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Grenada

Carriacou & Petite Martinique

2008 - 2009

1st EDITION



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Calliste, St. George's

The cover picture, taken by AllyDay Creative Projects, is a classic example of those hidden gems we call 'liming' spots here in Grenada, Carriacou & Petite Martinique.

A cool, shady, tucked away spot, created predominantly by nature, but which with a little man made help & imagination can become a romantic picnic spot, an outdoor escape, a meeting place for friends or even 'Speakers Corner' for a little while... Whatever you want it to be.

Spending a little time ashore for repairs, this working boat will soon be back out to sea, but in the meantime what a place for a 'lime!'



We would like to express heartfelt thanks to all the advertisers who trusted us to make our inaugural issue successful and showed their support by joining us on its pages.

The Publishers

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Grenada
Carriacou & Petite Martinique

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AllyDay CREATIVE PROJECTS

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Liming

You're absolutely right, you need to know exactly what it means to 'lime' before you can even think about getting started.

"On our holiday, my sister and I..."

La Sagesse, St. David's

If you've been in Grenada or anywhere else in the Caribbean for more than a day or so, someone must have used the word and given you an edited version of what it means. Just humour us for a little bit and we'll give you a slightly more comprehensive understanding. That way you know just how to do it in your own style.

Here goes...

First and most importantly, in case you're in a rush: Stop!

Liming is NEVER done in a hurry: you cannot 'lime, make a lime, be liming' or 'be having a lime' if you are in a rush, it just doesn't work that way. So you need to sloooow down ... immediately!

Now you're ready for us and our version of what you may call - chilling, relaxing, hanging out, having a good time, letting your hair down, unwinding or socializing. Ok, so you get it, right?

There never has to be a special where or why – you can do your unwinding or chilling thing your way, and nobody can tell you it's not a 'lime'.

Interestingly, in the old days when the British navy dominated the seas, inclusive of the Caribbean, when the vessels put into port, the sailors used to hang around on the docks having a great time doing not a lot of anything in the tropical heat. As they were commonly known as 'limeys' - due to the citrus fruit they ate to avoid scurvy – the locals watching them created a word for this. Limeys doing nothing. Yes, you've got it 'liming', because that's what Limeys did!

Surprised huh? So were we having been totally convinced that it is our own special Caribbean word, and that we know how to do it better than anyone else! However we are thrilled to find it comes

from a mix of culture, with its roots in the Caribbean.

All that said and done, we very happily share what 'liming' signifies', which is the same no matter where we come from. An outlook on life which knows the value of savouring good times with close friends.

We are sure you will have the opportunity to add more of both of these as you 'Lime & Dine' here with us in our beautiful Isle of Spice.

You wanted us to explain the 'dine' part? No? Ok, that's what we thought!

Now you can hurry!

Turn our pages and go find a good...

'Lime'

'Limers' & Diners



Alleynes

Non-'Limer' Extraordinaire

Not true! Just give me a Mac, any size and I'm 'liming' in cyberspace. I live in my designer Adobe hut. Dining is another thing all together, no veggies please, I'm fully carnivore with no apologies. Don't worry. Check our pages and you will find lots of eating options for those of you who are the other extreme or anywhere in between. Ok, yes and liming options – stop nagging you two - you've got me captured with surround sound stereo. Mama mia it's hard being the man at the top!

Eat loads and have fun!

'Limer' Extraordinaire



Sabrina

True! I know when it's happening, where it's happening and who's making it happen! What do you expect? I'm still younger than those two - ouch – don't hate, I can't help it if it's true. In between all that action I have to catch up on the zzz's. Oh! and study, just finishing my last few months at St. George's University.

Don't let anyone fool you. There's always some form of 'liming' to be done here, from the spectacular to the sedate – let Dayliah tell you about that. Hey! That hurt, I wasn't saying you're old! I know, I know liming has no age limits. Okaaay.

'Lime' hard and have fun!

Once Upon a Time 'Limer'



Dayliah

That's enough thanks Sabrina! Being above me on the page doesn't put you on the top of the food chain.

Actually, I'm still pretty good at knowing what's happening, just not always there when it does. And you two should keep in mind that it's usually me who tells you where the latest new 'hotspot' is. Just 'cos you get there first doesn't mean you knew before me. Fount of 'liming' knowledge and open to every sort of dining experience, that's me, giving you two something to aspire to!

Enough chatting, let's allow these good people to turn the pages and prepare to, alright yes we can say it together. Ready?

