has built over the past six decades.

Bahamasair takes pleasure in getting you to and from The Bahamas, and is pleased to offer you **Up and Away**, our in-flight magazine, to introduce you to the wide range of experiences to be savored on a visit to our destination. For advice on shopping, eco adventures, historical sights, beaches, entertainment, culture and much more, **Up and Away** is your trusted guide to the full array of what to see, do and experience in The Bahamas.

This edition you're holding in your hands celebrates the culinary traditions of our country and invites you to embark on a memorable adventure of the unique tastes of Bahamian cuisine. Treat your palate to delectable, mouth-watering dishes that draw heavily on freshly caught seafood—fish, conch and lobster, prepared in a variety of ways. Sample signature Bahamian peas n' rice; delight your taste buds with scrumptious desserts like guava duff and coconut tarts; and quench your thirst with a wide selection of tropical drinks and Bahamian beers. Culinary offerings may vary by island, but you can rest assured that the distinctive taste that characterizes Bahamian cuisine is consistent throughout our 16 unique island destinations: world-famous Nassau and Paradise Island, Grand Bahama, the Exuma Islands, Abaco, Eleuthera and Harbour Island, Bimini, the Berry Islands, Long Island, Andros, Cat Island, San Salvador, Acklins and Crooked Island, Ragged Island and Inagua.

Whether you've come for an exciting, active getaway or a retreat to simply relax and rejuvenate, you can vacation in The Bahamas with peace of mind. All the standard international protocols are enforced for your safety and well-being.

In the Islands of The Bahamas, you are genuinely welcome. Do enjoy your stay with us!

The Honorable I. Chester Cooper,
Deputy Prime Minister of The Bahamas and
Minister of Tourism, Investments & Aviation



The Honorable I. Chester Cooper, Deputy Prime Minister
of The Bahamas and Minister of Tourism, Investments & Aviation

ISLAND HOPPING MADE EASIER

Our newly updated Bahamas app puts island-hopping intel at your fingertips. Read our island guides, get charter flight assistance, and discover countless activities, attractions, and favourite hotspots across 16 sun-splashed destinations. Unlock digital postcards for each island using the interactive geolocation feature. Plus, access special offers on vacation packages, tours, transportation, and accommodations.

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MESSAGE FROM BAHAMASAIR CHAIRMAN

Photo Courtesy of Mario Nixon Photography

“The Bahamas is open for business and pleasure,
and we will do all we can to ensure your trip is a safe one.”

—Chairman Anthony Kikivarakis Sr.

Sit back, relax and enjoy!
It is our pleasure to have you flying with us.

With great enthusiasm, I am honored to welcome you to The Islands of The Bahamas. To both our tourists and our residents alike, I thank you for choosing our national carrier, Bahamasair, for your trip.

This quarter's *Up and Away* magazine is truly a delectable treat as it focuses on something dear to our hearts in this country—our culinary delights! The team at *Up and Away* has brought you the best Bahamian ideas, recipes and photos to inspire you on your journey and well beyond!

Rest assured that we have taken every measure to make your trip an enjoyable one, and you can be sure that all safety protocols are in place for yourself and others. The Bahamas is open for business and pleasure, and we will do all we can to ensure your trip is a safe one.

Our pilots, cabin attendants, grounds staff and many more are all here for you and are a stellar team of professionals, striving for excellence every day, every flight and for every passenger. Again, I wish to extend a warm welcome home to our residents and an equally warm welcome to vacation or business for our tourists! Make sure that you swim in our crystal-clear waters and enjoy our unique cuisine.



Chairman Anthony Kikivarakis Sr.

Keep in touch with us on our website and our social media pages for the latest news, updates and tips for this and upcoming trips!

All the very best,

Anthony Kikivarakis Sr.,
Chairman of Bahamasair

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MESSAGE FROM THE PUBLISHER

Photo by Torrell Glinton

“Indulge your senses in one or all of our family of islands.”

—Capt. L. Roscoe Dames II, JP, Publisher



Capt. L. Roscoe Dames

On behalf of the team at Ivory Global Management Ltd., Publishers, our writers, photographers, creatives and stakeholders, it is our pleasure to once again have this opportunity to present you with an intriguing showcase of culture from Bahamasair's travel destinations. The Bahamas, like countries all around the world, has had a challenging year in the face of the COVID-19 pandemic. As we begin to return to normalcy, we look forward to the future and in the meantime we invite you to sit back, relax and enjoy the treats we have put together just for you.

We are excited about this our “Culinary Issue” of Up and Away, Bahamasair's in-flight magazine, and we trust that you will enjoy and savour the delicious recipes we have included from The Bahamas, Turks and Caicos, Trinidad and Tobago, Cuba and Haiti. Bon appétit!

We will entice you with authentic Bahamian meals like the down-home stew fish and Johnny cake or the delectable minced crawfish—right in time for lobster season. Join us on a trip to Cuba for irresistible cassava tots that you can wash down with the “Yarini's Kiss” cocktail inspired by the home-based restaurants of Havana. Let your taste buds explore the delightful flavours of the Caribbean, from Turks and Caicos' scrumptious buds and rice to Haiti's rich soup joumou and the sweet and savory doubles of Trinidad and Tobago.

Take a step off the beaten path on Long Island to find its many quaint eateries from north to south, and let yourself in on one of Turks and Caicos' best-kept secrets with a taste of real Mexican cuisine at Mis Amigos.

Indulge your senses in one or all of our family of islands and take advantage of the “Two Fly Free Promotion” with the Out Island Promotion Board.

Let yourself be charmed by The Bahamas' very own performing artist Dillon “D-Mac” McKenzie as he rake n' scrapes into our hearts, and enjoy Soursop Stories of the incredible dance duo Gabrielle Miller-Shipley and Dr. Munriah Bomani.

Read on about how the major international brand KFC has become a Bahamian institution and enjoying its world-famous recipe with family and friends is a local tradition.

And finally, relax and take a deep breath as you connect your mind, body and soul with Bahayogi.

Do enjoy your flight and take a free copy of this magazine to share with family and friends and to try some of our delicious recipes.



Queen's Staircase, Nassau, Bahamas
Photo Courtesy of Guilden Gilbert

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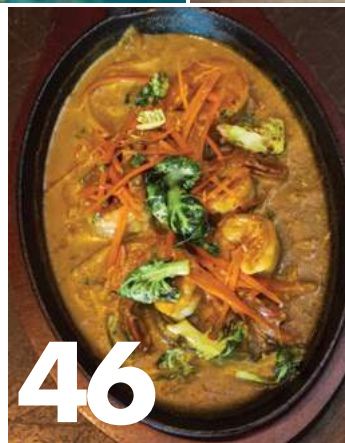
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ON THE COVER



Cover Artwork Shot at Graycliff
Photographer L. Roscoe Dames II
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EXPERT CANCER CARE FOR BAHAMAS PATIENTS

"I enjoyed being around the doctors at Cancer Treatment Centers of America because, not only do they educate you, but they give you a sense of hope. They focus on mind, body and spirit."

Pamela R.
Breast Cancer Patient

At Cancer Treatment Centers of America® (CTCA), Comprehensive Cancer Care Network we understand that cancer is a complex disease, requiring you to navigate insurance coverage, travel arrangements, medical records and other unanticipated needs. Our international team is committed to helping you handle these logistics so you can focus on what's important to you—your health.

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MR. GUILDEN GILBERT has had a fascination with photography for most of his life but it was at the age of 14 that the photography bug really hit him, after which he was rarely seen without a camera. Born and raised in Bermuda, Guilden is self-taught, having never taken any formal lessons—the 8 to 10 rolls of film a week were his lessons. Principally a Landscape/Seascape photographer, today Guilden is also known as a Sports Photographer. The Bermuda Government selected a series of Guilden’s work to be hung in the boardroom of the Ministry of Finance. www.guildengilbert.photography



MS. JOSSANE KERRICE FELIX is a Senior Project Analyst, Author, aspiring Entrepreneur, Musician, Music Commentator, Brand Ambassador and an avid patron of the arts and entertainment. Growing up between Trinidad and Tobago and Philadelphia, USA, she acquired her Masters of Business Administration Degree from Andrews University, Michigan. She has done extensive world travels and contributes to the business and cultural landscapes internationally.

MS. KHASHAN POITIER is enticed by the art of storytelling. She wanted to be a screenwriter when she grew up, but after a high school internship with a local newspaper, she became a journalist instead. Some 20 years later, Poitier has written for TV, online and print in Texas and the Caribbean. Her experience in media relations has afforded her a diverse repertoire, which can be viewed at poitiergroup.com/portfolio. When she’s not storytelling, she’s reading or watching them, including movies, with her family.



MS. NIKIA WELLS is an avid traveler with a passion for seeing the world, learning about new cultures, trying unique dishes and raising awareness about the freedoms of solo travel. In 2014, this Grand Bahama native created the PinkSands242 website, which is devoted to spreading her passion for travel, food and new experiences from a Bahamian perspective, while demystifying various elements of world travel. Her writings have been featured on www.bahamas.com and several other local publications.



PUBLISHERS NOTE: Photograph portrait of Phylcia Ellis is credited to Blair J Meadows in our April-June 2020 Issue.

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MR. DAVID NEWLANDS is a native of the Turks and Caicos Islands. He graduated with honors in the field of communication from Green Mountain College, in Vermont, and has worked in the media field for five years. Tooled with a passion for writing and a love for unique cultures, Newlands has traveled the globe, learning about the moving pieces that create our global culture today.

QUINTESSENTIAL BAHAMIAN

COMFORT FOOD



Smothered Grouper,
Peas-n-Rice and Coleslaw

By Shavaughn Moss
Photographs courtesy of Shavaughn Moss and L. Roscoe Dames II



Meals that soothe the soul and fill the stomach

Comfort food is nostalgic. It's sentimental. Comfort food is specific to an individual, as everyone's definition varies, but inevitably it's that meal that when you sit down to indulge, makes you feel good, and like everything wrong with the world can be made right—at least for those few minutes in time. They are foods that soothe the soul... and fill the stomach. They are recipes that have been passed down through generations.

Bahamian food heritage is composed of many different parts, contributed to by people from other parts of the world. In the mash-up of heritages, you get influences from the African slavery diaspora and the southern United States, the English and Caribbean coming together to create quintessential Bahamian cuisine that is comfort food for the soul and belly. And ask any Bahamian—no one makes their favorite comforting meal better than someone's grandmother or mom, or sometimes even grandpa. But they will attest to being able to find some cooks and restaurants that come in a close second.

And nine times out of 10, expect these comforting meals to be carb overload sessions—so don't expect anyone to speak to you about a bright, zingy, leafy green salad.

Bahamian comfort food staples run the gamut from hearty one-pot soups like peas soup and dumplings, okra soup and crab soup; to anything stewed—fish or conch being the most popular proteins; to boiled land crab and dough, which is a uniquely Bahamian delicacy; crawfish, whether minced or roasted whole; rice dishes—peas and rice or crab and rice; baked macaroni and cheese; and of course desserts like guava duff, coconut tart and pineapple tart and potato bread.



Fresh Catch - Crawfish

Comfort foods are meals that are cozier than the threadbare loungewear you don to bum around the house on days when you don't have to go out and you're not expecting visitors.

It's not a meal indulged in every day, so when the opportunity arises, tucking into a bowl or plate of your favorite comfort meal isn't a hardship.

Diet be damned!

Expect to find a hearty one-pot soup concoction bubbling away stovetop in the heat of a summer day in most homes if Bahamians spy a rain cloud in the sky; and of course, these soups are staples during the cooler winter season. There's nothing like a bowl of these fragrant soups on such days. And once friends and family hear soup's on, you better believe they will be knocking down the door to your house, or their favorite local restaurant, for a bowl.

Soup is a meal meant to be shared. There's no such thing as cooking a small pot of soup, because when you start layering in the ingredients, you always get to that point where a second pot has to be engaged in the process.

A pot of peas soup and dumplings has everything in it, and you can add or remove according to your family's likes—conch, salt beef, ribs, ham, boniato or yams (both of which Bahamians refer to as sweet potatoes), plantains and, of



Guava Duff

course, the pigeon peas and dumplings are a given. You can see where this meal is headed if you have a piece of everything in your bowl.

The comforting peas soup and dumplings, or any of the Bahamian soups for that matter, is one of those meals where the adage "forewarned is to be forearmed" is apt, because when you're done eating, the one thing you want to do is sleep—whether you enjoyed a large helping or tried to control your portion, so diner beware. It's a meal that's balanced, but heavy, too.

One of the beauties about Bahamian soups like peas soup and dumplings, is that you love it eating it the day it's cooked, and you enjoy it even more the next day. Most local restaurants will at least one day out of the week serve this beloved meal.

The ubiquitous meals like stews—with fish and conch being the most popular preparations—are flour-based, and by the sheer nature of the ingredients, are heavy, served alongside grits, rice or Johnny cake. And, just as the soups, are to be had at most local restaurants if you can't finagle an invitation to someone's house.

Boiled land crab and dough is a down-home seasonal meal (crabs walk late May/early June through the first and second week in November) that you're going to have to source out from a really down-home restaurant, or someone's kitchen. You won't find this meal on many restaurant menus, as no self-respecting Bahamian would be caught dead eating this beloved dish in public. It's one of those meals that when you indulge, you want to be able to do so at your leisure with the least disturbance, because when you sit down to a plate of crab and dough, all table etiquette is set aside. (And of course, you have to let a Bahamian show you how to eat it.)

It's also one of those comfort foods that can only be enjoyed in-season as it's prepared with fresh land crabs that have been caught, purged and "fattened" by crab catchers, usually on Andros, the epicenter for land crabs in The Bahamas. Knowing that this meal is seasonal is also what makes this meal so special.

QUINTESSENTIAL BAHAMIAN COMFORT FOOD

The food of the gods for most Bahamians is the almighty crawfish (spiny lobster). You can enjoy it in so many ways, but to make this a comfort food, the crawfish has to be minced (steamed, in Bahamian vernacular) and served with sides of white rice, coleslaw and plantain.

This dish features the sweet, luscious meat of the crustacean sautéed with herbs and tomato paste, which makes for an unbelievably delicious and savory meal. The white rice allows the crawfish meat to shine, alongside creamy, cooling coleslaw. This dish may be simple to prepare, and homey, but you can walk into just about any local restaurant and find it on the menu. In the height of crawfish season (March 31 through August 1), there is fresh crawfish to be found everywhere.

On a weekend morning, the comfort food of choice is usually boiled fish made with grouper, and served with grits or Johnny cake; and for a Bahamian, not at home. They're pulling up to your favorite native restaurant for a meal out which makes this one of those easily accessible meals for all.

The biggest comfort food day in The Bahamas is Sunday, when Bahamians pull up their chairs at the dinner table. If you are lucky enough to be able to pull up a seat at someone's table at home, expect a meal that's a true carb overload, consisting of all the starches you can possibly think of—peas and rice or crab and rice, baked macaroni and cheese, potato salad and coleslaw, with whatever meat is on the menu for the day.

Of course, dessert cannot be forgotten, because Bahamian sweets are just as comforting as the main course. And there's no dessert more comforting than the guava duff—boiled dough chock-full of guava and topped with a hard sauce, with a little rum whipped in for added pleasure.

In years gone by, making guava duff was an all-day family affair. Tree-ripened guavas were picked off the tree in the yard, peeled, cut in half and the flesh separated from the meat. The guava meat was chopped, the seeds boiled and the duff (dough) kneaded and boiled in a white pillowcase that's never used for anything other than the boiled guava duff.



Baked Macaroni and Cheese

While the duff bubbled away merrily stovetop, the sauce comprised of butter, sugar, vanilla flavour and a little (tongue-in-cheek) rum of choice, was made. This is another one of those foods that when family and friends hear is being made, they're knocking at your door with their bowl.

And a beautifully made coconut tart as well as pineapple tart is not to be missed, at all, with the tarts made by people that grew up on Eleuthera being touted as the best to be had nationwide.

