



MAKING WAVES

Food Glorious Food...and drink

Let us explore the delights of Food and Beverage in our Caribbean with Ziggy. Local styles of cooking are borrowed from European, Indian, Oriental and African traditions, which blend an interesting mix of fish, chicken and meat, plus an assortment of fruits, vegetables and spices from the countries' tropical gardens!!

"Food and Beverage" is one of the fastest growing sectors in tourism. It is considered to be a very important part of the holiday experience for the tourist. Visitors spend a lot of money eating and drinking.

WHAT'S MY JOB ?

My name is **Debra Sardinha-Metivier**, and I am the **Executive Chef of the Trinidad Hilton & Conference Centre.**



Chef Debra's Likes 😊 and Dislikes 😞

- 😊 The people interaction and mentoring that comes with such a position.
- 😊 The ability to do what I have a passion for as a career
- 😊 The ability to give something back to my community
- 😊 The fact that as an Executive Chef, who happens to be a female I hope that I have shown that a woman, can function in "a man's world".
- 😞 That there is a price to pay when it comes to balancing one's life because as a professional I find it difficult to "turn off" and unfortunately my hours become quite long.

My typical day:

- 7am. Arrive at work. Check to see that all is well, which includes breakfast, staff etc. Lunch staff will arrive - make sure they know what they have to do. Have a morning meeting. Check the food stores to ensure that we have everything we need - or order more stock. Walk through the restaurant and ensure the lunch buffet is tidy. Complete all my paper work which includes menus, staff roster and sort out any problems. Afternoon meeting with supervisors.
- 2:30 pm Lunch - time to myself to exercise.
- 5:30 pm Back to work to organise dinners. Organise paperwork for next day as well as outline new menus. Plan any banquets. Talk to my son to say goodnight
- More work.....9/10pm time to leave AT LAST - 😊

INSIDE THIS ISSUE:

What's my job, Did you Know That..., Environmental Corner, Recipes and Country Profile.



Special thanks to Caribbean Culinary Federation for Chef Debra's contribution.

Did You Know

That.....?

Most of our fruit and vegetables are not native to the Caribbean. They were brought here by explorers and travellers. Here are the stories about some important ones.

Coconut: When you look at a coconut you are looking at the most versatile and ingenious fruit that nature ever produced; It provides food, drink, clothing and shelter all in one fruit!!



Where the coconut was born is far from clear. It's an amazingly hardy fruit; it can float enormous distances in the ocean, where it remains fertile for up to four months and takes root wherever it may be washed up. Fossilised remains of coconut, over 15 million years old, have been found. The coconut probably reached our shores courtesy of travelers returning from India and the Far East. Today it provides shade to our beautiful Caribbean beaches, and is sold by Caribbean vendors at the roadside to passers by who want a cool drink or to eat of the fleshy jelly inside.



Breadfruit: In 1787, the British Crown sent the infamous Captain Bligh to Tahiti to obtain breadfruit seedlings to be planted as a food source in Britain's Caribbean colonies. He obtained these plants from the islands of Timor and Tahiti and set sail for the West Indies. The name of his ship was the 'Bounty'. Returning from Tahiti, Bligh made sure to give enough water to the plants, but not to his men. . Owing to poor treatment the crew mutinied, threw the plants overboard and set Bligh adrift in an open boat. Bligh survived this adventure and decided to try again. In 1793 he successfully brought the first breadfruit plants to Jamaica and St Vincent - on the HMS Providence.

Bananas: Bananas were probably the first fruit farmed by man. When the Spanish explorers came to the New World, so did the banana. According to Spanish history, in 1516 Friar Tomas de Berlanga brought the first banana root stocks and planted them in the rich fertile soil of the Caribbean.

In the 1800s, sailors brought a few stems of bananas home with them after traveling in the Caribbean. Bananas received a new name each time a different group of people were introduced to them. In fact, centuries ago bananas were called "banna" and "ghana" and even "funana." The Africans are credited with giving the banana its permanent name.



ENVIRONMENTAL CORNER



The Hidden Dangers of FOOD....



In any restaurant, hotel, bar, or even in your own home, you must ensure that food is stored and prepared correctly. To safely enjoy all types of dishes and exotic drinks that the Caribbean has to offer, one must be very careful. Smells, tastes, styles and a variety of different foods are a wonderful way to sample the delights of the Caribbean, but food can also represent the single greatest **health hazard**.