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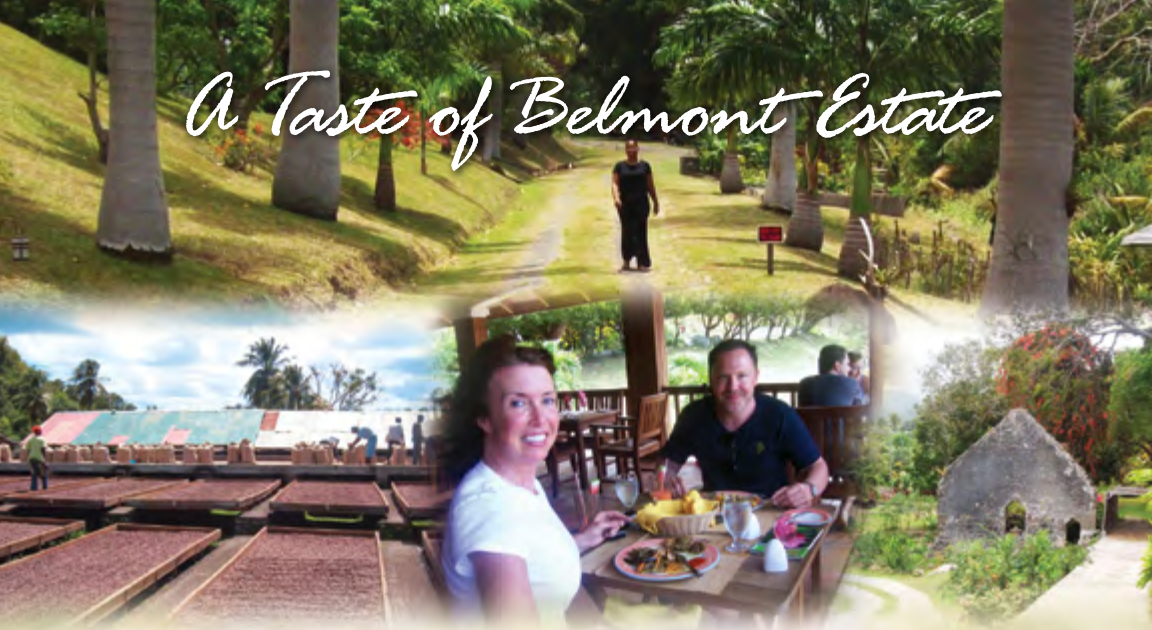
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Boyz Lime

"Bubble a pot," (a.k.a cook), "make a waters,"(a.k.a. make a soup or broth) tune the car...have a manicure. Have a what? Yes... a manicure. Why not? Who is to say a man cannot sit back and have his nails done? **Pink is the new blue**, haven't you heard? After all he can be pampered and treated as the 'King' he believes himself to be, or so the justification goes. So go ahead and invite the girlz they can join a boyz lime, the hike, the hunt, the car race and remember, don't think they can't handle it...

Z^{sa} Zsa Gabor said **"Macho doesn't prove mucho."**

The general consensus is "Life is too large to hang out a sign which reads 'For Men Only' "