Bahamian comfort food isn't eaten often, but when you do eat it, it's akin to a treat, and you will have been well fed. The only reason you don't eat more is you're unable to. [UA](#)

MINCED CRAWFISH

Recipe: Chef Elijah Bowe
Executive Chef, Graycliff



INGREDIENTS:

- 2 10-ounce lobster tails
- 1 onion
- ½ red bell pepper
- ½ yellow bell pepper
- ½ green bell pepper
- 1 celery stick
- 1 tomato, seeds discarded
- 2 garlic cloves
- 1 tablespoon tomato paste
- 2 tablespoons fresh lemon juice
- Goat pepper, to taste
- Thyme
- 1 ounce cooking oil
- 2 ounces butter

DIRECTIONS:

- Cook lobster tails in salted boiling water for approximately 20 to 25 minutes; be sure not to fully cook.
- Remove lobster meat from shell.
- Pull meat apart. Do not cut with a knife.
- Sauté pepper, onion, celery and garlic for 5 minutes.
- Add tomato paste and cook for an additional 5 minutes.
- Stir in lobster meat, goat pepper, thyme and lemon juice.
- Reduce heat, add butter to mixture and let simmer for 10 to 15 minutes. Salt to taste.
- Serve with white rice and coleslaw.



MAMA HILDA FERGUSON'S OLD-FASHIONED PEAS-N-RICE

Recipe: Chef Tiffany Barton
Chef de Cuisine, Regatta



INGREDIENTS:

- 1 cup salt pork, diced (optional or substitute bacon)
- 2 cups fresh peas (optional pigeon peas or black-eyed peas), boiled in rain water (2 cans of peas can be substituted)
- 3 ounces lard (oil of choice can be substituted)
- 1 large onion, sliced
- 2 overripe tomatoes, chopped, or bottled tomatoes, or canned tomatoes
- 4 ounces tomato paste
- 1 medium stalk celery, diced
- 1 bay leaf
- 3 cups collected rain water (regular water can be substituted)
- 2 cups long grain rice
- 8 sprigs fresh thyme
- Salt, to taste
- Black pepper, to taste



DIRECTIONS:

- Shell fresh peas, ensuring they are picked and washed properly.
- Submerge peas in rain water and boil for approximately 2 hours or until soft. Do not let all the liquid reduce from peas. Add more water if necessary. Save approximately 1 cup of the water.
- Place lard or oil into a pot under low heat and slowly cook salt pork until crisp. Add in fresh tomatoes or bottled tomatoes and allow to cook approximately 5 to 6 minutes.
- Add bay leaf, fresh thyme, sliced onion and celery to salt pork and tomato mixture and sauté for approximately 5 minutes more.
- Add tomato paste to pot, and cook until tomatoes reduce.
- Add boiled peas with the 1 cup of liquid saved and 3 cups of water. Season to taste with salt and black pepper.
- Add uncooked rice and stir. Cover and allow to cook.
- When liquid has reduced in pot evenly with rice, reduce heat to low and cook for approximately 15 minutes or until fluffy.

STEW FISH

Recipe: Chef Seanette Cooper
Klassy Chef Catering



INGREDIENTS:

- 2-3 pounds of grouper fillet or 4 whole snappers, cleaned and seasoned
- 2 cups oil plus 1/2 cup vegetable oil
- 1/2 cup flour
- 1 medium onion, diced
- 1/2 cup celery, diced
- 1 teaspoon thyme, chopped
- 3 ounces fresh stewed tomatoes
- 2 medium boniatos (sweet potatoes), sliced
- 3 cups water
- Salt and pepper, to taste
- 1 goat pepper, minced



DIRECTIONS:

For the fish:

- Heat 2 cups oil in a frying pan/skillet on medium heat. Place seasoned fish in the pan and let fry about 3 minutes on each side. Remove from the pan and place in a lined pan to absorb excess oil. Set aside.

For the stew:

- Heat 1/2 cup oil in a frying pan or skillet on medium heat, add the flour and stir continually until medium to dark brown. Be attentive so that it does not burn. This process takes about 10 to 15 minutes.
- Add onions, celery, thyme and tomatoes to the pot and mix well. Still stirring continually.
- Stirring with a whisk to ensure it is smooth, add the 3 cups of water slowly to the pot. Allow it to come to a boil. Add the potatoes and reduce heat and allow to simmer for about 15 to 20 minutes.
- Season to taste with salt and goat pepper.
- Add the fish to the stew and allow to simmer for an additional 5 minutes.
- Serve in a bowl with a wedge of fresh lime.
- Serve with a side of grits or Johnny cake.



BUDS AND RICE

A Turks and Caicos Original Dish

By David Newlands

Photographs courtesy of Clarabelle Garland

Recipe by Clarabelle Garland and Sandra Garland

Turks and Caicos Islands are one of the many destinations serviced by Bahamasair. Visit Bahamasair.com to book your next flight to the Turks and Caicos Islands.

While many credit the Turks and Caicos Islands with having world-famous beaches and luxurious resorts, few know of the rich history of the country. Given its proximity to The Bahamas, Turks and Caicos shares an intrinsic connection with the era of discovery and Christopher Columbus, as well as the indigenous Taino tribes of the Arawak and Lucayan people. As such, the small country shares a history and culture with The Bahamas, which is shown in similarities in dialects, celebrations, culinary tradition and recipes.

I was tasked with the interesting challenge of finding a dish that was unique to Turks and Caicos. Given the shared cultural heritage with The Bahamas, this was no easy task. As both countries are popular tourist destinations, most major restaurant menus offer very similar selections, created through years of trial and error which created a safe, albeit delicious, formula. This meant that in order to find a dish native to Turks and Caicos, I had to look past restaurants and resorts, and instead focus on an age-old island tradition—cookouts.

At cookouts, you won't find chefs attempting to elevate flavor through subtle notes and hints of umami; instead, you will find members of the community cooking large, delicious meals for friends and family. Rather than luxurious dishes like lobster tail and seared ahi tuna, you will find dishes that have circulated through families for generations. It was at one such cookout that I stumbled across a dish that was truly unique to Turks and Caicos; one that dated back so far, no one could give me a definitive answer as to its origin, although it is commonly believed to date back to the indigenous population that lived on the islands. Its name is *buds and rice*.

Mainly found on the islands of Grand Turk, Salt Cay and South Caicos, this local dish was originally created out of necessity, as a result of the climate and scarcity of arable land. Today, it is a delicacy—a legendary local dish that can only be enjoyed if you know where to look and who to ask. You won't find this dish at hotels or restaurants, but instead, in the kitchen of someone who seeks to grant you a unique privilege and experience.

Buds and rice consists of cactus fruit from the local *Opuntia stricta*—more commonly known as the “prickly pear cactus” or “pear bush tree”—and browned rice, and is often found accompanied with a small amount of cured meat such as dried conch or pig tail. This dish was one of the many uses of the prickly pear cactus, as natives also made soups with the fruit, as well as drinks and beauty products.

In this dish, the rice acts as the vessel; however, the unique flavor comes from the cactus fruit, which adds a delicious yet mild combination of citrus and floral flavors. This, coupled with the added meats, gives the dish a notable yet delicate combination of sweet and salty notes. Often paired with fried fish, this unique combination of flavors and textures steals the show when put on a plate.

Few people know of it nowadays, due to the heritage-heavy nature of the dish, especially when compared to something as famous and accessible as cracked conch; however, buds and rice speaks to the roots of the country. Turks and Caicos has always been considered as “the country” in the eyes of its neighbor, The Bahamas. Before the development of resorts and infrastructure, many natives of the small archipelago lived the simple life, with few luxuries.

With such humble roots, many local recipes were built based on accessibility rather than luxury. Given how common the cactus was, and the requirement to use staples such as rice to spread food out over longer periods of time, buds and rice was an easy solution to feeding families while adding delicious flavor to otherwise simple dishes. Through the years, as Turks and Caicos grew and developed, the recipe has evolved from a necessary solution to a delicacy and a refined reminder of a simpler time.

This delicious dish is now a national treasure. It will not be seen in most restaurants—often only prepared by a native mother, grandmother or auntie at a local celebration. If you decide to visit the small archipelago, be sure to keep an eye open for local festivals and gatherings, or befriend a local so you can try the dish out. Or if you have confidence in your culinary prowess, try your hand at making it yourself. **UA**



BUDS AND RICE

INGREDIENTS:

- 2 pounds fresh cut buds
- 2 tablespoons cooking oil
- 1 teaspoon sugar
- 1/2 onion
- 1 celery stick
- 1/2 sweet pepper
- 2 boiled and salted pig tails
- 1 dried conch
- Thyme
- Rosemary
- 2 garlic cloves
- 2 cups enriched rice
- 1/4 teaspoon salt
- 1 teaspoon browning (if desired)
- 4-6 cups water

DIRECTIONS:

- Pour oil into pot and let it become very hot.
- Add sugar to heated oil and allow to brown to your desired colour.
- Add onion, celery and sweet peppers to browned sugar until mixture is rich brown in colour.
- Combine boiled pig tails and dried conch into vegetable mixture and season with thyme, rosemary, garlic and salt, or as desired.
- Add water to the mixture and bring to a boil.
- Add rice to the mixture and allow to boil until excess water is gone.
- Reduce heat to low and simmer until rice is at your preferred texture.

BONUS DRINK RECIPE:

PEAR WINE

- Allow buds to sun-ripen on the tree.
- Carefully remove about two dozen sun-ripened fruit.
- Carefully remove the thorns.
- Cut off and discard the tops of the fruit (locally called the "plug").
- Peel the skin off the fruit.
- Blend the peeled fruit.
- Strain the seeds, leaving the red sweet liquid.



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A woman with short blonde hair is performing a high yoga split on a rock outdoors. She is wearing a dark, flowing top and has a small tattoo on her upper arm. The background shows a blue sky with clouds and some greenery.

BAHAYOGI

Connecting The Mind, Body and Soul

By L. Roscoe Dames II and Rayne Morgan

Photographs courtesy of Nathan J. Mayes, F.Dot Photography and Berment Photography

Remembering to take it easy can be a struggle when you're caught up in the everyday hustle and bustle of life. But Alexandra Kaufmann wants to remind you to take care of yourself—mind, body and soul. And the way she teaches that is through yoga.

Kaufmann is a Bahamas-based yogi, meaning she is a teacher of the ancient practice of yoga, which originated in India and whose holistic approach incorporates physical, mental and spiritual wellbeing. She also goes by the fitting name “Bahayogi”, and as far as she's concerned, “if you're breathing, you're already doing yoga”.

“I feel like yoga has this preconceived notion that you have to be flexible in order to do it,” said Kaufmann in a recent interview with Up and Away Publisher Capt. L. Roscoe Dames, JP.

“When I first started, I was not flexible. I could not touch my toes, I couldn't do the splits, I couldn't do any of the stuff that I do now. It's just a part of the journey. Once you begin to keep it up—you find that consistency, you find the breath—you'll be amazed to see how far your practice can go.

“I've seen that with a lot of my clients. I literally used to teach this man who was like 75 years old—he had like a hump back, he was very slow-moving. After about 12 classes, he was walking into the class with his shirt off, abs ready, ready to go, ready for power yoga, doing handstands and everything. I was like, ‘Wait, what? Who is this man?’ So, it's just that sense of consistency and just sticking to the practice and knowing what you want out of your practice.”

Despite its ancient origins, modern yoga has evolved to the point where it has many different forms and variations. It usually encompasses the practitioner



focusing on their breath while slowly doing different stretches, or “poses”, as a way to exercise the body but also calm the spirit and soothe the mind—all under the gentle guidance of a yogi like Kaufmann.

According to her website, bahayogi.com, Kaufmann has over 500 hours of yoga teacher training and she has even had opportunities to teach celebrity clients like Nicole Kidman, Reese Witherspoon and Jennifer Lawrence. She has also hosted a number of retreats for fellow practitioners, including to Cat Island, The Bahamas, and Trinidad and Tobago. The aim of these retreats, she said, is to “find the balance of just really enjoying life but also taking care of yourself at the same time”.

“I find that retreats...have been such a great getaway to kind of find that perfect mesh of a good vacation, that cultural immersion and also taking care of yourself, which is what I pride myself on having my retreats about,” said Kaufmann.

“Like, we have fun. I remember when I did my Dominican Republic retreat, we were in the club, deep in Samaná, just having fun, having that good local experience, eating local street food, but then still waking up in the morning to do yoga.”

It’s a movement she hopes to introduce in The Bahamas, as she noted: “I feel like wellness tourism is very, very important. It’s definitely something I’m trying to bring to The Bahamas on a bigger scale, I find.”

But for all her success, the yogi confessed that she actually hadn’t planned for her career to take off the way it did. Kaufmann, who has the unique heritage of a mother from Andros, The Bahamas, and a father from Austria, shared how the path that led her to becoming Bahayogi was in fact almost accidental.



She told Up and Away the tale of her life’s journey: of having to deal with an abusive father before her mother divorced and re-married her stepfather, whom she credits with helping her mom to raise her into the spirited, kind and open-minded person she is today. She also spoke of an “interesting” childhood trying to balance the “strict Austrian side” with the “very lax, loving-life, Bahamian, island side”.

After attending school in Nassau until 9th grade, Kaufmann said, she attended Pickering College, a boarding school in Toronto. She then went on to the University of Toronto—the number one university in Canada—but ultimately dropped out due to financial constraints.

“Then I came back here and I had my daughter and I started yoga, and the rest is history,” she said with a laugh.

The world-renowned yogi revealed that her Instagram page, which now has more than 400,000 followers, actually began just as a pastime to help her

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manage procrastination. Being forced to keep up with making posts and doing online yoga challenges, she said, was a way for her to stay focused.

Hence, she said she was caught off guard when people started looking to her for inspiration and advice; and eventually she realized she could turn her beloved yoga practice into a career.

“It’s something that I like to do and people want me to help them, and I love teaching. So, I was like, ‘You know what? This is it for me,’” said Kaufmann.

“So then I went off, I got certified and then it just went all up from there. I just love the feeling that I get from teaching and I think it’s more so than just being Bahayogi. It’s just what you give to people when you teach them, especially people who come to class and they don’t know what they’re doing. And when they’re in class and they hit a pose for the first time, that excitement that you helped them there, you helped them realize their potential and just understand how amazing they are—that, for me, is what sparked it.”

A glance at Bahayogi’s Instagram page speaks for itself as Kaufmann showcases the impressive yoga positions she can hold, with stunning Bahamian islands as her backdrop.

It’s hard to believe she once shied away from the popular Bahamian pastime of going to the beach, afraid to wear a bikini or have others see parts of her body she did not like; but that’s another surprising fact Kaufmann revealed about herself.

Rather, she said the reason she initially took to the beach was simply because she did not have sufficient space at home to practice.

“When I first started my practice, I had to practice on the beach because I actually had no space in my house,” she said. “So, I went to the beach and it was very interesting for me because I normally didn’t really like going to the beach because I was always very shy about being in a bikini.”

Developing a positive body image was something she had to learn, and something she said others can also gain from yoga practice. In fact, despite her reservations about beachgoing, Kaufmann said the beach was always a place of solace where she could “kind of get away and recharge”.

“Every time I went, I was able to kind of get away from anything else I was dealing with mentally or just have that reconnect with just the earth, in a sense. Just salt water, for me, is so cleansing and so detoxifying... Being on the beach is a deeper connection that you can make with the world.”

Kaufmann explained that the word yoga “in itself means union”, adding, “The beginning of yoga was pretty much all about connecting those three elements: that mind, that body and that soul, through breath... Yoga helps so much with the physical aspect of life, but not even that—just like the emotional, the mental, the spiritual.

“And I think the great thing about yoga is it can be exactly what you want it to be. You don’t have to be doing handstands; you don’t even have to do the meditation aspect of it. You can take what you want from it... Everyone can find what it means to them.”

Bahayogi also encouraged would-be practitioners, or even those far along in their practice, to stand strong in their power and enjoy the journey no matter



what stage they’re at. Her advice is to set goals, to never compare yourself to anyone, to use setbacks to power you through and to just breathe.

“Whether you’re a woman who wants to feel more comfortable in her skin, or whether you’re a man who wants to own the fact that he does yoga and not feel judged by it—which he shouldn’t be—just own your power. Just understanding how limitless you are, how authentic you are just for being you, just owning that is something so beautiful within itself.” [UA](#)



Garbanzos Fritos



The Pink Ale

HAVANA CRAVINGS

By Myrurgia Hernandez

Photographs courtesy of XSL Language Services

"El Jíbaro" courtesy of Xismara Sánchez Lavastida

"La Cocina de Lilliam" courtesy of Annet Sánchez Lavastida



El Jíbaro's Flan Caramel

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"How often do you go back home?" I was asked. Just then, the guilt of knowing I should have answered "not often enough", mixed with the nostalgia of being separated from my mother's cooking, took over. I'm sure it seemed like I was in a daze, but I was really thinking of Maricela's cooking... Oh! You guessed right: my mum's.