For example, in hotels, restaurants and homes one can have an attack of 'salmonella' food poisoning, which can be traced to dirty hands, or bad food storage. More than **250 diseases** can be caused by contaminated food or drink. Bacteria causes most of these diseases. (Germs to you...) Bacteria is commonly found in raw food or undercooked meats, poultry, eggs, fish and shellfish. Other health hazards are:



chemical hazards – household cleaners, detergents and bleaches which must be kept away from food



physical hazards – not using old or damaged plates, removing all alien items from food i.e. foil wrapping or wood



personal hazards ensuring that everyone washes their hands before handling food, keeping one's hair away from food and not wearing jewellery or false nails when preparing food.



BUT DON'T PANIC!! Many restaurants and fast food places have very good health practices and have a food licence and are inspected on a regular basis to ensure that they are within the Golden Rules of Food Safety as outlined by the World Health Organisation.



BUT KIDS YOU CAN DO YOUR PART! YOU MUST ALWAYS REMEMBER TO
Wash your hands frequently to avoid picking up or spreading germs.

Watch this space!

If you would like to see some of your ideas, recipes, poems in forth-coming issues, write to Ziggy at:

Caribbean Tourism Organization, One Financial Place, Lower Collymore Rock, St. Michael Barbados or email: ziggy@caribtourism.com

Caribbean Cooler

1 cup cold milk 250 mL

1/2 banana, cut up
1/2

1/4 cup frozen orange juice concentrate 50 mL

Combine ingredients in blender, cover and blend until smooth.

Makes about 1 3/4 cups (425 mL).

EATS & DRINKS TO TRY AT HOME

COCONUT PUNCH OR (PARADISE PUNCH)

1. Shell one mature coconut and finely grate the flesh.
2. Mix the grated coconut with 1 pt water and strain the mixture through a sieve lined with muslin squeezing the muslin to extract all the juice.
3. Add 4 oz. raw cane sugar to the coconut liquid and stir until the sugar has dissolved.
4. Flavour with Almond Essence and chill.
Serves 3-4

About the CTO
The Caribbean Tourism Organisation (CTO) was established in 1989 and is a regional tourism development agency, with its headquarters in Barbados and marketing offices in New York, London and Canada. The CTO has 32 government member countries comprising the English, French, Spanish and Dutch Caribbean.

Special Thanks to our kind sponsor: Mrs. Jacqueline Johnson

Tropical Mango & Spicy Tuna Salad:

- 2 grafted mangos, pitted and sliced (any supermarket mango should do - a grafted mango is less stringy than the local ordinary mango)
- 6 ripe plum tomatoes, chopped
- 1 bunch chives, chopped
- 6 basil leaves, chopped
- pinch salt
- freshly ground black pepper, to taste
- ounces virgin olive oil

For the Spiced Tuna you will need.....
4 thick Tuna Steaks (a good couple of inches)
cloves, 4 cinnamon sticks,
1 ounce fennel seeds, 1 ounce black peppercorns
4 whole nutmegs

1. Place spices in a blender (some people like using a coffee grinder for spices) and process to a fine consistency.
 2. Coat tuna steaks with the mixture and pan sear to medium rare. (Get an adult to help you)
- To serve, arrange triangles of tuna over the mango salad. One can also decorate with fried banana chips. Serve with any kind of rice, or peppers...
Oh what a meal!!

COUNTRY PROFILE



Spicy Grenada Spicy Grenada Spicy Grenada Spicy Grenada

Grenada, Carriacou and Petite Martinique are part of a three island state. Grenada, the largest of the islands, is truly a destination that excites the senses. Nicknamed "the Isle of Spice", it is the second largest producer of nutmeg in the world, which was introduced to Grenada in 1843.

The islands are the southern most of the Windward Islands and lie approximately 100 miles north of Venezuela and 158 miles south west of Barbados. Together the islands cover an area of 344sq. miles. Grenada is a volcanic island with many extinct craters, the most famous being Grand Etang, a volcanic lake at the centre of a rainforest in a national park.

The capital city of Grenada is St. George's, which consists of a horse-shoe shaped Carriacou. All the islands combined have a population of approx. 110,000 people and receive approximately 133,000 tourists every year, who come from a mix of the USA, Canada, Europe, Latin America and other Caribbean nations.

To get from Grenada to the other islands you can take the hydrofoil from the Carriacou in St. George's to Carriacou or Petite Martinique. Top sites on the islands include waterfalls, lakes, plantation houses, military forts and nutmeg receiving stations. There are 45 white sand beaches and nine black sand beaches (and colourful coral reefs) plus a range of accommodation that caters to all types of visitors, and fantastic cuisine. It sports excellent scuba diving and snorkelling facilities for those with an adventurous spirit. Hikers and birdwatchers are encouraged, especially on Carriacou where there is a wide variety of eco-tours including sea turtles, whale and dolphin watching, mangrove hikes and reef snorkelling.