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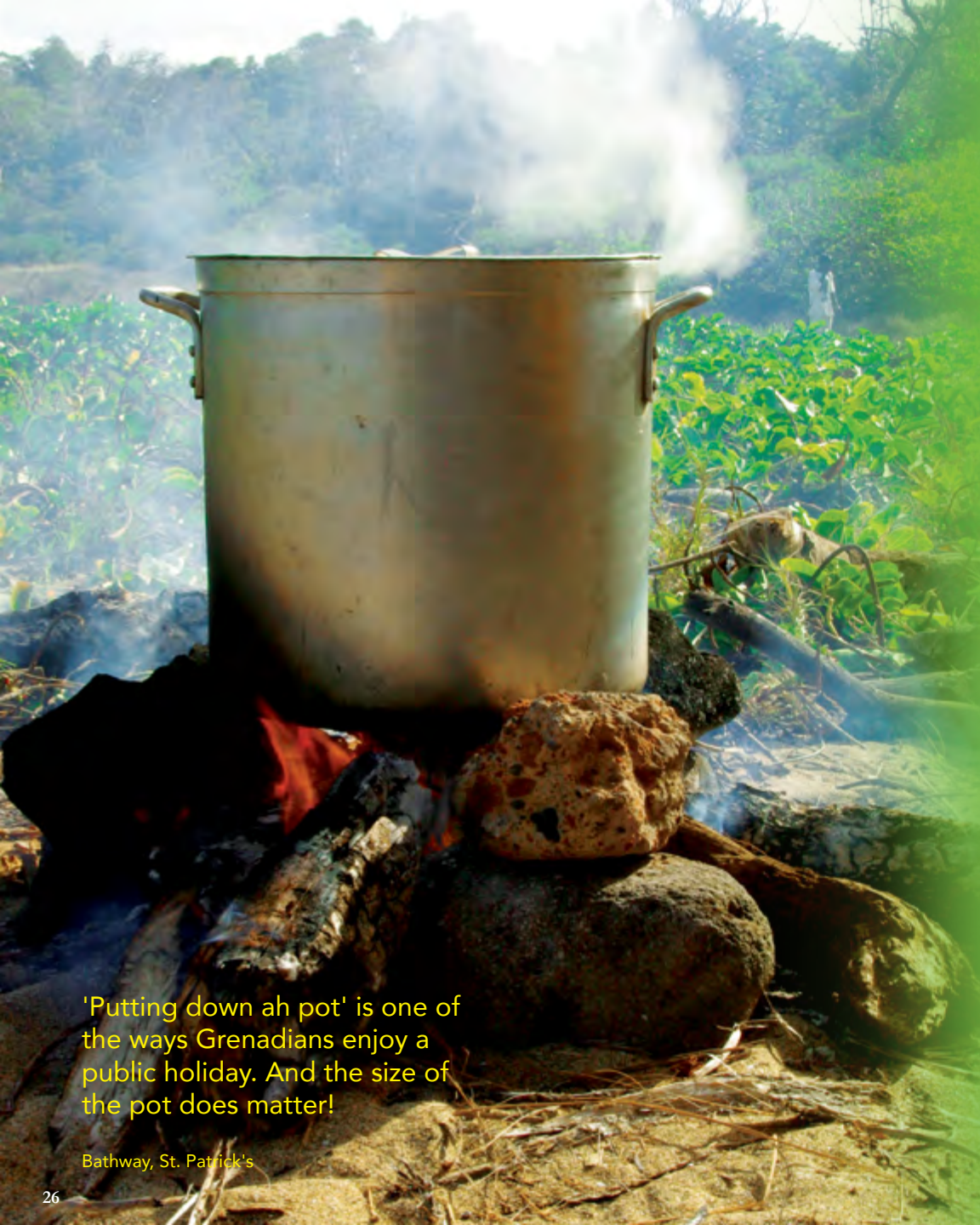
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La Sagesse.

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'Putting down ah pot' is one of the ways Grenadians enjoy a public holiday. And the size of the pot does matter!

Bathway, St. Patrick's

Look Who's Cooking

You have your choice of places to eat here on the Isle of Spice. Whether it's fine dining, local cooking local style, eating on the run, finger foods, snacking... we have them all.

Where did our great local chefs begin the journey towards their particular expertise? Cooking on the beach with the boys, or the girls? Working a roadside Friday night BBQ stand? Cooking at home, when they were growing up?

So many of our great holiday memories are connected to **what** we ate and **where**.

Join us and let us add the **who**.

Look Who's Cooking

Jesson Church
Junior Sous-Chef,
Oliver's Restaurant,
Spice Island Beach
Resort

It's true I started cooking when I was ten years old – and without the help of gas! We used a coal pot and I built a fire for it three times a day, to cook three square meals. Rice crispies or cornflakes were definitely not on the menu!

The coal pot? I didn't think it back then, but now I have to say you really don't know what you're missing until you use a coal pot. It's better than any slow cooker, pressure cooker or BBQ, even if it is less sophisticated. Food just tastes better when you cook it outside in a coal pot. We lived with my grandparents and they taught me all about stewing meat and making our national dish, oildown, using that very same method

of cooking.

Never being a big 'book' person, after school I ended up on a course learning masonry along with food and nutrition – I decided that bricks were not for me!

Kitchen Marvel



Coal pot - it was for centuries & still is, the Caribbean's favourite way of cooking. It's portable, fuel efficient, user friendly and from it you get the best cooked food, including pastries!

I knew I could cook, but didn't know that I would also enjoy organizing a kitchen and cooking for more people until I got my first cooking job. That was it. Cooking became my passion. It still is, it's what I love to do. Being on 'the line', working hands on and making a statement on the plate, that's what puts a smile on my face.

When it comes to cooking I love to learn, there

is no stopping point. The hotelier I work for has real vision and as a result I have had many opportunities which might not otherwise have come my way. One of these has been going to work in England.

What an eye opener for me! Our culture here in the Caribbean, can be a lot more relaxed. In good English kitchens maintaining standards and discipline is a high priority. That was a serious learning curve, but definitely worthwhile. The only real difficulty I had was that at first no one could understand me – I kept having to repeat myself until they got the hang of my accent! After that I was one of the lads. Diamond 'innit mate! Yes I learned a phrase or two!

In my opinion to be a good chef you need discipline, commitment and passion for your craft. Enjoy cooking and make it your personal best no matter what, or where you are. I come into work early every day so that I don't compromise any of my standards by rushing the preparation. That's my personal choice. I don't do stress, at least not 'Ramsay' style. One hundred covers to go out - we've run out of something – my smile disappears, I step into my zone, focus and get the job done. Dinner is served!