"La comida de Maricela" (Maricela's Cooking), also featured during International Culture Ltd.'s cultural series "Domingo en mi casita", has been featured annually at The Bahamas' International Culture Wine and Food Festival, and is considered by many as the main Cuban food stand at the event. Her signature dish—featuring white rice with black beans and cassava with Cuban mojo, served to complement a juicy and tender roasted pork or chicken—has been taking over the palates of festivalgoers for the last 15 years. These are loyal cuisine connoisseurs who wishfully wait year after year for the arrival of The Bahamas' most iconic cultural display.

In the midst of my bemusement, the desire to book my favorite Bahamasair flight, UP 250, took over. In an instant, I knew it was time to treat my favorite chef to a "cuisine staycation", and I knew just the right crew to make it happen. Immediately the XSL Cuban Cuisine Tour team was contacted and asked to recommend the "must-go" dining spots in Havana, to satisfy my Havana cravings.

I launched a challenge for our XSL Cuban Cuisine Tour specialists Xismara Sánchez Lavastida and Annet Sánchez Lavastida, just to see who would recommend the hottest spot. I must tell you that the results of the challenge are excessively enticing, hence I need your comments to help me choose which paladar should be the first one to host my "kitchen goddess".

By now you may be wondering: what is a paladar? Well, the term paladar, literally translated as "palate", is the name given in this context to a place where taste buds have a unique indulging celebration. It's a family-owned, home-based restaurant concept that in many cases complies with international restaurant standards.

Xismara recommended El Jíbaro. No worries, I got you: when you ask, just say "don-day es-tah la pah-lah-dar 'El hee-bah-roh'", and any Spanish-speaker will know you are trying to find a place with that name. For the record, you may write, "¿Dónde está la paladar El Jíbaro?" Your driver will know just where to take you.

After going through El Jíbaro's menu, my imagination took me to a scenario where I ordered a cocktail called "Yarini's Kiss". Since I can only handle some alcohol in my mind, I finally tasted the fruity ingredients mixed with the spicy Havana Club 3 Años rum flavor. The passionfruit cordial, tarragon, black pepper and champagne definitely accentuated our tour guide's praise on the exquisite make-up of this drink. (Want to try it? The recipe is at the end.)

Xismara also recommended "The Pink Ale", a ladies' choice that seems to be very popular among the many international icons who have visited El Jíbaro, including Hollywood stars, former presidents, the hottest entertainers whose music you enjoy and, of course, in my daze: you, my chef goddess and I were there just loving ourselves... I'm sorry if you just found out that you were invited to my imaginary UP 250 flight. I just like to visualize good moments, and FYI: you are in it.

Are you hungry yet? Let's get you started with El Jíbaro's cassava tots. (The recipe to create this piece of heaven on earth is at the end. Ready to cook? Let's try it!)



Seafood lovers may also indulge when ordering delicious seafood mini-tapas or hors d'oeuvres. Xismara assured me that vegetable versions are also available. I am ready to taste this food and order more!

Cuba is very famous for its unique and creative ways of preparing pork dishes. One of the many pork dishes served at El Jíbaro is ribs cooked at a very slow temperature. That's right! Now you know our secret to cooking juicy and melt-in-your-mouth pork dishes. Here is one more secret that I will only share with you: Cuban cuisine often uses cooking wine, sour orange, garlic and onions to enhance the basic all-natural seasoning that most Cuban families enjoy.

By now, you should be ready to have dessert. Are you? Let's pick and choose. Should we have:

- a) El Jíbaro's flan caramel; or
- b) Flan from La Cocina de Lilliam?

Tough call, I know. Maybe we should taste both. To be honest, you are not overeating; you were asked to assist in a challenge, whose subject happens to be food. And by the looks of it...I promise you this is great food.

By the way, La Cocina de Lilliam (Lilliam's Kitchen) is the name of la paladar suggested by Annet, XSL Cuban Cuisine Tour associate, and for our purpose,



the other party to the "must-go" dining spots in Havana challenge, which I'd like to call the "Havana Cravings Tour".

Did you know that las paladares are so famous, that even former United States President Barack Obama was seen dining at one during his visit to Cuba? That's right. And it's no wonder—they excel themselves in the preparation and presentation of traditional dishes. It's like merging the old and the new, to obtain a modern-classic outcome, and believe me, the dishes look modern, but the flavor is just like in the old days.



Annet explained that Lilliam's Kitchen must be our first stop. To persuade me, she put together a few images of her choice picks. Is it just my eyes, or does this food look like we must come out of the imaginary trip, and just make the trip happen?



Here we go. Thirsty? With or without alcohol?

No meat, no problem. Start with a seasonal salad, which may be accompanied by the traditional mojito or a freshly squeezed orange juice. It's very common to enjoy natural juices as part of a Cuban dinner.

You may choose to simply go with garbanzos fritos. Lilliam's Kitchen seems to have found the perfect balance to depict European dishes, yet with a touch of Cuban flavor.

Seafood lovers may also enjoy the Lilliam's Kitchen paella. By the looks of it, their paella is filled with savory portions of your favorite seafood dishes, in an all-in-one experience.

After enjoying such a wonderful imaginary experience, the thought of making it a reality took over. At first, I thought that my imaginary journey was the solution to calm my Havana cravings. But then I thought to myself: should I go mask-shopping? After all, who said I could not travel? I just need to follow all the safety measures to get in and out safely and claim my cuisine tour reality.

My question is: are you satisfied? If your answer is "no", then you must join my upcoming "Havana Cravings Tour". I promise to take you to El Jíbaro and to La Cocina de Lilliam, and together we must find the name of the enticing, mouth-watering and eye-catching dish found below. Are you ready to choose your first stop? I would love to know who won the "Havana Cravings Challenge". What's your pick? Wouldn't you like to come along? I'm already packing. Are you? **UA**



Traditional Cuban Mojito

CASSAVA TOTS

INGREDIENTS:

- 1 pound boiled cassava
- Parsley, chopped
- Chives, carved
- 1 stick butter (90 grams)
- 100 grams artisan goat cheese, cut into 1-centimeter cubes
- Salt and pepper to taste
- 100 milliliters mustard
- Breadcrumbs



DIRECTIONS:

- Soften cassava in a boil, then reduce it to mash and season with salt and pepper.
- Fry the butter and the chives in a very fine cut. Add it together with the parsley to the mashed cassava and mix.
- Now comes the fun time—this is when you make little balls with the cassava and put a cheese cube in the center, before closing the ball.
- I warn you, after having been mama's kitchen aid for years, I can assure you that a few of those balls will accidentally go missing. No worries, it's part of the fun.
- Let's get serious now! We have a dish to finish.
- Now take each cassava tot and dip it in the mustard spread and then through the breadcrumbs.
- Yep, you've got it; it's time to warm your oil and fry your tots.



YARINI'S KISS

INGREDIENTS:

- 50 milliliters Havana Club 3 Años
- 25 milliliters passionfruit cordial
- 10 milliliters lime juice
- 1 sprig fresh tarragon
- A twist of fresh black pepper
- Chilled cava (sparkling wine or champagne)

DIRECTIONS:

- Macerate all ingredients except cava into a composition glass, then double filter into the glass over ice.
- Top with chilled cava and lime juice.




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MAKING A FASHION STATEMENT

Apryl Burrows and Kevin Evans



By Kendea Smith

Apryl Burrows photographs courtesy of Apryl Weech-Strachan, Shawn T. Photography and Roderick Wells

Kevin Evans photographs courtesy of Nikia Charlton, Kendrick Rolle Jr. and Floyd Mayweather Promotions

Bahamian designers get local and international spotlight

Fashion continues to elevate in The Bahamas and two names that stand out are Apryl Jasmine and Kevin Evans. Recently, *Up and Away* interviewed these two designers who continue to ensure that The Bahamas stays on the map in the fashion world.

Apryl Burrows

Apryl Burrows, who is the proud creator of Apryl Jasmine, has been entrenched in fashion since she was eight years old.

"As a young girl I was always very artsy and crafty, using scraps of leftover fabric from my mum's sewing projects. My clients were my dolls and they were always fabulous," she told *Up and Away*.

But it was in her teenage years that Burrows got her first chance to blossom.

"I didn't know what a fashion designer was until age 14 when I landed a summer job with the late Jeffrey Taylor, a Bahamian artist and designer. Although I was a teenager, I was inspired by actresses like Diana Ross and singers like Sade, Phyllis Hyman and Whitney Houston," the designer said.

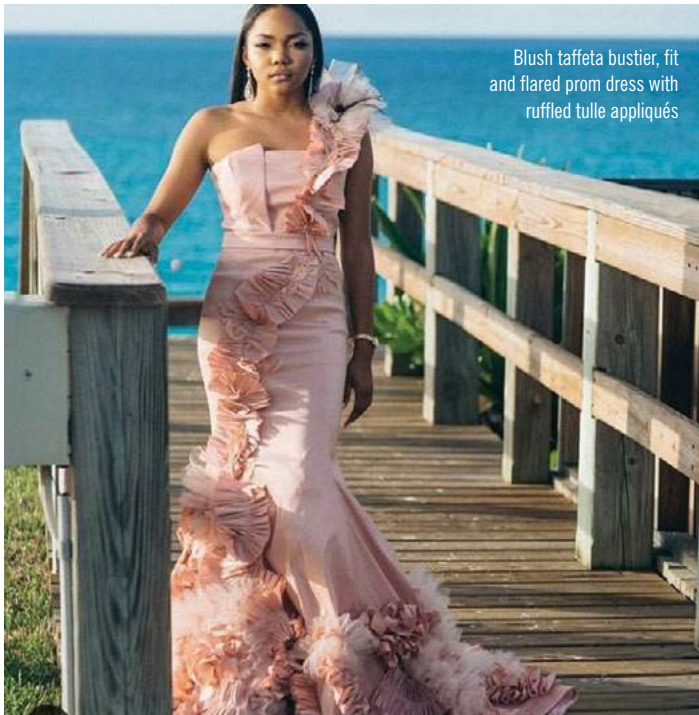


Ruffle crop top and maxi skirt in charcoal rayon with metallic silver shimmer

MAKING A FASHION STATEMENT: APRYL BURROWS AND KEVIN EVANS

"Emanuel Ungaro was the first international couture designer whose work I was introduced to. His bold colors and detailed craftsmanship influenced the way I viewed clothes. I worked as Jeffrey's apprentice for ten years, and during those years, I learned the creative, artistic and theatrical side of fashion."





This side of fashion includes anything from T-shirts and resort wear to ball gowns and bridal couture. But Burrows insists that her style is unique.



Blush taffeta bustier, fit and flared prom dress with ruffled tulle appliques





"Ashlee" hi-low shift dress in ivory metallic rayon

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"My design aesthetic is effortless glamour. My designs are made of high-quality fabric; whether silk or cotton, I always use the best quality available and suitable to the design," Burrows said. "My designs are for the woman who has an affinity for luxurious fabrics and subtle eccentric and feminine details. She is confident and uses my creations as an accent to her own personal style."

Burrows said while she loves to design ball gowns, she takes an artisanal approach to all of her designs. She added that a lot of her inspiration comes from traveling. But since COVID-19 has brought that pastime to a screeching halt, her latest inspiration has come from being at home in The Bahamas.



White T-shirt with handcrafted blush leaf appliques & sequin embellishments. (From the zero waste /sustainable T-shirt collection)



Bahamian Androsia 100% cotton black Dome face mask

"Experiencing different cultures, seeing how people express themselves through clothing, is always very interesting to me. Lately, I am inspired a lot by Bahamian mixed media art and our beautiful sunsets which have been just amazing this year," she said.

Burrows is one of the local creatives who decided to design fashionable masks for Bahamians.

"I have recently been recognized by the prime minister, the Most Honorable Dr. Hubert Minnis, for playing an integral part by virtually supervising a team which, during the three-month pandemic lockdown, produced thousands of masks that were donated to the government and distributed to low-income

communities throughout The Bahamas. To receive such recognition at that level and for such important work, was a highlight in my career," she said.

Burrows has also been recognized internationally. In 2014, she appeared in New York's Caribbean Fashion week.

And after 17 years of creations, Burrows said she's looking forward to the future.



Bahamian Androsia 100% cotton reversible Dome face mask

"I am excited to offer an assortment of products including clothing, clutches and totes, jewelry and some home accessories, including wall art. I have realized that I've only scratched the surface of what I am able to create and offer to my growing clientele. I've also come to realize how important it is to have an online retail presence, which is a new direction I have taken to sell my products," she said.



Distressed denim Dome mask with replaceable silk ties

The veteran designer gave advice to those looking to enter the local and international fashion industry.

"The best advice I could give is to spend time and money honing your craft. Focus on one category and master it before adding more. Intern with established designers. There is an infinite amount of knowledge and inspiration available to advance your skills. Travel to fashion capitals, conduct market researches in person and online, of trends and classic fashion. Design and sew for your family and friends. Learn the body and what works for each body type," Burrows said.

"We never stop learning so continue to take classes, sign up for webinars. Everything you need to know about the fashion industry is available to you. You have to seek it out and use it."



Two-button white and blue striped cotton slim fit suit with white slim fit cotton shirt

Kevin Evans

Men's fashion in The Bahamas is gaining momentum in the fashion world. One of the reasons behind this is the work of designers like Kevin Evans—the creative genius behind K E Collections.

Evans first got into men's fashion in 2005 and said his inspiration came from movies.

"My love of fashion was inspired by watching movie costume designs, for example Keanu Reeves in *The Matrix*. My clothing design is unique and bold. I love to create styles that force me to think out of box," the designer told *Up and Away*.



Boxing trunks for Floyd Mayweather Promotions

LEFT: One-button wide lapel green linen blazer trimmed with brown rope pipen at the back lapel. White cotton slim fit shirt with brown and white pattern collar, long navy blue slim fit cotton pants

MAKING A FASHION STATEMENT: APRYL BURROWS AND KEVIN EVANS

Evans said his favorite pieces are vests and dress shirts, and that he finds inspiration for them through getting in touch with his senses.

"If I see a design, color or material pattern, it drives me to create an innovative sketch," he said.

Evans has also been internationally recognized.

In 2009, he applied and was accepted for Islands of the World Fashion Week. In 2012, he was selected among the top three finalists out of 15,000 designers across the world to showcase his line in Miami, Florida.

"I've also designed boxing apparel for professional boxers abroad, under Floyd Mayweather Promotions. Additionally, I've participated in other international fashion shows, such as Los Angeles Fashion Week. Recently I've received the Distinguished Alumni Achievement Award from Bahamas Technical and Vocational Institute," Evans said.

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LEFT: Black and white African print polished stretch cotton zip up shirt with white long slim fit dress pants

BELOW: Polished stretch cotton mid sleeve, Mandarin collar zip up African print casual shirt. Navy blue slim fit pants



ABOVE: Black and white slim fit zip up cotton dress shirt. Burgundy button down vest with wool scarf



ABOVE: Red and white striped double breasted cotton vest. White short sleeve shirt with patterned collar and dark grey wool long pants

He said his next ambition is to take his line global. The designer encouraged budding fashion designers to follow their dreams.

"The first thing I would encourage anyone contemplating entering the fashion world is to first of all believe in yourself and always be self-motivated." **UA**

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INDULGE IN THE FAMILY ISLANDS



Candy Stripe Lighthouse
Hope Town, Abaco, Bahamas

By Shavaughn Moss

Photographs courtesy of The Bahamas Ministry of Tourism and L. Roscoe Dames II



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Thunderball Grotto
Exuma, Bahamas

Adventure. Romance. Family time. Or just relaxation. It's all the order of the day—you're in The Bahamas. It's up to you to decide just how active or disconnected you want to be.

Search for the elusive "Fountain of Youth"; dive for sunken treasure; traverse the highest point in the country (at a staggering 206 feet above sea level); party the night away; or nothing is more romantic than strolling miles of secluded, unspoiled and mostly undisturbed beaches.

Fishing, diving and shopping—check, check and check.

There are activities to engage the entire family; rest assured, no one will feel left out. You're in The Bahamas, a country whose beauty extends beyond its natural wonders to the people's warm hospitality.

It is paradise. Literally!

An archipelagic nation comprised of 700 islands—15 of which are inhabited and able to fill the indulgences for all exploring pleasures, whether it's the metropolitan city life you can't leave behind, being able to walk for miles on uninterrupted sandy beaches, drinking in the sight of the most beautiful turquoise waters, fishing or swimming with pigs.

It's a given that every Bahamian island boasts beautiful blue waters and sugary soft powder sands (some even have pink sand) that call to you to sink your toes in, as well as amazing fishing, snorkeling and diving opportunities, but each island also has a uniqueness that makes them worth exploring. So take time to venture outside of New Providence—on which is the nation's capital, Nassau—and Paradise Island.

In spite of our unique differences island to island, it's important to remember that we are still one country, and one family, which is why you may hear the Out Islands referred to in some instances as the Family Islands.

The islands are spread out over 100,000 square miles of ocean, making for an ecological oasis boasting the clearest water on the planet. (Just ask American astronaut Scott Kelly who called The Bahamas "the most beautiful place from space" during his year at the International Space Station in 2015.)

New Providence (Nassau) and Paradise Island is where you want to be if you simply can't leave the city life behind. It's as metropolitan as any big city anywhere in the world. The capital is always abuzz with nightlife, festivals and excitement. Break free and have fun—no one's watching or judging.

The Abacos, comprised of a 120-mile-long chain of islands, is revered as one of the boating capitals of the world. Here, you can explore fascinating caves and cays; visit settlements like Hope Town on Elbow Cay and New Plymouth on Green Turtle Cay that have the look of a New England fishing

town, complete with picket fences and gingerbread trim; and visit the famous candy-striped lighthouse in Hope Town, a favorite photo opportunity.

To escape from civilization, Acklins is the island you want to make the trek to, with its miles of undisturbed sandy beaches, countless coral gardens and a 1,000-square-mile lagoon. There's a saying—"good things come in small packages"—and this adage is said to embody Acklins, where there's plenty to do. The island's exotic rock formations and scenic plant and animal life, make the island a nature lover's dream.

Andros is described as The Bahamas' natural wonder, and the perfect destination for the eco-traveler when it comes to natural experiences—after all, the earth's third-largest barrier reef (after Australia's Great Barrier Reef and Central America's Belize Barrier Reef) lies adjacent to its shores. When taking a break from adventuring, there's plenty of other things to do—whether it's picnicking at Morgan's Bluff, Love Hill Beach or Somerset Beach; doing a rum shop crawl; or shopping for locally-produced Androsian fabrics in Fresh Creek or baskets and wood carvings in Red Bay.

Bimini, the big game fishing capital, was the haunt of Ernest Hemingway, the American journalist, novelist, short story writer and sportsman. It provides a quiet and historic escape known for sailing, diving and fishing.

The Berry Islands, a cluster of 30 cays, is famed for its billfish and is often referred to as "the fish bowl of The Bahamas". This is a spot for dive enthusiasts, as the islands boast spectacular wreck sites.

Cat Island is rustic, laid-back—an oasis, with much to be discovered. Its landmarks include Mount Alvernia, which sits atop Como Hill, the highest point in the islands, and eight-mile Fire Beach. Cat Island is also home to the infectious, pulsating sounds of rake n' scrape music which will entice you to dance the night away.

Crooked Island provides memorable fishing and snorkeling, and is nicknamed the "fragrant island". Be prepared, as the air is scented with native herbs and flowers.

Eleuthera is the island described as a vacation playground, from the pink sand beaches of North Eleuthera to the renaissance of the Cape in South Eleuthera, and points between. You can spend weeks on this island and not see all of the natural beauty there is to explore.

And then there's Harbour Island ('Briland, if you want to sound like a local), famous for its three-mile long pink beach.

Great Exuma, Little Exuma and the cays are the ultimate escape for the rich and famous. The Exumas offer an amazing variety of vacation possibilities with beautiful blue waters everywhere, which are said to be the clearest in The Bahamas. And of course, the Exumas are home to the wildly popular swimming pigs.

On Grand Bahama, the northernmost island in the archipelago, is Freeport, the nation's second city, which offers unique birdlife and a cavernous diving world.

Birdwatchers will fall in love with Inagua, a bird watcher's paradise and where the largest in-the-wild flock of flamingo, the national bird, can be found amongst more than 140 species of birds. Inagua's salt pond is also not to be missed.

On Long Island, an extraordinary natural wonder, you can discover history and dive magnificent blue holes, the most famous of which is Dean's Blue Hole, the deepest recorded blue hole in The Bahamas at more than 600 feet, and the world's second deepest blue hole. And there is the towering spine of ancient reef



Eco Tour, Grand Bahama, Bahamas

which gives the island two faces—the dramatic cliffs and caves of the east coast and the soft, sandy-edged lee side.

If you want to get lost on miles of sand untouched by humans, Mayaguana is the island to explore. With a small community of locals, this utopia is one of the most peaceful to visit in the country.

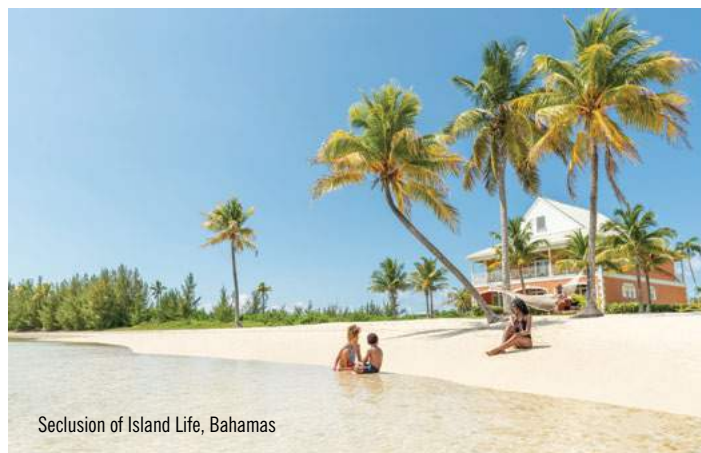
Ragged Island is the place to snorkel, dive, fish, explore and do whatever you like because time moves at your pace. It's quiet, serene and pristine, and embodies simplicity at its best.

Rum Cay is another one of those unspoiled tropical oases that is probably one of the best-kept secrets where you can have an authentic Bahamian experience, with its turquoise waters and pure sand beaches.

On San Salvador you can take a step back in time, as you come face-to-face with archeological evidence of the indigenous Lucayan Indians. (In the north of Rum Cay is a cave containing Lucayan Indian drawings and carvings and various artifacts from the Arawak Indian period.)

The Bahamas is not just New Providence (Nassau)/Paradise Island, which accounts for just two percent of the land mass—The Bahamas is all of this.

According to Kerry Fountain, executive director of the Bahamas Out Island Promotion Board, the appeal of the Out Islands (Family Islands)



Seclusion of Island Life, Bahamas

is that they allow people the opportunity to reconnect, re-energize and rejuvenate.

"If you're a married couple, both working, you have kids, you have no time to really reconnect [because] you get home from work, have to help with homework, have to cook food and then have to prepare [to do it all over the next day]. The Family Islands, for a couple, offers the opportunity to reconnect...walk on the beach, hold hands and talk."

And if you're vacationing with the children, he said, the Family Islands vacation experience can still be enjoyable, but the visit might hinge on how active you want to be.

"You're not going to find any artificial attractions. In the Family Islands, it's genuine and it's authentic."

One of the things Fountain enjoys most about the Family Islands is after exploring all day, having the ability to walk to the beach and take in the stars without the glare of big city lights.

"It's just peaceful, tranquil... You're just to be able to walk out to the beach, again with your kids, or with your loved one, and just look at the stars. And sometimes, if you're lucky, you see a shooting star, and then you start to count and you're like, 'I saw one, did you see that?' And then you start to identify the Big Dipper...the Little Dipper."

BAHAMAS OUT ISLAND PROMOTION BOARD BUCKET LIST BY ISLAND

ABACO

- Climb up the Elbow Cay Lighthouse in Hope Town.
- Have lunch at Pete's Pub in Little Harbour and be sure to browse through the Art Gallery.
- Rent a golf cart and tour historic Green Turtle Cay.
- Stroll down the longest dock in The Bahamas in beautiful Cherokee Sound.

ACKLINS

- Visit Atwood Harbour or Datum Bay and dive for your own conch, or go shelling or snorkeling.
- Take a day trip by ferry to Crooked Island.
- Treat yourself to tasty delights at Lerlean's Bakery in Snug Corner.
- Visit the bat cave on the way to Atwood Harbour.
- Swim in the blue hole near Mason's Bay.
- Look for flamingoes and other birds at Atwood Harbour.

ANDROS

North Andros

- Visit Red Bay Village and learn about the art of weaving baskets and of the village's Black Seminoles of Floridian heritage.
- Make the trek to Charlie's Blue Hole.
- Feast on fresh seafood at the F & H Takeaway conch stand.



Central Andros

- Take a batik lesson at the Androsia Batik Factory.
- Scuba dive or snorkel at the third largest barrier reef in the world.
- Take the plunge and jump 15 feet into Captain Bill's Blue Hole.

South Andros

- Fly fish in some of the world's largest saltwater flats.
- Dive into the Great Crack through the Stargate Blue Hole and savor a National Geographic experience.
- Try the mouth-watering cracked conch at Greene's Cafe (Shine's) in Little Harbour.
- Tour the uninhabited west side of Andros from Driggs Hill and see giant turtles, iguanas and the tarpon "roll", if you're lucky.

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BIMINI

- Learn about sharks at the Shark Lab (South Bimini).
- Tour the island and its mangroves with Ansil Saunders.
- Stop by Charlie's and enjoy some good down-home Bimini Bread.
- Hear the local "sip sip" at Stuart's Conch Stand (North Bimini).
- Snorkel at the Sapona, a concrete cargo ship commissioned in World War I.
- Visit Dolphin House Museum (North Bimini).

BERRY ISLANDS

- Explore the Sugar Beach caves on Great Harbour Cay.
- Visit Little Harbour Cay and dine at Flo's Conch Bar.
- Take a hike on Hoffman's Cay and jump into a hidden blue hole.
- Bring your fishing gear and tour the Berry Islands with Captain Percy.

CAT ISLAND

- Climb up Mount Alvernia (Como Hill)—the tallest point in The Bahamas (206 feet)—and visit The Hermitage.
- Treat yourself to tasty treats at Olive's Bakery in New Bight.
- Visit Cat Island's bat caves, Deveaux Plantation and the Armbrister Plantation Ruins.
- Take in a bush medicine tour with resident tour expert Danny King.
- A stop at the Cat Island Fish Fry (New Bight), Yardie's Conch Stand or Da Smoke House Restaurant (Bennett's Harbour) is a must.
- Sink your feet in the pink-sand beach at Greenwood Beach Resort.



CROOKED ISLAND

- Venture over to Bird Rock Lighthouse off Pitts Town Point.
- Explore the bat caves at Gun Bluff or Macki Bluff.
- Treat yourself at Marcia's Homemade Bread Bakery.
- Post a selfie from the ruins of the first Post Office in The Bahamas near Pitts Town.
- Go shelling at the Crooked Island Swimming Beach—the world's largest "swimming pool".
- Sample seafood delights at Casuarina Villas Restaurant.
- Visit an ancient plantation ruin—Hope House—at Landrail Point.

ELEUTHERA

North Eleuthera

- Take in the breathtaking views of the Glass Window Bridge and the Queen's Baths.
- Explore Preacher's Cave.
- Experience the awesome "big surf" waves at Surfers Beach.
- Browse Pam's Island Made Gift Shop in Gregory Town.

Central Eleuthera

- Brush up on your bush medicine knowledge at the Leon Levy Native Plant Preserve.
- Treat yourself at Governor's Harbour Bakery.
- Browse through the Island Farm (Farmers' Market) at Palmetto Point.
- Enjoy the vibe over lunch or dinner at Tippy's Restaurant.

South Eleuthera

- Visit Lighthouse Beach—one of the most stunning beaches in The Bahamas.
- Feed the fish at Ocean Hole.
- A must-stop—The Island School at Cape Eleuthera (by appointment).
- Treat yourself to a fresh conch salad at Geno's Roadside Conch Stand (Rock Sound) or mouth-watering crack conch at Sharil's Inn (Deep Creek).
- Satisfy your sweet tooth with some of "Mammy's Guava Duff" at Ship to Shore in Wemyss Bight.

EXUMA

- Feed the Swimming Pigs at Big Major Cay or White Bay Cay and explore the Exuma Cays Land and Sea Park.
- Hang out at Chat 'N' Chill on Stocking Island.
- Visit Tropic of Cancer Beach on Little Exuma.
- Sample local delicacies at Santanna's or Tropic Breeze restaurants on Little Exuma.
- Dig for sand dollars on Coco Plum Beach.
- For history buffs, visit the Rolle Town tombs and the statue of Pompey in Steventon.



HARBOUR ISLAND

- Rent a golf cart and tour picturesque Harbour Island and its famous Pink Sand Beach.
- Sample fresh seafood delights at the Queen Conch shack.
- Browse through the different boutique stores and art galleries in Dunmore Town, the original capital of The Bahamas.

LONG ISLAND

- Take the plunge at Dean's Blue Hole.
- Stop for some grilled conch and a cold Kalik at Max's Conch Bar and Grill.
- Take in the breathtaking views of northern Long Island at Columbus Monument.
- Visit Hamilton's Cave system—one of the largest such systems in The Bahamas!
- Check out the natural ocean pool at Stella Maris.
- A visit to Cape Santa Maria Beach is a must.

SAN SALVADOR

- Landfall Park—believed to be the landing spot of our first tourist in 1492, Christopher Columbus—and Long Bay Beach are must-stops.
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- Treat yourself at Ruthie's Restaurant or Paradis Restaurant.
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Peppers

BACKYARD FARMING

In The Bahamas

By Khashan Poitier

Photographs courtesy of Khashan Poitier,
Don Poitier and Gail Smith



Backyard Garden

With the uncertainty of a global pandemic looming, many Bahamians, like others around the world, took to gardening as a way to resist boredom, make the most of being shut-in and prepare for a possible food shortage.

If we've learned anything from apocalyptic films and television shows, we know that food security is a real concern at the end of the world. Hunting and farming quickly become a required skill for survival. Not a fan of zombie movies? Yeah, me neither, but at the beginning of this pandemic, if you spent as much time as I did on social media, you'd become a conspiracy theorist too.

So, to keep our sanity and to lessen our trips to Club Corona, otherwise known as the grocery store, our family made a vow to start a garden. Collectively, we'd reached the end of Netflix and I needed a positive distraction. I grabbed a gardening set—a wedding gift I'd never opened—and bought a raised bed that fit perfectly in my small backyard.

My brother and his family started a garden within a 10-by-10-foot space; they grew bell peppers, beets, red leaf lettuce, potatoes and okra. For Ray-Don Poitier and his wife, growing their own food made sense given the fear that COVID-19 might bring a food shortage.

"We always figured that there could be a food shortage, and for healthy eating, it made sense that now that we have to stay indoors it would be beneficial to grow our food and we knew where the food came from," Poitier said.



Beets

He used natural remedies for pests, rather than manufactured pesticides. He harvested all that he planted, except for the potatoes. Although that plant looked promising, when he dug into the earth there were no potatoes underneath.

For Poitier and his two-year-old son, connecting with nature was the most rewarding aspect of having a home garden.

He said, "He loves it—getting your hands dirty and getting your clothes dirty, digging in the ground. People tend to wear gloves but I take the gloves off because I wanted to feel the dirt. I just wanted to be close to nature."

Poitier said that of all the vegetables they harvested, the only unsuccessful harvest was the potatoes.

"We got excited when we saw the shoot came up and we thought, 'This is great!' Then, all of a sudden, the shoot died and we couldn't figure out why, and when we dug up the dirt, there were no potatoes in there," he said, adding that they're not discouraged, but instead eager to try again.