Honestly? No I don't cook at home. It's not that shocking, lots of chefs don't. It's the truth, I'm telling you. Besides my wife, Rose-Anne is a great cook, better than me, and she says when I cook it's way too fancy! So I'm off the hook!

Paperwork is still not me, but I know it's also important in my profession. So as I eventually aspire to having my own restaurant, I will have to employ someone to do that!

Yes when I get my 35 seater restaurant I am going to do Oildown – fine dining style, my way – wrapped in pak choi or something, sauce drizzled on the plate ... It will happen, at least once I have my customers fully converted to '*Grenadian Cuisine with an International Accent* or *International Cuisine with a Grenadian Accent*'.

Either way will work for me!

Oh yes, I forgot. My liming time? Playing X-box and spending some time with the kids.

Nice chatting with you.

Lime, dine and enjoy our Spice Island.



Grilled Mahi Mahi

with a
Soft Herb Crust, Farine Cake & Lime Cream Sauce

Fish Ingredients & Preparation

6 Fillets of Mahi Mahi – 140g each
100g Seasoning – chive, garlic, seasoning
pepper, herbs, oil, juice of limes.

- Mix fish with seasoning and refrigerate for 2 hrs prior to cooking.
- Place fish in pre-heated oven (380 – 400°F) for about 5-8 minutes until the fish is cooked.

Soft Herb Crust Ingredients & Preparation

9 oz Soft White Breadcrumbs
2 tbsp Mixed Chopped Herbs: chive,
parsley, coriander.
1 clove Garlic - crushed
1 oz Butter - melted
Salt & Pepper to taste

- Mix all ingredients together.
- Divide mixture into six even pieces, same size as the fish.
- Place fish on each portion of the herb crust, pressing down.

Lime Cream Sauce Ingredients & Preparation

½ cup Fish Stock
2 sprigs Fresh Thyme
¼ cup White Wine
2 Limes – zest grated & juice
2 oz Onions - finely chopped
¼ cup Heavy Cream
1 tsp Butter

- Cook the onion without colouring.
- Add the wine, fish stock & thyme and bring to the boil.
- Add the zest and juice and reduce the mix until it reaches syrup consistency.
- Add cream.
- Season to taste with salt and ground white pepper and a pinch of cayenne.
- Bring to the boil.

Tip:
Prepare lemon sauce and farine
cake before cooking the fish
as this takes a
longer
preparation time.

Farine Cake Ingredients & Preparation

4½ oz Farine
Pinch of Nutmeg
Pinch of Cinnamon
1⅓ cups Milk
2⅔ oz Butter – melted
Salt & Pepper to taste

- Put farine into a bowl.
- Add the dry ingredients.
- Add the butter and juice followed by the milk.
- Mix well together and place into a tray to set.
- Cut out 6 rings of farine and pan fry in a little butter until golden brown.
- Serve immediately.

To Serve

- Place farine cake on plate.
- Arrange fish on plate
- Drizzle lemon sauce over fish and around the plate.
- Garnish with chopped fresh herbs.

**This dish goes nicely with tomato salsa*



Prepared by Jesson Church



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with sweet corn puree and cajun salsa



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NICK'S BAR

“When I was a little boy sometimes my father used to send me on the back of the truck down to the rum factory to get two bottles of cane juice for him for the weekend, little did I know then that in my later years I would become an integral part of the factory to which my father supplied cane”

Mr Leroy Neckles – May, 2008
Owner & Chairman of the Board of Directors of Grenada Distillers



Nicholas Neckles, born in 1903 died 1972, was the son of plantation owner Phineas Neckles, whose Beausejour Estate was the largest supplier of cane to the Grenada Sugar Factory, now known as Grenada Distillers, the producers of Clarke's Court Rum. Affectionately known to all as 'Nick' he was renowned for his outgoing personality and particularly for his name-sake restaurant situated in busy St. George's town, which was always a great meeting place for all sorts of people. With a penchant for getting things moving he was a foundation member of Grenada Yacht Club, founder of the Diamond Social Club, entrepreneur and a great friend to countrymen and visitors alike, all rolled into one!



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Nick always loved visitors and nothing has changed!



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The girlz had wonderful fun racing a workboat at Grenada's Annual Sailing Festival - January 2008

Grand Anse Beach, St. George's

Girlz Lime

Someone famous once said "Nobody will ever win the 'Battle of the Sexes'. There's just too much fraternizing with the enemy!"