Due to his love of gardening, Poitier has joined a farmer's co-op group which strives for a self-sustaining Bahamas and teaches Bahamians how easy and cost-efficient it is to have a backyard farm.

"Anyone concerned about food security or recycling, you can replant most of the things that we eat and buy from the store. You can replant those and grow more food. Instead of you spending that money at the store for a one-time [purchase], a lot of those veggies—like cucumber, bell pepper and tomatoes—can re-grow," he said.

Following his lead, I started a modest garden in a partly sunny area in my yard. After a bit of research, I decided that a small raised bed and a few pots would be the best way to garden. I started with tomato slices and bell pepper seeds, planting them in small compostable pots. As they sprouted, so did my

BACKYARD FARMING IN THE BAHAMAS



Kale, Lettuce, Broccoli, Beets, Celery and Thai basil

interest in re-growing bought produce like celery and lettuce. As my unorganized gardening experiment expanded to include herbs like rosemary, basil and thyme, I realized that I needed to make better use of my space.

If only I could get it as colorful and orderly as Raygail Smith's garden. This mom of four had a garden before the national lockdown, but she decided to step it up a notch. She painted tires and concrete blocks, using them as planters for her fruits and veggies. Take a stroll in her garden and you will find strawberries, pineapple, kale, beets, broccoli, cabbage, cauliflower, lettuce, string beans, rosemary, Thai basil, cucumbers and six different types of peppers, including jalapeños.

Smith, who suffers from anxiety attacks, said she found peace of mind in her garden. With the uncertainty of COVID-19 looming, she decided it was time to get herself back. She installed a lattice and bought seeds of fruits and vegetables that aren't commonly grown in The Bahamas.

"I snapped out of it and told myself, 'Go where you love,'" Smith said. "I had to come in here and I pulled everything up and re-did everything just to get some therapy."

Smith compared having a garden to raising a baby, saying there's nothing like growing your produce from infancy. She and her children enjoy painting tires, which they sell to other farmers, as a family.

"You can make it a family affair. Plus it's educational, teaching kids about growing from seed," she said.

Smith admitted that gardening is best fitted for people who have time and patience. I can attest that through trial and error (and, in my case, that meant lots of overwatered celery root), you will learn the dos and don'ts about gardening. You'll learn which plants flourish with lots of sunlight and which ones scorn it, how much is too much water and when to plant for the greatest gains.

End of the world or not, one thing we did agree on was that gardening is loads of fun and has great rewards. Fresh fruit and veggies from your garden to your table, is only one of them. **UA**



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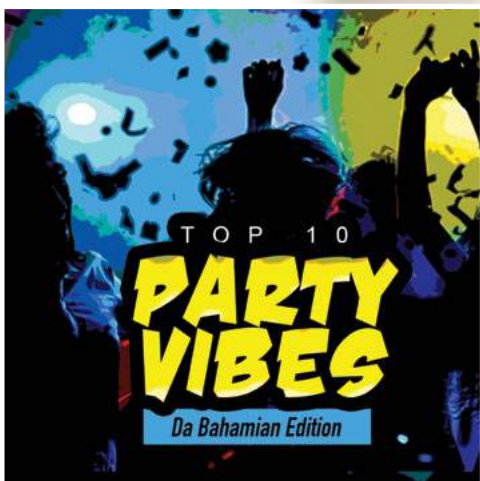
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PERFORMING ARTIST



D-Mac

By Yolanda Hanna

Photographs courtesy of Alfred Anderson Photography

Yolanda Hanna was excited to spend time for this issue interviewing Dillon McKenzie where he is most comfortable, inside of his recording studio.

Behind the catchy lyrics, rake n' scrape rhythms and energetic stage performances that have brought festivals throughout The Bahamas to a climatic end, many people would be surprised to learn that Dillon "D-Mac" McKenzie possess an impressive music career that spans more than 35 years in the business. His inquisitive nature as a young boy fueled his curiosity about music. He wanted to know how music was created and what was the driving force behind the sounds he heard every day. He has mastered many skills on his music journey, evolving from church musician to DJ, from songwriter to engineer and lastly from a music producer who took a leap of faith and came out of the shadows behind the scenes and landed on stage in front of the microphone as D-Mac. To say that D-Mac has worn multiple hats in the music business is an understatement.

I could not pass up the opportunity to talk in-depth with McKenzie about the evolution of D-Mac, his upbringing, what inspires his creativity, his thoughts on the importance of Bahamian music and what being a Bahamian means to him.





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PERFORMING ARTIST—D-MAC

Where did the name D-Mac originate from?

The name D-Mac came from the abbreviation of my name, Dillon McKenzie. Back in the day, before I started performing, everybody would shorten my name and simply call me “Mac” or “D”. A few of my friends started calling me “D-Mac”; that’s how the name originated. But the name really took off when I started performing on stage.

Where were you born?

I was born and raised in New Providence, but growing up I spent summers and holidays in Baratarre, Exuma, something I still do today. My dad was from Exuma.

How has your upbringing impacted your music?

Looking back on my childhood, I can see how my upbringing has had a huge impact on my music. I was raised in a Christian home and we listened to a lot of gospel music. As a matter of fact, it was the only music we were allowed to listen to. Through gospel music, I learned to play the keyboard, drums, guitar and other instruments. I attended Queen’s College, and I was also a pretty good music student in school. I could play and identify the sounds of different instruments. But my foundation, that came from the church. That’s where I learned different chords and how to play music.

Like I said, we only listened to gospel music in our house, but we did have an Eddie Minnis record that we played occasionally. Back then I think everybody had an Eddie Minnis record in their house! I did hear music by Ronnie Butler and the Ramblers outside my home because that was the music of the time. The only opportunity I got to listen to soul or R&B music happened when I visited my godmother, Mrs. Williams. She had a stack of 45” records at her house and I would ask her to play some of that music that I wasn’t allowed to listen to (laughs) and she would always play those songs for me. I liked going to her house; hearing that music definitely influenced me at an early age.



Learning how to play the piano when I was young was also significant. My brother, Kevan (the late gospel artist Kevan McKenzie), taught me my first chords and that was the beginning of my love for music. I began playing the piano during our morning devotions every Sunday before we went to church. My dad encouraged me by letting me drive to church and he allowed me to play the piano during Sunday school. After that, I started playing for the youth choir and eventually I was playing for the entire church. I started my DJ business while I was playing for the youth choir. My dad bought me my first set of DJ equipment after my mother declared, “No DJ is going to be living in a reverend’s house!” (laughs) I learned how to set up sound equipment and hook up systems, and being a DJ made me curious about the sounds I heard in the music I played. I wanted to know how that music was created and I knew I needed to dive in further. So, being a DJ and my brother being a singer was the catalyst for my music production career. Ultimately, I have to give credit to God and my dad for everything I am



today. I believe every detail of my career was planned and executed from Kevan being my brother, teaching me my first piano chords, his influence in my life as a singer and bringing home used engineering equipment that I spent so much time teaching myself how to program and record music.

What inspires your music today?

My inspiration comes from people, everyday life, what’s happening around me and sometimes what’s trending. I’ve spent a lot of time studying and crafting the art of music production and songwriting. After gospel music, I transitioned to writing and producing R&B and reggae music. My love for rake n’ scrape began when I worked on projects for Ira Storr and Geno D. I am passionate about rake n’ scrape and Junkanoo and I would love to see our sound break out beyond our islands. It may or may not happen in my lifetime, but I’d like for Bahamian music to evolve into a distinctive, identifiable sound, without fusions. My goal is to push rake n’ scrape and Junkanoo globally, so when people hear it they recognize it as the sound of The Bahamas just as other genres in our region like reggae, soca or zouk.

My focus now is writing, producing and engineering. From the writing perspective, I think about the lyrical content; with the production, I focus on the instrumentation; and on the engineering side, I focus on the sound and I think about what’s trending in the industry. All these components are important and we need to be knowledgeable about what’s happening in the industry from the world’s perspective.

OK, now that we know what inspires you, how does D-Mac’s creative process work?

My creative process can begin anywhere. It can happen while I’m hanging out on Potter’s Cay Dock with my friend Skinny, or chilling by Bones or McKenzie’s

PERFORMING ARTIST—D-MAC

Restaurant. I begin creating the minute I hear someone say something that makes me stop and think, "Wow, that can be a song!" My juices flow from listening to conversations while I'm traveling, socializing, visiting family, going to different places—it can happen anywhere.

Any new projects in the works?

I'm on a mission to really unify Bahamian artists. During the COVID-19 downtime, I was working with some amazing writers, producers and engineers, mastering engineers, undiscovered and experienced music artists, to create new material and revive that sweet Bahamian sound. We came together and created "Top Ten Party Vibes: Da Bahamian Edition" volume one. The project was a collective effort and it's a professional product that The Bahamas can truly be proud of. We created new material, selected ten artists, created ten new songs and released one song every week, over a 10-week period. We received tremendous positive feedback locally and internationally on the music we produced. I'm very proud of what we accomplished.

What do you want your audience to take away from a D-Mac performance?

I want Bahamians to walk away feeling proud. I want them to feel like they were a part of my show and walk away saying, "Boy, D-Mac really represented us and I'm proud of this music." My stage performance is all about vibes, connection and inclusion. Believe it or not, I try to connect with each and every person in the audience when I perform. I want to connect with their eyes. I want tourists and non-Bahamians to walk away impressed by what they saw. I want them to think, "Wow! That's international material! I'd like to see that happen somewhere else around the world."

What does being Bahamian mean to you?

Being Bahamian is our language, our dialogue, our culture. It is who we are as a people; it's our everyday thing. We are special. I mean every culture is special

and has its own specialty, but our food, our culture, these things are significant to us and that's why it is imperative for us not to lose our identification and that our sound gets to the world stage. We have a sound that the world is looking for; we're just not packaging it properly.

How do you feel about artists outside of The Bahamas incorporating our sound in their music?

People on the outside see the potential in our music. They hear the sound, see it, appreciate it, love it and they attempt to bottle it. They can't do it as well as we can, but they do a great job trying. The world is always looking for something new. I think what we have is special; we just haven't learned how to bottle it. When I see other artists trying to replicate our sound, I say "kudos". On the other hand, it frustrates me because they are doing what we could and should be doing. Unfortunately, we just don't see the potential in our music.

If you could invite three people to dinner, living or dead, to discuss anything, who would it be?

I would invite all kinds of people (laughs). I'd invite Chris Blackwell and I would ask him what did he do to revolutionize reggae music. What was the formula? How did he introduce reggae music to the world? I know he's talked about it in interviews but I want him to tell me face-to-face.

I would invite Sir Stafford Sands for dinner; he used to send musicians all around the world to perform and represent The Bahamas. I'd have a conversation with him about the state of our country. I'd ask him, "Where did we fall off? Exactly when did we get to the point where we started disliking ourselves, our culture? Where did we lose our way and what can we do now to fix the problem?"

I'd have dinner with Jay-Z. He transitioned from the streets selling drugs, to music and other ventures. I want to know how he made the transition from hustler to where he is today. How did he know when and how to make the next move, make the right investments? Those are the people I want to have dinner with. [UA](#)



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Tiffany Johnson-Thompson

DADDY JOE'S

'Come as guests, leave as family'

By Nikia Wells

Photographs courtesy of Shawn Hanna Photography and Paulterra Johnson

Daddy Joe's is serving up food that soothes the soul.



Daddy Joe's Burger

When Tiffany Johnson-Thompson first visited Eleuthera as a teenager with her father, Joseph Johnson, she was eager to escape the calming waters, relaxed vibe and easy-going nature of the island. While she instantly loved the genuinely warm, welcoming and hospitable spirit of her fellow Bahamians, she yearned to return to her fast-paced life in New Providence, complete with all of its amenities. But, in 2008, after cultivating an impressive career in finance, she returned to Eleuthera to manage Daddy's Joe's Restaurant & Bar, which was aptly named after her father.

Daddy Joe's is a unique culinary gem. Despite not sitting on Eleuthera's stunning turquoise water beaches (although it is just a short walk from Gaulinging Cay Beach) or having breathtaking views like a number of other properties on the island, it has become a beloved favourite of Eleuthera residents, visitors and even a number of celebrity regulars. Situated just a few minutes from the iconic and world-famous *Glass Window Bridge*, Daddy Joe's is a frequent stop on many Eleuthera trips, be it by chance or by intent. Though originally a well-kept secret, it has since been featured in a New York Times article highlighting a number of little-known spots that tourists might miss on their visit to The Bahamas.

Since making the leap from the stressful world of finance—with the goal to continue to build upon what her father originally started—Johnson-Thompson has noted that the sense of community and connection she has with the island, the people who dine at the restaurant and those staying in one of the property's 10 available sleeping rooms, are what make being a part of Eleuthera's hospitality scene so rewarding.

Daddy Joe's initially started as a bar, then evolved to include small bites before a full restaurant menu was introduced. Johnson-Thompson then engaged some of the country's brightest culinary minds to craft a menu that celebrated authentic Bahamian cuisine while treating guests to flavor-packed dishes they would not soon forget.

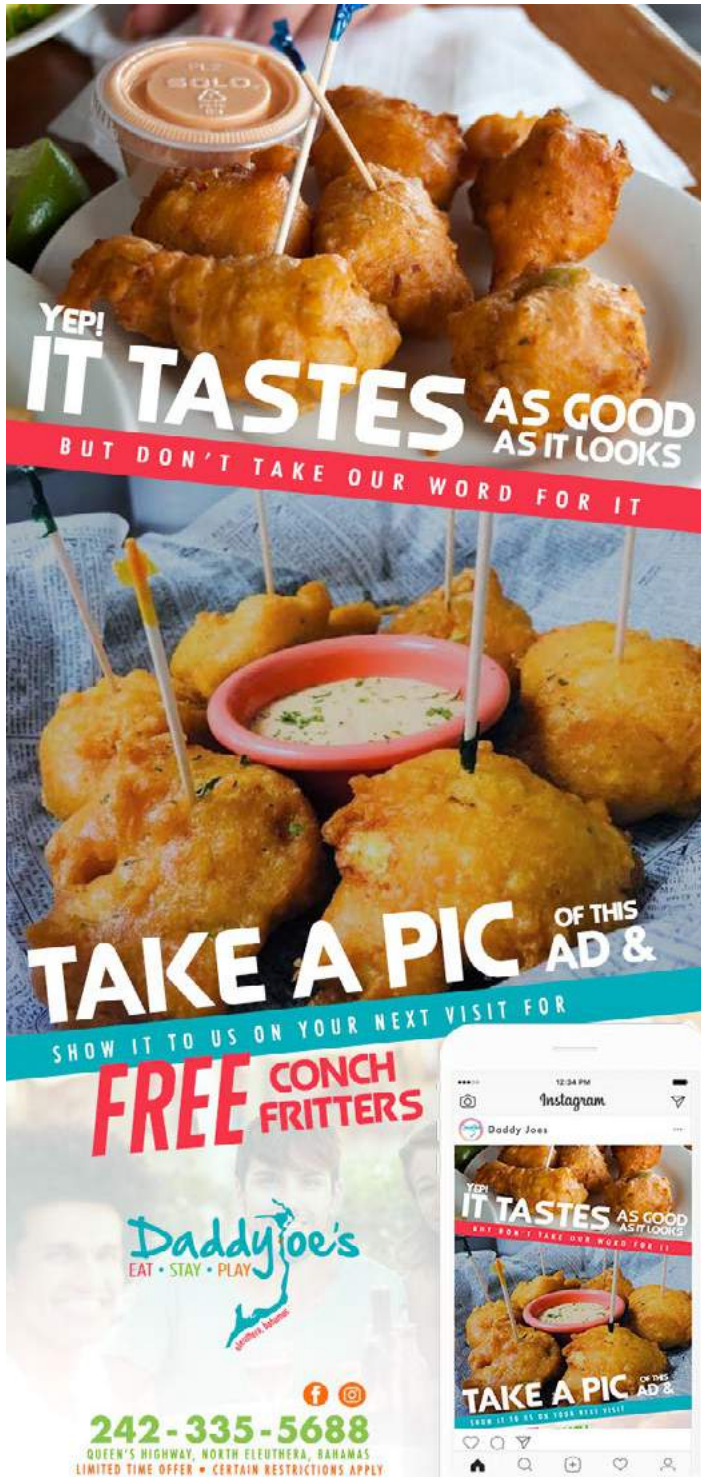
DADDY JOE'S: 'COME AS GUESTS, LEAVE AS FAMILY'

Johnson-Thompson described Daddy Joe's menu as "food that soothes the soul", and its flavour profile as *Baha-fusion*. Over the years, Daddy Joe's has been committed to providing consistently delicious options that combine international influences, spices and ingredients with comforting "down-home" Bahamian fare. The menu also has no shortage of dishes that include the sweet and tangy organic Eleutheran pineapples that the island is well-known for.

Some of the restaurant's best sellers include spicy grilled shrimp, the Daddy Joe's burger (which features an 8 oz. angus beef patty on a brioche bun, topped with guava barbecue sauce, garlic aioli and cheddar cheese), fish tacos, jerk pineapple-glazed chicken, "sweet and sweaty" wings (sweet with a bit of sweat-inducing spice) and coconut curry shrimp—which Johnson-Thompson notes is a favourite of singer Lenny Kravitz. Executive Chef Devin Davis has kept a number of the most-loved recipes over the years, but he is still constantly



Daddy Joe's Island Fish Tacos



Daddy Joe's Jerk Pineapple Glazed Chicken





Daddy Joe's Bar

looking for ways to elevate flavors and ingredients. He also takes great care to keep everything consistently delicious and unique, with each sauce, dressing and dish component being made daily in-house. Diners who visit Daddy Joe's should come looking for an experience that is memorable, but not fast. Each dish is crafted to order, and includes fresh seafood caught by local fisherman and produce grown by community farmers.

In recent years, Daddy Joe's has introduced live rake n' scrape music and other forms of entertainment; but the restaurant, bar and hotel is always looking for ways to evolve without losing its roots and identity. When asked about the future, Johnson-Thompson said she plans to adapt to the changing travel scene by introducing more outdoor dining options and creating personalized food events. But she vowed that the keen attention to providing exceptional service and exceeding guest expectations will never change.

The Daddy Joe's team's intention is to have visitors come as guests, but leave feeling like a member of the family. Johnson-Thompson readily admits that "Eleuthera is not for everyone, and we are ok with that". Like many Family Islands, Eleuthera does not have drive-thru restaurants or hotel chains, and the culture is different than anywhere else in the world. It is the desire to take in the unique beauty of the island without watering down the authentic experience that makes visitors keep coming back, time and time again. And Johnson-Thompson makes sure to treat everyone who comes to Daddy Joe's as she would a guest in her own home. **UA**

Daddy Joe's Dining In



ISLAND COCONUT CURRY SHRIMP



TIME: 10 minutes

SERVINGS: 1

INGREDIENTS:

- 6 shrimp (16/20 size)
- 1 ounce caramelized onions
- 2 ounces crispy Brussels sprouts
- 1 ounce julienne carrots
- 1 tablespoon butter
- 1 teaspoon brown sugar
- 20 ounces coconut milk
- 4 ounces island curry sauce
- Toasted coconut flakes for garnish
- Curly parsley for garnish (chopped)
- 1 cup cooked fragrant coconut rice

DIRECTIONS:

- Heat butter in skillet over medium heat, add shrimp and cook fully through.
- Add onions, sugar, curry sauce and coconut milk, stirring to combine. Toss to coat shrimp.
- Let simmer for 1 minute then add Brussels sprouts and carrots.
- Serve on hot skillet for flair or over cooked rice.
- Garnish with toasted coconut flakes and parsley.





THE KEYS TO DISCOVERY: TRINIDAD AND TOBAGO'S CUISINES

By Jossane Kerrice Felix

Photographs courtesy of Josanne Felix, Gary Cardinez, Kafe Blue Carl and Carol Jacobs

*Trinidad and Tobago is one of the many destinations serviced by Bahamasair.
Visit Bahamasair.com to book your next flight to the island nation of Trinidad and Tobago.*

Come to Trinidad and Tobago. Here, you will discover some indigenous foods which would leave you making repeat trips just for a second and third round of our culinary delights. Trinbagonians are known for our “sweet hand”, as we have masterfully blended a plethora of ingredients to delight our cosmopolitan society throughout the generations and for many generations to come. Quite a few of our dishes are inter-connected with our religious holidays and festivals, and they have been influenced by our heritage. Our foods have been influenced by the Latin American, Spanish, Portuguese, West African, Creole, Amerindian, Indian, South Asian, European, Arab and Chinese cuisines in which fusions have been created and adjusted to the palate of the people of Trinidad and Tobago.

Take a journey from Piarco International Airport down to St. Augustine near the University of the West Indies to U-Wee Doubles & Roti Shop, or travel a little further west to Curepe on Southern Main Road, where you can enjoy our “doubles” which has been dubbed locally as the “breakfast of champions”. D’Original Sauce is a popular doubles vendor on the island. Doubles is a much-loved delicacy we were gifted

with from our East Indian ancestors. The population has been ever so grateful that this dish was passed down to the younger generations. It comprises of two bara (doubles) and channa with various condiments such as hot pepper sauce, tamarind sauce (sweet sauce) and cucumber or mango chutney. The bara is the flour component of this dish. Trinidadians form long lines for this cheap street food which honestly can be devoured at any time of the day or night. The indication for the amount of pepper you would like on your doubles ranges from slight to heavy. If you have a high tolerance for pepper, you can try heavy pepper, or else it is advised that you tell the doubles vendor slight pepper or no pepper when placing your order.

Members of the East Indian community typically have sada roti, which is a type of unleavened bread, for breakfast, making it from scratch every morning. It is served with a range of fillings, from tomato choka (roasted tomatoes) or baigan choka (roasted melongene/eggplant) to bodi or pumpkin choka, to satisfy their breakfast cravings.

Head on down to Port of Spain and walk along the Brian Lara Promenade. On the western end, you would encounter the Port of Spain International Waterfront,

in which the Femmes du Chalet, also known as the Breakfast Shed in days of old, is located. Vendors at this establishment not only serve breakfast items such as coconut bake (a type of coconut bread), saltfish buljol and smoked herrings, but also lunchtime dishes such as macaroni pie, red beans, callaloo and stewed chicken.

Wake up on Christmas morning to various smells pervading the home, like homemade bread; pastelles (a savoury cornmeal envelope stuffed with any choice of chicken, beef, fish or vegetables); paime (the sweet equivalent to the savoury pastelles); and grated hot cocoa tea made with spices such as bay leaves, cloves and cinnamon and served with homemade bread, ham and eggs.

A typical Sunday lunch on these islands consists of macaroni pie, callaloo, red beans, rice, stewed chicken or stewed fish, potato salad, macaroni salad, fresh salad and seasonal fruit juice. We do acknowledge that four carbohydrates in one go is not the best approach for our health, especially if the population would like to stave off diabetes, however, this type of menu has existed for generations.

During the Easter holidays, families opt for fish and ground provisions, with which families make various types of pies and casseroles. Yam pie, sweet potato pie, corn pie and cassava pie, served with stewed pigeon peas, coo-coo (a type of cornmeal/polenta pie), callaloo and stewed-fried king fish.

One of the go-to fast food items Trinidadians love to purchase is Chinese food. Fried rice, Chinese-style chicken, crispy skin pork (roast pork), noodles, chunky vegetables or chow mein and wontons (steamed or fried) are must-haves for the population. This style of food is mostly influenced by the Cantonese, but we also have Hakka and Hong Kong styles available throughout the islands. Another go-to option is the Arabian gyro, which is a thin, flour burrito type of wrap filled with a variety of meats, vegetables and sauces.

The most popular one-pot meal which is easy to prepare quickly is pigeon peas pelau. This is a rice and peas one-pot dish, which typically includes chicken and coconut milk, but some people prefer beef. It is served with coleslaw, fresh salad and a beverage of choice. Oil down is another one-pot dish, which is made of breadfruit, cooked with or without pig tails.

Make your way to Queen's Park Savannah, which is not only home to our famous Carnival and Carnival-related events, but is also one of our largest spots to purchase street foods. Locals and tourists alike travel from all over the island to get their hands on East Indian delicacies such as pholourie (spiced dough balls served with a chutney), pepper roti and aloo pies. Pickled dishes such as chicken foot and pig foot souse are popular dishes, with long lines of people waiting patiently on their turn to purchase. Corn soup is wonderful at any time of day, or even during the wee hours of the morning before returning home from a fete or even from clubbing and enjoying the nightlife. Savoury black pudding and oysters are two other street foods, which are not for the faint of heart. Try them once you feel brave enough to taste them. Wild meat is another side of our cuisine that would also test your mettle as hunters seek lappe, tattoo, iguana and other species to sell to meat lovers. Add a bit of pepper sauce to kick your meal up a notch—it is a signature, must-have condiment with any local meal.

A scrumptious dish that patrons love to devour is barbecue pig tails, made famous by vendors on the Valencia stretch in east Trinidad. Patrons would travel to Valencia to savour the flavour of the barbecue pig tails. Pork lovers can also enjoy this dish by the portion or as part of a combination meal at Queen's Park Savannah. Wash it all down with a choice of coconut water, served in the coconut shell, or one of our local fruit juices, which vendors offer for sale. Head to the southland, to Cipero Road, to savour the flavor of grilled foods from Original Bar-B-Que Hut. Our Muslim community is well catered to, as all meats are halal at this food establishment.

There is a wide variety of local juices available, from fresh sugar cane juice to citrus fruit juices and fruit punches. Some patrons choose to have a healthy milky punch instead, or a loaded peanut punch, avocado punch, beetroot punch and many other flavours to savour. On the other hand, there are local carbonated and alcoholic beverages which you must try: beers such as Carib or Stag; our world-renowned Fernandes VAT 19 rum; carbonated beverages such as LLB, Shandy or Green Sands; and be sure to pick up a bottle of our world-famous, secret blend, Angostura Aromatic Bitters (add a dash or two to your meats while cooking or to your drinks to enhance the flavours of your dishes and beverages).

There are options available to delight the nation's children. On hot days, students who attend schools near Queen's Park Savannah regularly purchase sno cones. A sno cone is shaved ice served with a sweet fruity syrup on top, with an option to add sweetened condensed milk, all served in a cup. Adults are reminded of their childhood and of the scorching days when they would dive into one of these sweet treats.

Head to Maracas Bay and along the way, at the Maracas Bay Lookout, you will discover mouth-watering local sweets and preservatives. Pineapple chow (pickled fruit), mango chow, cerise (sweet cherries), red mango, salt prunes, toolum and coconut sugar cake candies are some of the items most demanded from vendors while patrons pose to take photographs against the picturesque backdrop of Maracas Bay. Down at Maracas Bay, be sure to visit Richard's Bake and Shark or try bake and shrimp, with all of the various condiments from chadon beni sauce to pepper sauce, mango chutney, pineapples, fresh salad items, tartar sauce, garlic sauce, ketchup and mustard. Bite into this wonderful local favourite and it is guaranteed that your taste buds will be begging for more. Vendors on the beach also sell fish and French fries, king fish, calamari and aloo pies, all to your heart's desire. Recently, Richard's Bake and Shark also opened another outlet in the St. James area, which is just west of Port of Spain. It is an extremely convenient location just in case you want to have the dishes again without having to drive all the way up the north coast to Maracas Beach to make a repeat purchase.

Trinidadians love curry, and it is highly anticipated especially during the Eid-UI-Fitr and Divali holiday observances where our Muslim and Hindu friends and neighbours offer these curried meals as part of the celebration. On a regular day, paratha ("buss up shut") or dhalpuri is served with various fillings like delicious curried potatoes and chicken, or curried goat or shrimp, with masala mango, pumpkin, bodi and/or bhagi. Roti is eaten with your hands—it is said that it tastes sweeter that way.

During Eid-UI-Fitr, sawine is served along with other sweets, namely parsad and gulab jamoon. During Divali, these sweets are also served, along with kurma, and savoury items such as accra, saheena and kachourie.

Once you travel over to our sister island of Tobago, be sure to visit the Store Bay Beach Facility. There, you will experience the taste of the island's famous curried crabs and dumplings, once you are not allergic to shellfish of course! If you are allergic, there are many other options to try—macaroni pie with red beans, stewed pork and fresh salad is scrumptious! The island celebrates the Blue Food Festival, where only blue foods (which are essentially ground provisions) are prepared in innovative ways. Imagine dasheen ice cream and cassava pone. Items like these can be tried at the Blue Food Festival.

Harvest is another festival in which all villages participate and every month, a different village is highlighted. It begins with a church service in the morning, then has choral entertainment in the afternoon and communal eating, drinking and celebrating throughout the day. Villagers prepare meals and feed the community of passersby, welcoming them into their home. Everyone is welcomed—even tourists and local strangers. At a villager's home, you can chow down on meals such as some wonderful blue crabs and dumplings.

There is a variety of local homemade ice cream flavours to choose from. I challenge you to try JnJ's pumpkin coconut, sorrel coconut or mauby ice cream. Mama's Homemade Ice Cream's charcoal or peanut-flavoured ice cream. B's Homemade Ice Cream shop also offers a wonderful variety of flavours such as Guinness, soursop and barbadine ice cream. You can visit the ice cream shops or buy a pint or two at our local supermarkets.

In the past, our islands were producers of sugar cane and sugar. Stemming from that came many of our sweets, which can be easily sourced from vendors at our ports and airports as well as at our supermarkets and souvenir shops. They are also prominently featured during our religious celebrations, and are given away to guests as gifts. Sugar cake, nut cake, bene balls (a sesame seed snack), tamarind balls, red mango, pepper mango, mango talkari, masala mango, curried mango, kurma, barfi and gulab jamoon all satisfy our snack cravings while delighting the nation's children and tourists alike. Our first peoples, the Amerindians, also indulge us with farine, which is still obtained along with other delicacies at festivals.

I challenge you to try making one of our local favourites as I provide you with the recipe for doubles. **UA**

DOUBLES BARA

INGREDIENTS:

- 2 cups and 2 tablespoons flour, sifted
- 1 teaspoon saffron powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin or geera powder
- ½ teaspoon salt
- 1 teaspoon sugar
- 2 teaspoon instant yeast
- Oil
- 1 ¼ cups lukewarm water

DIRECTIONS:

- Mix all dry ingredients together in a large bowl.
- Add lukewarm water and pull together into a soft dough. Cover with a damp cloth and leave to rise for an hour.
- Pull dough together, punching down. Cover with ½ tablespoon oil and leave to relax for 15 minutes.
- Heat 1 liter of oil. Using a small scoop, take up enough dough to shape flat and round. Fry in hot oil until cooked but not brown.
- Drain on kitchen paper towels. Keep warm.



DOUBLES FILLING

INGREDIENTS:

- 1 cup channa, soaked overnight
- 1 teaspoon saffron powder
- ¼ teaspoon black pepper
- ¼ teaspoon geera powder
- 2 cloves garlic, crushed
- 2 sprigs celery
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 whole hot pepper
- 1 tablespoon oil

DIRECTIONS:

- Cover channa in water. Boil or pressure cook with saffron powder, celery, salt, sugar and whole hot pepper until soft.
- Heat oil with crushed garlic.
- Remove whole pepper from cooked channa. Carefully add softened channa to sautéed garlic. Stir in black pepper and geera powder, and boil down until thick.
- Serve on bara with your chutney of choice.

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OFF THE BEATEN PATH—LONG ISLAND

By Bianca Major
Photographs courtesy of Bianca Major

Once your toes caress the powder-white sand of Long Island, there is no turning back; you would surely want to inhale every awesome wonder she breathes.

Long Island—a skinny, “long” island somewhat resembling a bird in flight—lies nestled between the Atlantic Ocean and the Great Bahama Bank. She is a jewel in the crown of islands we call home, The Bahamas.

Upon your arrival to this quaint island, you will notice a place of tranquility—almost as if you are on another universal plane. Maybe it’s the “vibe”, given the Tropic of Cancer passes directly through Long Island. Secluded beaches stretch along the coastlines for miles, and there are many, so take your pick. Tuck away in a cove along the rolling cliffs and hills trailing the ocean shore, or swim in the gin-clear waters on the leeward side of the island.

There are so many treasures to behold and adventures to be had while on Long Island, from dramatic views to historical and archaeological sites, deep-sea diving, snorkeling, swimming with the pigs, fishing, beaching, off-roading and more. It’s the perfect place to make your own fun! You are free to explore and live a little—heck, live a lot!