Boyz, don't be afraid to 'lime' with the girlz. What's the worst that could happen? Maybe discover that you prefer chick flicks to all 5 Rocky movies! Embrace your feminine side. After all, girlz like guys who show their sensitive side...or so they say. If you get confused just remember what Cyndi Lauper said about girls:

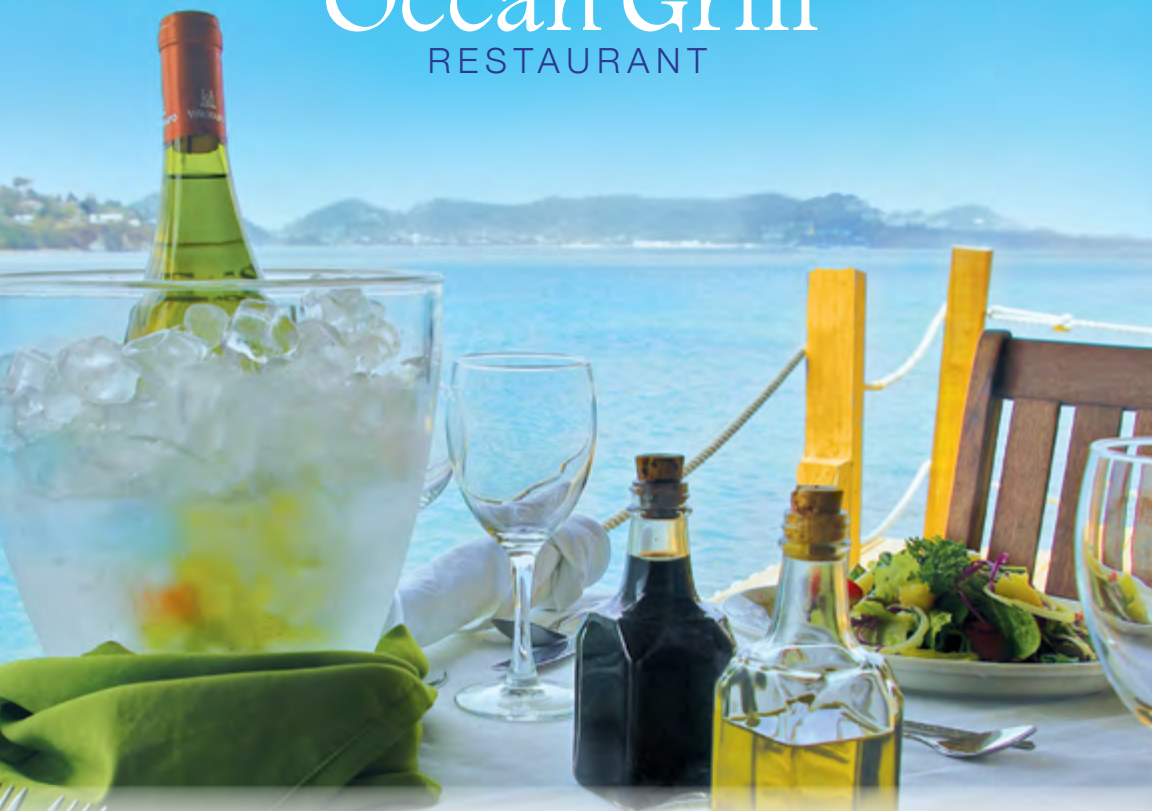
"...they wanna have fu-un. Oh, girls, Just wanna have fun..."

So whether they stay gossiping on the phone with their girlfriends, treat themselves to a day at the spa or maybe just relinquish the remote control on Sunday for your big football game... be assured that they're doing it for fu-un!

Grenada
Carriacou &
Petite Martinique

Ocean Grill

RESTAURANT



Situated on the most picturesque natural harbour in the Caribbean on a platform above the gentle waves of the Caribbean Sea. A visit to us is a 'must'.

Fresh air, freshly grilled entrees and a panoramic view of the white sands of Grand Anse beach accompanied by drinks of your choice, we offer an experience you will not want to miss.

The Carenage, St. George's
(473) 440-9747

8:00am - 11:00pm
Monday - Saturday





Oliver's Restaurant on Grand Anse Beach is the perfect setting for dining and night life spread under a canopy of stars and caressed by gentle breezes. Newly renovated and redesigned, Oliver's invites you to come and enjoy our renowned gourmet table d'hote menu featuring a host of local infusions served beachside, with a distinctive Grenadian touch.