The best experience I can personally vouch for is...the food. Yes, the food! There is a hidden culinary explosion happening here and it is absolutely mouthwatering. Of course, the food I’m talking about is not found in the fancy restaurants here on Long Island; they are found a little tucked away, off the beaten path. The tiny “bars and grills”, “stalls” far out of the city and even the “pop-up bar and food tikis”. No matter what food venue you choose or “tour de Long Island” menu you decide to experience, the food is simply delectable.

Long Island is the place where you head “up” south and go “down” north. No matter which way you go, make sure to see it to the very end, in both directions. For certain, don’t miss out on all that is in between the two most traversed and famous parts of the island, which are “north end” and “south end”. It’s most definitely a Long Island bucket list thing.

The north end of Long Island is famously known for the place where Christopher Columbus landed during his voyages to the “new world”. During that time, Long Island was called “Yuma” by the aboriginal people of The Bahamas, known as the Arawak Indians. Long Island’s south end had an extraordinary historical find when ceremonial stools—the Arawak name for which is “duhos”—were discovered in a cave at Mortimers by Carlon Cartwright, an island local. Most recently, another discovery was unearthed by Dr. Michael Pateman (AMMC) and Nicholas Constantakis, further documenting the Arawaks’ cultural footprints.

These gentle people left a sea of culinary culture behind, which has been transferred into some of the “traditional” dishes we know of today—like the down-home yumminess of peas soup, grilled conch, roasted fish and crab soup, all seasoned with pepper and spices and accentuated with vegetables like the root known as cassava, sweet potato and corn. Recipes and cooking methods were passed down and defined over the centuries by an entanglement of new cultures.

While you are on your adventure through Long Island, go road trippin’! See the sites and take some bites. Journey through the tastes of the island off the beaten path.

THE DIVA'S SPOT

This little food shack spot will have you coming back for more. The Diva's Spot, located in the northern part of Long Island in the quiet seaside settlement of McKann's, is operated by none other than the diva herself, Tryphena Bowe-Knowles, who is also a justice of the peace. (So, if you want to get married there, you can do that too.) Diva Bowe-Knowles cooks up her daily dishes on a feeling basis and with lots of tlc. She's famous for her conch salad, lobster salad and "Diva's Kiss" cocktail.



Herb sautéed lobster and roasted garlic potatoes

Upon arriving at the Diva's Spot, be prepared to be greeted with open arms and a joyful spirit. You're right at home here, so pull up a chair and prepare to have your taste buds jingle.

A secret menu item here is the mackerel sandwich, which is served up on one of "Mama Merlene's" homemade bread buns. This sandwich will put all you tuna sandwich lovers out there on pause. Marinated in a citrus medley, the mackerel is combined with a blend of native hot peppers (goat pepper and bird pepper), herbs and spices, with a special whipped white sauce folded in, then garnished with lettuce, onions and tomatoes. It's most scrumptious sandwich ever.

Another famous menu item at The Diva's Spot, when in season, is the lobster (which the locals call crawfish) salad. This is where we have to interject and say, "Move over conch salad, it's lobster time." This lobster ceviche is a sensational delight to the palate: chunks of lobster seasoned

with a salt and hot pepper blend, with herbs and creamy sauce folded in and garnished with tropical fruit and veggie accents.

The famous "Diva's Kiss" is an ice blended drink of select premium alcohol with a special fruit juice. The recipe is actually a secret, so sorry folks—this one is under wraps. You need to see and drink it to know the secret. Then you will know you have surely been kissed by a diva.

MAMA MERLENE'S HOMEMADE BREAD



Tryphena Bowe holding a lobster salad



Mama Merlene's Rolls



Mackerel Sandwich

Mama Merlene has been baking bread for decades. Her special homemade bread is a must-have! There is no other way to describe it other than down-home goodness, food-for-the-soul kind of bread.

On any given day, you will find "Mama Merlene", Merlene Dean, in the kitchen down at the Club Washington restaurant and bar, mixing bread, cutting and kneading the fluffy white dough and greasing her bread pans, all in a methodical process to create the warming delight of bread. It brings back memories of being in the kitchen with grandma as the sweet aroma of baking bread fills the air. No need to call to find out if bread is on the menu today; you can just smell it long before you reach there, from all the way around the corner.

The traditional homemade bread made throughout The Bahamas is a family's most prized recipe. Usually, the methods of making bread are passed down from generation to generation. There is always a bread maker in the family somewhere. Just like a good old fashioned barbecue recipe, everyone says their own is the best, but the taste never fails.

When you are on your way to the northern part of Long Island, be sure to stop in and pick up a loaf of Mama Merlene's homemade bread. Visitors and locals alike pour into this place for this homestyle goodness. Look for the homemade bread sign in McKann's.

Mutton BBQ 'n Fried Rice
Dinner with Salad



Mutton Kabobs



ON THE GO BAR AND GRILL

All roads lead south, to south end, and on your way “up south” you may run into a few wild animals. Some wild hogs are quite a possibility there, so be on the lookout. This land of the south has always been known for sheep and goat-raising and also for wild hogs. Drive far enough south, to the end, and you will see many of these animals grazing or running along the road—a sheep or wild hog crossing sign may be nearby.

Located in the settlement of Morrisville, On The Go Bar and Grill has some unique menu items that are authentic to the tastes of this region, not to mention it's the leader in the grill-off section. You will find the best five-star grilled pork and barbecue pork on the island at this place just “south of the border”, aka in the “deep south”.

Their famous grilled wild hog is a recipe made of secret ingredients by the late husband of the woman who manages the establishment, Nicole Turnquest. The recipe has been sealed with her: tender pork grilled over an open wood fire, saturated and smoked in a secret sauce. Sound tasty? It truly is; a lick-your-fingers type of good.

One of the most raved about dishes at On The Go Bar and Grill is the mutton fried rice. Think of it as beef fried rice's cousin, but far better—creative genius on a plate here. The next must-taste are the mutton kabobs. These two dishes were created to put a new flair on the way mutton is prepared. They made their debut at Long Island's annual Mutton Festival, where On The Go Bar and Grill had a booth and first introduced the mutton fried rice and kabobs. The dishes were a favorite right away and people were lining up to try them. Since then, they have been a menu favorite.

Mutton Fritters Frying





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Tameka Pratt
Financial Centre Manager

Madeira Street Branch

PITT BULL'S FIRST AND LAST DROP

At this end of the island, a stop at Gordon's Beach offers an authentic island feel of days gone by. "Eat at your own risk" will be the sign above the bar as you enter. Don't worry, it's nothing to be afraid of... Or should you be?

At this south end bar, visitors and locals usually stroll in after a day at the beach. Cooling off with an ice cold beer and a bowl of conch salad is the preferred choice around here. But then you smell that seafood and hear the hot oil bubbling as fish is fried in the tucked away kitchen. Ernest Watson, the jolly fellow who owns the place, makes you feel right at home and treats you just like your favorite uncle would.

Noticing the sign above the bar, you may joke with your buddies about it; but then comes a plate with hot fish, fried to perfection. Eat up...but at your own risk—it's a journey to defy the odds. What odds, you may ask. The answer is barracuda, the sweet and addictive fish that has you popping those "barry" fillets into your mouth like candy. Barracuda sometimes has a poison that can make you very sick, so eating it is almost like playing Russian roulette with your food. The craziest thing is that people eat barracuda like they do fried chicken. If you happen to "get catch" with a bad barracuda, you will suffer from the poison in your system. Some victims have been known to be hospitalized, but that would never deter an avid barry eater. The locals here have a trick to "taste the blood" of the barracuda; if it passes the fisherman's taste test, then into the frying pan it goes.

Pull up at Pit Bull's for your last drop and remember to "eat at your own risk".



BAHAMA MAMAS DAIQUIRIS BAR AND GRILL



Drunken Fritters Pina Colada

This place is truly off the beaten path as you will find the "pop-up bar" at any given event or location throughout the island. Fans follow the social media pages of Bahamas Daiquiris Bar and Grill to find their way to the next pop-up location.

Bahama Mamas blends up daiquiris in a variety of tropical flavors like mango, strawberry, piña colada, guava and lots more to choose from. Smoothies are also made with fruits and veggies, most of which are sourced locally. Fruits like bananas, coconut, mangoes and papaya are blended to perfection as a healthy alternative, but you surely can find something to put some pep in your step with a Bahama Mama signature cocktail.

Bahama Mamas always has something different to offer guests that stop by. Whether you want to have a cocktail, an appetizer, dinner, lunch or dessert, you won't be disappointed. After you have sipped on a juicy mango daiquiri, be sure to opt for some drunken fritters, or perhaps an order of Bahamian panny cakes.

If that doesn't sound like enough, order an authentic bowl of lip-smacking crab soup or some good old fashioned crab and dough.

The drunken fritters are a must! My personal favorite is the piña colada: fried dough filled with pineapple and coconut, topped with a pineapple glaze and toasted coconut flakes and served with a spiked sauce. The shrimp and crawfish Alfredo parmesan pasta is to die for, and so is the grilled jerk chicken Alfredo. It's hard to choose what to order because everything is just pure deliciousness!

Long Island has no shortage of food havens that are off the beaten path, so don't follow the routine. Follow your nose; I guarantee it will smell the right direction, and it's only north or south on Long Island. A culinary delight is to be experienced here—enjoy it! [UA](#)



Crab Soup



SOURSOP STORIES

By Yolanda Hanna

Photographs courtesy of Gabrielle Miller-Shiple and Dr. Munriah Bomani

Soursop photograph courtesy of Donovan Lynch

The soursop fruit. A Caribbean favorite which is also known as graviola, guyabano, Brazilian paw paw and guanabana in Latin America. It is dark green, prickly and the fruit of the *Annona muricata*, a tree native to tropical and subtropical regions around the world. Beneath its unusual-looking exterior is a surprisingly sweet, smooth, creamy flesh that has the aroma of pineapple and hints of strawberry, citrus and mango combined.





This peculiar-looking, delicious-tasting fruit was at the core of an amazing discovery I had the pleasure of stumbling on one afternoon. A unique, powerful collaborative project, which is the brainchild of two Afro-Caribbean dancers who are on a mission to showcase the richness of Caribbean culture through their lenses—they call themselves Soursop Stories.

While scrolling through my Instagram feed one afternoon, I stumbled on a repost of a video of two beautiful black women, fiercely dancing the Bahamian quadrille to rake n' scrape music on a grass field in Cleveland, Ohio. I was hypnotized; my eyes affixed to my screen, my curiosity piqued, my Bahamian pride growing deeper and stronger as I watched these dancers tell the story of my heritage to the sound of scraping saw and goat skin drum. I mumbled to myself, "Who are they?" Every move they made was tethered to the rhythm and rooted in our African ancestry. I could almost hear the approving laughter of our Bahamian ancestors, watching them as they sat perched on their porches in heaven sipping switcha from a can; their boisterous cackles enjoying this beautiful expression of Bahamian culture, screaming at the top of their lungs, "Shake up ya self gyals!"

Gabrielle Miller-Shipley and Dr. Munriah Bomani are Soursop Stories—classically trained dancers and choreographers with Caribbean heritage residing in the Midwest United States. Miller-Shipley, who extensively trained in ballet, modern dance, post-modern dance and various forms of Afro-Caribbean folk dance in The Bahamas, New York and Cleveland over the past 20 years, was the 2012 winner of the E. Clement Bethel Arts Festival in the lyrical duet division. Bomani, a primary care physician in the urban Cleveland community, has trained in four continents in ballet, Latin dance, Orishas and other Afro-Caribbean folk dance over the past 20 years.

The duo was first introduced after being paired together on a dance project. An in-depth discussion about their shared Caribbean heritage led to a very interesting discovery—wonderful childhood memories about the soursop fruit. This unique shared bond

was the perfect connection to solidify their desire to share stories about their Afro-Caribbean heritage through dance.

"I'm from The Bahamas and Munriah is from Guyana. We decided to merge our shared experiences as Caribbean women living in the United States," explained Miller-Shipley. "We wanted to tell our story. The experiences of Caribbean people living in the Midwest are not heard that much. When we met, we discovered that there was this one fruit that was a part of both our childhoods. We both knew about it, we knew the taste, it was familiar to us, both our grandparents knew about it, we made juices from it, so we decided to name our dance project 'Soursop Stories' because it reminded us of the simple pleasure of where we came from."

Telling complex stories is the backbone of Soursop Stories. Just watch them move! Their subject matter is expressed through the fusion of dance styles, highlighted by their Caribbean upbringing and their running theme of being Caribbean in the United States. The duo also uses their unique form of expression to offer commentary on issues that are of concern to the African diaspora and people residing outside of the Caribbean.

"Soursop is a word that reminds Caribbean people of being home," said Bomani. "On one hand, it creates community. It's a place where we want Caribbean people to feel at home, to feel they are represented. More than cruises, coconuts or images of the beach, there's richness in the tapestry of Caribbean people. I have travelled to so many countries in the Caribbean collecting stories, traditional dances, food, voice recordings and interviews with people. We are working a big project! And the beauty of all genres we represent is that every black person has an attraction to what we do, whether they're from the Caribbean or not."





The work they are doing is a multimedia project that is healing, therapeutic and resonates with people in their community. Their dances portray radiance and styles of movements that originated in the field, pushing Miller-Shipley and Bomani to deeply tap into their heritage and personal experiences to honor those who came before them. Bomani recalled her family's relocation from Guyana to the United States, and the tremendous pressure she felt to shed her Caribbean heritage.

"My family came to the United States under pretty difficult circumstances. One of the first things we were told was to lose the accent and lose the culture," Bomani continued. "Those little microaggressions burned me down and I honestly think

it got to the point where my parents and grandparents questioned whether it was worth it to come here. So, in a way, what we do is an ode to those people who sacrificed everything to come to this country. We're telling them it's OK to be yourself; you don't have to break yourself down into something palatable to be accepted."

Miller-Shipley added, "The basis of what we are doing is dance and movement. We are bringing together different genres of dance in the Caribbean, merging them with art and interviews. It's becoming a beautiful multimedia project. At the end of the day, we would even like to create our own genre of Caribbean fusion, something deeply personal. We want to show that the people of the Caribbean have styles; we have movement."

Soursop Stories has captured the true essence of what it means to be Caribbean—unique and peculiar on the outside, but smooth, sweet, creamy and delectable on the inside, just like the soursop fruit. This powerful movement represents Caribbean culture,

has a message of inclusion and a spirit of unity, and these dancers are on a mission to spread a message of pride to people of Caribbean heritage living in the United States while simultaneously creating a legacy.

I asked them what they wanted people in their respective countries back home to think about the work they have created. They declared: they want people throughout the Caribbean to be proud of them; they want the ancestors to be proud of them.

"We want kids to look at us and know they don't have to shed the shell of their culture in order to blend in."

To that I say dance on, ladies! **UA**

SMILES BY THE DOZEN



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KFC

The Bahamas' Most "Crave-able" Chicken

By Kendea Smith

Photographs courtesy of Restaurants (Bahamas) Ltd.



KFC Deluxe Bucket

For over 50 years, Colonel Harland Sanders has lived in The Bahamas through his 11 herbs and spices served at KFC Nassau.

Bahamians readily embraced the world-famous recipe, and today KFC (Kentucky Fried Chicken) is arguably the most popular chicken restaurant in The Bahamas.

The first KFC store in The Bahamas was opened on Mackey Street in Nassau on February 10, 1967. Currently, KFC has nine locations on New Providence and employs over 400 team members.



KFC Mackey Street



10 Locations

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Crave-able Recipe with Keutell



KFC Summer Buckets

KFC Nassau Marketing Manager Joanne Cates told Up and Away why the brand, which started 70 years ago in Louisville, Kentucky, is a giant in the Bahamian restaurant industry.

"At KFC Nassau, our food is always craveable. We are the original fried chicken experts, and everything we do celebrates our passion for serving finger lickin' good food. Whether it's a spin on our world-famous iconic recipes, innovative ways to serve fried chicken or new menu items inspired by our original roots, everything we make must be uniquely KFC," she said.

We're proud to serve wholesome, abundant, hot meals the way they should be served—made with high-quality fresh chicken, freshly prepared by real cooks in our kitchens."

From its inception, the brand made history. It has the distinction of having opened the first KFC in the Caribbean region.

However, Cates insists that the brand's success lies in the restaurant's recipes and Bahamian pride.

"We have a passion for food and serve it with real Bahamian pride. Going to the beach with family and friends and a bucket of KFC is a Bahamian tradition that many enjoy. We also believe that when you come to work as the best version of yourself and ensure that every guest leaves happy, that is how you become the best KFC franchise in the world," she said.



KFC Summer Buckets

There's no doubt Colonel Sanders has set the gold standard for fried chicken. Cates said this means ensuring that the chicken prepared at KFC is always made fresh.

"We cook our chicken fresh every day, made by our trained cooks who are re-certified every year to ensure the standards the colonel set are always followed," the marketing manager said. "We cook using modern pressure cookers, but we use the same basic principles with the colonel's famous 11 herbs and spices recipe. The end result is a classic product made in modern facilities with our original flavour."

But that's not all; KFC Nassau also takes great pride in training its employees to be the best in the industry through rigorous training.

"We review hundreds of applicants each year to choose a selective few to work for KFC. We look for individuals who have a lot of energy and are originals," Cates explained.

"We continue to do things the 'hard way', the way the colonel did when he developed his recipe. So, we have a rigorous modern training program that encompasses computer learning, hands-on training, observation and instructive feedback. We encourage our team to be the 'best self' they can be and reach out for opportunities to learn and excel. Over the last three years, we have promoted approximately 22 team members into our management ranks. Most of our above-store operations leaders were trained and developed through the team member ranks."

KFC is located in 140 countries and territories around the world. For that reason, Cates said it is important to stay in contact with the company's global team.

"We work as partners with the KFC Global team to ensure the KFC brand stays abreast of developments around the world. We evaluate products, systems and tools from around the world to make certain KFC Nassau continues to be the leader when it comes to not only fried chicken but other products that are relevant to our market," she said.

"We also strive to make the brand accessible and easy for all our customers while remaining distinctively KFC. This includes adding delivery options (via the Kraven app) and digital platforms for communication and ordering."

And while many enjoy the taste of the original, barbeque and spicy recipes, Cates said the menu is always evolving.

"Everything on the menu is uniquely made with the colonel's secret recipes and cannot be found anywhere except at KFC. We always try to bring in a variety of new tastes and flavours to the market and are constantly working on a few twists to old favorites," she said. **UA**



Family Beach Fun

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Off The Beaten Path

MIS AMIGOS,

THE MEXICAN

TURKS AND CAICOS

By David Newlands

Photographs courtesy of David Newlands, Dom Rolle and Island Life and Times

When spending time in the Caribbean, most visitors seek to indulge in local delicacies and seafood—however, if you are growing tired of the constant flow of fresh local dishes, or simply want a break to maintain an appreciation for it, there are alternatives for those who know where to look. Given the diverse nature of the Caribbean, there are numerous restaurants that serve authentic ethnic foods. In Turks and Caicos, one of the best places to go to take a break from conch, fish and lobster, is the local Mexican restaurant Mis Amigos.

Affectionately known as “The Mexican” by most, this restaurant has been serving locals and tourists alike with a unique combination of traditional Mexican food, Tex-Mex and classic southern dishes for the last seven years. It opened in 2013 with a budget of \$500, when husband and wife team Margarito Alcaraz and Tina Wolfe noticed the lack of authentic Mexican cuisine in Providenciales. They made it their mission to fill that void. With the assistance of friends and family, they were able to buy equipment and supplies to get the business up and running.



Tina Wolfe—Photo Appeared in Island Life & Times Circa 2014



Margarito Alcaraz—Photo Appeared in Island Life & Times Circa 2014



Chicken Taco Salad with freshly fried flour tortilla bowl to minimize waste and add to taste



Classic Mis Amigos Margarita made with freshly squeezed juices and In-House-made Triple Sec

Mis Amigos quickly solidified its place in the highly competitive restaurant market, due to its special combination of delicious food and a friendly atmosphere. The owners based the restaurant's ethos off of three core tenets: they wanted good food that felt homemade; they wanted it prepared quickly and efficiently; and they wanted it to be affordable.

Casual, authentic, family—these are the most common words guests use to describe the atmosphere of Mis Amigos. Given these accolades, it is no surprise that visitors can often meet the owners in the restaurant, engaging guests and ensuring quality service. Their personable natures and inclination to hospitality make it highly likely that when you leave the restaurant, you, too, will consider them as family.

Originally located just off of Providenciales' major highway, the restaurant has recently relocated to the Grace Bay area. Even though it is close to some resorts, the restaurant is hidden from those who are unaware of its existence, which allows it to maintain a calmer, more intimate atmosphere without ever feeling too crowded.

The current location is an indoor-outdoor hybrid, consisting of a roofed, screened-in dining area. This allows guests to enjoy the cool sea breeze from Grace Bay without having to deal with harsher elements such as bugs or bad weather. The dining area is filled with beautiful natural wood tables of various sizes, catering to couples and larger groups alike. The L-shaped bar, which is also in the enclosure, is adorned with a beautiful mural of fish in the sea, created by a local artist. The mural stretches the entire length of the bar, whose counter is also lined with pennies, giving it a unique character of its own. The walls are

adorned with traditional paintings and photos depicting Mexican culture and art, making Mis Amigos feels more like a home than a restaurant.

Alcaraz, who hails from the town of Tuliman, Mexico, has years of experience working as a cook, and as such, brings an authenticity to his Mexican dishes that distinguishes Mis Amigos above other restaurants that serve Mexican cuisine. Wolfe, who is originally from Asheville, North Carolina, brought southern hospitality, as well as a few special recipes and years of experience in front-of-house management, giving her the gift of being an excellent hostess. Paired together, the couple has managed to successfully uphold their core ideas for the business.

Mis Amigos offers a wide selection of dishes. While there is a regular menu that offers classic Tex-Mex dishes such as street tacos, loaded burritos and sizzling fajitas, there are also weekly specials which offer traditional Mexican dishes such as tamales, pozole and Birria. Along with these, they also make "off the menu" items that are done to test out new recipes and ideas. These dishes range from biscuits and gravy and barbecue to island-style curry and pot pies, so be sure to ask Wolfe or Alcaraz if they have anything special that is not on the menu.

One of the most popular dishes is the buttermilk chicken sandwich, which is topped with avocado, jalapeño coleslaw and chipotle ranch sauce, and held together in a brioche bun. Mis Amigos also caters to the bold, offering Alcaraz's custom "Table Hot Sauce", a special blend consisting of traditional Mexican dried peppers and fresh hot peppers. This sauce is both pleasing on the palate and extra spicy, acting as the perfect complement to a heat lover's meal.




Sizzling Steak Nachos with
In-House-made Guacamole



The Famous Mis Amigos
Buttermilk Chicken Sandwich

Just looking for a quick drink? Mis Amigos is equipped with a fully stocked bar, offering a variety of mixed drinks, as well as local beer on draft, to satisfy any thirsty visitor. If you want something truly special, ask for their margaritas, which use freshly squeezed limes in its mix to help take the edge off of a hot day.

Turks and Caicos is home to many five-star restaurants and talented chefs, making it a prime destination for delicious, fresh food. However, if you wish for a break from the luxury of fine dining, and want to try something different, be sure to visit Mis Amigos. Authentic, affordable and affable, this restaurant provides a break from island delights, while still providing the hospitality and quality that has visitors and locals coming back for more. Next time you are in Providenciales, be sure drop by and experience it firsthand. **UA**



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HAITIAN CUISINE

Judith Pierre

History and Tradition

By Myrurgia Hernandez

*Photographs courtesy of Myrurgia Hernandez,
Marnarrey Lightbourne and Minorka Thompson*



january 2022

66

One of the many travel destinations of Bahamasair can lead you to the Republic of Haiti, on the island of Hispaniola. Originally known as Española, the island lies within the Greater Antilles and is the most populous island in the West Indies and also the second largest after Cuba. Hispaniola is politically divided into the Republic of Haiti in the west and the Dominican Republic (DR) in the east. Although both countries have many cultural differences, when it comes to gastronomy, both nations have more common dishes than you can imagine.

Recently, I decided to have my own Caribbean pool picnic. Of course, since I'm originally from Cuba, in my mind our dishes tasted better; so, I challenged a Dominican and a Haitian to prove to me that their food was superior, and oh! I have to share and recommend the savory wonders of what I now call "Caribbean cuisine delights".

First stop: the Dominican Republic's mangú or fufú in Cuba, and fufu in Haiti (although not exactly served the same way in every region), nicely served with savory sautéed onions and chicken drumsticks, prepared by my dear Dominican friend Minorka Thompson, who insisted that Dominican food was the best. To my surprise, I honestly liked her dish enough to make me wonder if she was right.

I decided to find out whether this delicious dish was originally from the Dominican Republic, Cuba or Haiti. I learned that mangú made its way to the Caribbean from a region of the Congo, during the time of slave trade. The savory Dominican dish is a version of a similar plate of boiled plantains that is prepared in Haiti. As I continued to research, I found out that the original dish was known as mangusi. The word mangú comes from the West African word mangusi, which refers to any mashed vegetable from the earth.

You may be wondering how mangú is served. Well, this dish is prepared with mashed green banana or plantain, can be served during breakfast and is usually accompanied with eggs, salami or fried white cheese. This perfect combo is colloquially known as "los tres golpes" (the three punches) in the Dominican Republic. There are many versions of mangú served at gourmet restaurants worldwide. If you wish to know how it is made, just keep reading and the secret will be all yours.

Do you wish to know more about my Caribbean pool picnic? I know you do. During my second stop, I had the absolute pleasure of being introduced to Mary's Kitchen. Mary, a Haitian cook, prepared a few dishes that I would like to recommend to you. My taste buds were delighted to enjoy a dish that was recommended which I refused to order before. After all, who would have thought that "legume", which sounded to me like "just greens", was the name given in Haiti to what I now call one of the Caribbean cuisine wonders. You have to try it! Why? Because it would be unfair to describe this deliciously-put-together, tasty dish.

As I tried the dish, I began to wonder: what on earth could be put together to taste this great? Believe it or not, I was given a list of secret ingredients that

makes this dish so great; after all, who would have thought that pork and crab could have been mixed together in the same recipe? No wonder Mary's food is so popular and was so highly recommended. I'm so glad that Mary brought Haiti to me. And yes, I know you want that recipe too. What I have not mentioned to you is that I was just looking for griot when Mary's Kitchen was recommended, and in my quest for tasting something different, yet familiar, I ended up having a pool picnic à la Hispaniola.

I recently heard a joke that warns you to be careful with temperature check procedures when entering food stores, as it may delete your memory and cause you to forget what you came for. May I suggest that the "alibi" to excuse my indulgence, is that I forgot I was looking for griot and instead I got mangú, legume and griot? Not bad, huh? Let's get to the griot then, since it's the dish that caused it all.

Griot is a very important dish in Haitian cuisine. This internationally acclaimed dish is commonly served at parties. Griot can be served along with diri ak pwa wouj (red beans and rice) and it's considered by many to be Haiti's "national dish". I hope you understand why I did not include the red beans and rice in my order—I can hypocritically say that I'm watching what I eat (and then eat it). Instead of the rice, I opted for a "high-fiber option"—my perfect excuse to order pikliz and green fried plantain, which I know as tostones, a Cuban side dish.

Pikliz is traditionally served with rich meats and fried foods, like the pork dish griot. Its bright, fiery tang mitigates the heaviness of meat dishes, and balances out the flavors.

During my Caribbean cuisine delights adventure, I learned that the most celebrated food in Haitian culture is soup joumou (pumpkin soup). Soup joumou is eaten on New Year's Day or Haiti's Independence Day. It is consumed as a celebration of freedom from slavery. The slaves were not allowed to eat joumou as it was considered a superior dish. This delicious and aromatic pumpkin soup, which was also a favorite of French slave masters, became a symbol of independence on Sunday, January 1, 1804, when Haiti gained its freedom. On that day, Haitians celebrated with music and food in the Place d'Armes, in the city of Gonaïves. For Haitians, eating soup joumou became the best way to celebrate being allowed to eat a dish they were forbidden as slaves. Nowadays it doesn't matter where in the world a Haitian might be on January 1; they will be having "the soup of freedom". I would like to leave with you a recipe for soup joumou, shared by Nadege Fleurimond, that will allow you to host 10 to 12 people. You will need about an hour to cook this dish and surprise your Haitian friends.

I hope you enjoyed my Caribbean delights adventure, and try these recipes, the ingredients of which are now yours to have. If you wish to know where to find some of these Caribbean delights during your trip to Haiti, I will be glad to recommend the right spot for you.



MANGÚ

Mashed green banana puree that has been previously boiled in water and mixed with butter, with a touch of salt added. Finish it off with purple onions sautéed in vinegar and oil. In different parts of the Caribbean, other ingredients are added as well.

LEGUME

A vegetable stew made with papaya, eggplant, cabbage, watercress, sweet pepper, celery, garlic, goat pepper, tomato paste and parsley; enhanced with pork ribs, oxtail, ham, salt beef and crab.





Griot

GRIOT

A dish made with pork shoulder. The meat is first marinated in citrus and then cooked. It is fried afterwards.

PIKLIZ

A spicy dish made with cabbage, carrot and chili pepper-laced pickle, which is pronounced pick-lees. Salt, vinegar and lime juice are used to enhance the flavor of this side dish. [UA](#)

JUDITH'S SOUP JOUMOU

INGREDIENTS:

- 1 cup distilled white vinegar
- 1 lb. beef shank (cut off meat with bones into big chunks)
- 1 lb. stew beef (preferably chuck) cut into medium size cubes
- 3 tablespoons fresh lime juice (from about 1 lime)
- 1 tablespoon seasoned salt
- 15 cups beef or vegetable broth
- 1 lb. beef bones
- 1 medium pumpkin (about 2 lbs.), peeled, cubed, or 2 lbs. defrosted frozen cubed pumpkin, or 1 butternut squash (about 2 lbs.), peeled, cut into 2 chunks
- 3 large potatoes (about 2 lbs.), cut medium size
- 3 carrots (about 1 lb.), sliced
- 1/2 small green cabbage (about 1 lb.), sliced
- 1 medium onion, sliced
- 1 celery stalk, coarsely chopped
- 1 leek, white and pale-green parts only, chopped to season
- 2 small turnips, finely chopped
- 1 green habanero chile
- 1 1/2 cups rigatoni
- 6 whole cloves
- 2-3 large garlic plugs
- 1 large onion
- 1/2 teaspoon freshly ground black pepper
- 1 pinch of cayenne pepper
- 1 parsley sprig (optional)
- 1 thyme sprig (optional)
- 2 tablespoons olive oil (for better flavour)
- 1 tablespoon unsalted butter



DIRECTIONS:

To cook it, you may use a very large stock pot that can hold at least 10 quarts. You may serve it with crusty bread or your favorite bread.

- Pour 1 cup vinegar into a large bowl. Swish beef shank and stew beef in vinegar to rinse. Transfer beef to a colander and rinse with water.
- To marinate your meat using the spices listed, add lime juice, and seasoned salt in another large bowl. Add beef, toss to coat, and let marinate at least 30 minutes, preferably overnight.
- Boil meat and bones in a very large soup pot (medium temperature), cover and simmer until meat is almost softened, for 40 minutes.
- Add pumpkin to pot on top of beef, cover, and let it simmer. Cook until pumpkin is fork-tender, 20–25 minutes. Using tongs or a slotted spoon, place pumpkin in a blender. Add 4 cups of the boiled meat broth and purée until smooth. Place the blended mixture in the pot and bring boil.
- Add potatoes, carrots, cabbage, onion, celery, leek, turnips, chile, rigatoni, cloves, garlic powder, onion powder, 2 1/2 tsp. salt, 1/2 tsp. pepper, a pinch of cayenne, parsley, if using, thyme, if using, and remaining 6 cups broth. Simmer, uncovered, until pasta and vegetables are tender, 30–35 minutes.
- Add oil, butter, and 1 Tbsp. vinegar. Reduce heat to medium-low and boil until beef is very tender, for 15–20 or as needed.
- Taste and adjust seasonings as needed. Serve soup in bowls and serve with bread or by itself.

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