Oliver's
AT SPICE ISLAND BEACH RESORT

FOR MORE INFORMATION CALL 444-4258

WWW.SPICEISLANDBEACHRESORT.COM

RESERVATIONS RECOMMENDED. EVENING DRESS CODE: ELEGANTLY CASUAL. NO SHORTS, RUNNING SHOES OR SLEEVELESS SHIRTS FOR MEN. ALL TARIFFS ARE SUBJECT TO 10% SERVICE CHARGE AND 8% GOVERNMENT TAX



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Dining
by rex resorts

Join us for a delicious dining experience at The Oriental,
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Open Monday, Wednesday, Friday and Saturday between 7pm & 10pm • Credit cards accepted

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The ♦ Oriental

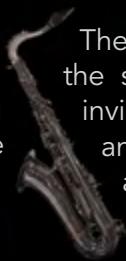


THE ORIENTAL • GRENADIAN BY REX RESORTS - TAMARIND BAY

R H  D E S
at
Calabash
hotel and villas



First class cuisine, fine wines and impeccable service are the magic created by the partnering of inimitable Calabash style and Gary Rhodes culinary achievements.



The gentle playing of ivory keys, the sultry wail of the saxophone, invigorating Caribbean rhythms and more, ensure that more than a pinch of spice is part of your Calabash experience.

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Grenada Carriacou & Petite Martinique

Rick's Café

NOW SHOWING
Scenes from a Great Holiday

Honey, do you want to stay
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beautiful tropical sunset...?

...not really...dude..

...feel like heading over to
Rick's Café...for an awesome
pizza and beer...?

...SWEET...!

Rick's Café

located in
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opposite
Grenada Grand Beach Resort
Grand Anse, St. George's
Tel: (473) 444-4597
Open Tuesday - Saturday
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Sunday
4:00pm - 9:30pm

ADMIT
ONE

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Rick's Café, Grand Anse

Rituals

Located at:

Point Salines International Airport – 439 7609

Spiceland Mall – 439 7608

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Esplanade Mall – 435 7954



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SERVICE WITH A WOW!

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'Grounds for enjoyment'



Fine wines & other alcoholic beverages served all day at Rituals Grand Anse.

Please check in store for our Nightly Specials, Birthday Club and Wine Club offers.

Rituals Grand Anse - Open till late Mon-Sat.

www.ritualscoffeehouse.com



'Shark Bite.' Don't worry it's the only kind you'll get here! If you want to mix one of your own, 'Rum Stories' cocktail book is the place to look.

Grand Anse Beach, St. George's

Shaken & Stirred

You don't have to be a drinker to enjoy a cocktail... they do have the virgin kind! Sitting at a bar is also not necessarily about drinking, after all they say that: "A bartender is a temporary pharmacist with a limited inventory!"

In our warm & balmy climate knowing where to go, and who to get that great cocktail or beastly cold drink from, is a must. Often **'the who'** is equally as important as **'the where'**.

Come, meet one of our expert bar-men and discover a great spot for enjoying some of those glorious sunsets and magnificent starry sky's, whilst you're 'liming' here in Grenada.

Shaken



&

Curtis Alexis
Barman,
Dodgy Dock Bar & Restaurant,
True Blue Bay Resort

Stirred

I wouldn't go so far as saying I'm a therapist but you do see and hear a lot behind the bar, maybe more like a confessional!

I'm a pretty good listener. The rule is: Hear a lot but don't say too much.

Meeting people from all over the world who come to visit is a great experience. They are here to relax, have fun and unwind, in other words, 'lime', and where better?

You can learn so much meeting visitors from around the world. If you're looking for something positive you will find it, if you're not, you'll find that too. I have a great friendship

with a Scottish couple whom I met when I was working behind the bar many years ago. They still come to Grenada every year and I go over to Scotland most years, you could say it's my second home! Many a good friendship had its beginnings in a bar, even if you're the one behind it!



A therapist at work?!!

We do have to talk about the rum punch, that's a given. Getting used to it is actually an art. It can deliver a 'knock out' if you're not careful. Everyone enjoys it. Sometimes they remember how much they enjoyed it, sometimes not! If they do, some of them come down to the bar the next day and apologise. I say 'for what?' I don't know what they're talking about! The relief on their faces is repayment enough. They can get

on and enjoy their holiday and maybe another crazy night in the next few days – probably with a few less rum punches!

No I 'm not giving specifics! To be a really good bartender you have to **'hush your mouth'**, be professional enough to leave what you see and hear at the bar, right there. Not quite a priest but a good secret keeper! I will say this though, anyone who visits definitely has to go home with a bottle of our rum. It's the best there is and that is not a well kept secret!

I have been in this field for almost 22 years, since I was 19. It came easily, my family are in the hospitality industry, so I think it was in my blood. That doesn't mean that you shouldn't continually work to be better. I use any opportunities that arise to learn more, and if none are available I find ways to push

myself to be more and more innovative. I'm not interested in leaving my career sitting 'on ice'.

Saying that, one of the greatest things about my present job is that I work in the evenings. This allows me take my kids to school and pick them up every day, as well as get lunch ready for them. I have to be honest and say there is nothing as important to me as spending quality time with my children.

Being in a profession that I really enjoy and take pride in, is the icing on the cake. Come by our bar, I promise you will never see a frown on my face.

And the view from the Dodgy Dock?.... Come and judge for yourselves!



Cocoa Banana

Virgin Cocktail

Ingredients & Preparation

2 oz Chocolate Syrup
1 Banana
2 oz Condensed Milk
4 oz Full Cream Milk
Dash of Nutmeg

Blend all ingredients

Tip:
Add 1/4 oz
Westerhall
Light Rum if
you wish.



Sandy Island

Ingredients & Preparation

1½ oz Clarkes Court White Rum
½ oz Triple Sec
6 oz Orange Juice
½ oz Coconut Cream

Pour all ingredients over ice in shaker

Prepared by Curtis Alexis



'Lazy Afternoon'. We all deserve one .
To find out how to get yours see 'Rum
Stories' cocktail book



Sapphire
RESTAURANT
& BAR



In the "Spice island" of Grenada, Located in the Allamanda Beach Resort, on the picturesque Grand Anse Beach. A true treasure for your taste buds awaits you. Sapphire Restaurant and Bar, specializes in Caribbean and French Creole Cuisine infused with world's styles and flavors. At our bar you will find a wide variety of refreshing cocktails to be enjoyed, whilst in air conditioned comfort, sample our snacks, soothe yourself with our sounds or watch some cable television. We look forward to providing you with a flavorful and fun dining experience that you will never forget.



Happy Hour from
5pm to 6pm

Open Daily From 7:30am to 11pm

Phone: (473) 439-3900

Reservations Recommended

Email: Sapphire@spiceisle.com



Sublime



'See the
quintessential
Caribbean
in style'

Everybody needs at
least one unforgettable
experience. Here it is...



From the minute you see the aerial view of Grenada afforded by the light aircraft you know that this is going to be a special day.

Twenty-five minutes of flying to Union Island, and then on to the nearby jetty to be transported to your sailing vessel – Scaramouche.

There she waits, pitch pine and white cedar constructed on the shores of our sister isle, Carriacou. This aged schooner with its sails to the wind, offers plenty of space, comfort, shade & sun. Above and below her decks admire the craftsmanship which forged her.

EXHALE... Close your eyes,
RELAX those shoulders, you
are about to experience the
completely **SUB'LIME'**.

The picture perfect scenery of the Grenadines, Mayreau, Tobago Keys and Palm Island, all with water which looks as though it were coloured by a giant paintbrush. Clear enough to view the sea bed, deep enough for your most perfect dive.

Today is your opportunity to get up close and personal with turtles and iguanas! The choice is yours.

If all this is not enough then here's one for the telling – you are walking the same decks as Jack Sparrow aka Johnny Depp of Pirates of the Caribbean fame! Ask the crew they willingly tell all!



For further
information &
bookings contact:
Sunsation Tours
Morne Rouge,
St. George's
(473) 444-1594



www.grenadasunsation.com • qkspice@spiceisle.com

Grenada
Carriacou &
Petite Martinique



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PLEASE BOOK TO BE SURE OF A TABLE
NON RESIDENTS VERY WELCOME • PARKING



Live Entertainment
Fridays & Sundays !



The Water's Edge

Restaurant & Bar

Bel Air Plantation Villas

A cool drink, whilst enjoying a stunning multi-hued sunset over St. David's Harbour. An enticing selection of signature island dishes, allowing your palate to experience our local herbs and spices. All on our waterfront patio facing the ocean and surrounded by tropical gardens. The only competition in sight are the 360° views which are yours with our compliments when you visit:

The Water's Edge Restaurant & Bar, Corinth, St. David's

Open daily 7:00am to 11:00pm

Tel: (473) 443-2822

www.belairplantation.com • watersedge@belairplantation.com





Westerhall Estate

Water Wheel



Westerhall Estate's Rum Distillery & Park invites you to visit and see for yourselves the history and relics of a bygone era side by side with 21st century processes.

Dam & Aqueduct



Mango Trees

Meet with our guide and follow his footsteps and those of his predecessors around the old estate grounds, see the signs of yesteryear surrounded by the lush foliage of today.

Old Crane



Old Boiling Pots



Stills

Sugar Area



Cynthia Hughes Collection



Lime & Dine



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to avoid
disappointment**

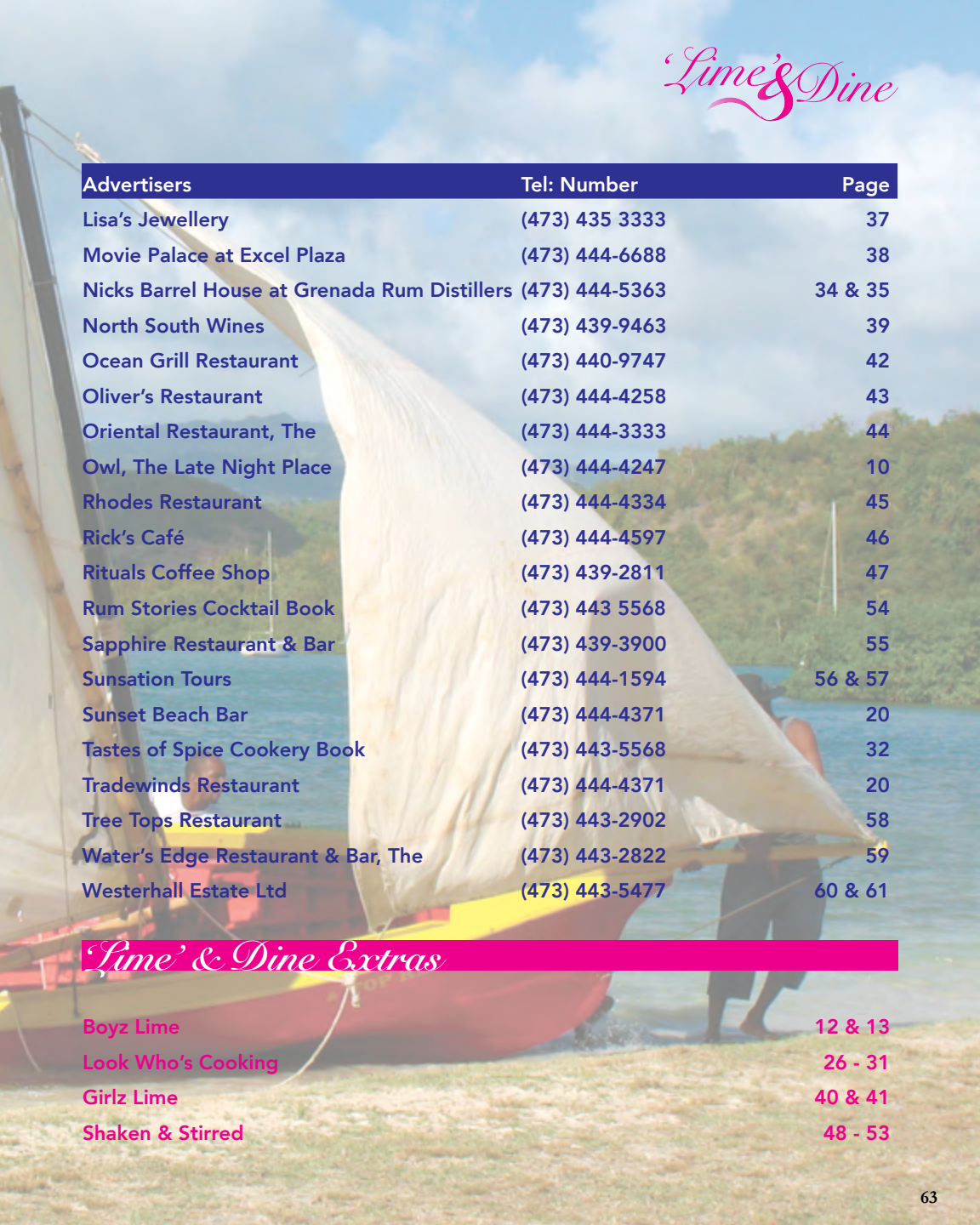


X marks the spot! – Free tasting of the blends for which Westerhall Estate has become renowned throughout the Caribbean and beyond.

www.westerhallrums.com

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Dodgy Dock

at  TRUE BLUE BAY

Whimsical and lively, that's the scene at the Dodgy Dock on the Bay.

Guests can choose their favourite snackables from the 'Style Bites' menu & enjoy Mexican munchies whilst sipping marvelous margaritas and "authentic" Grenadian rums.

Tuesdays

Enjoy a truly Grenadian Night with live steel pan music.

Wednesdays

Always a good night for a BBQ & with our Late Music Jam, you won't want to miss it!

Fridays

Mexican Night & Latin Dancing Fiesta. Get ready to move those hips or at least tap your feet!

Saturdays

Calypso BBQ and Live Music.

Sundays

Family Brunch. Spend some quality time together, our location is perfect for it.

The Dock is open daily from 11:00am 'til...

Happy Hour at 5:00pm every day!

For reservations and information call (473) 443-8783

Soak Up the Scene...

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frankly,
I don't
know
who said
it's just
sea, sand
and sun

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