



{ Your Ultimate Caribbean Cuisine }

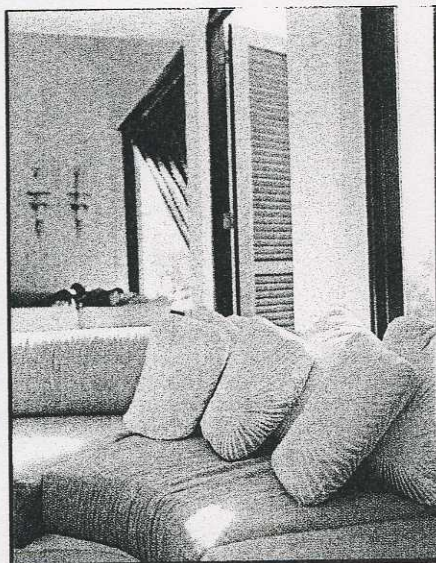
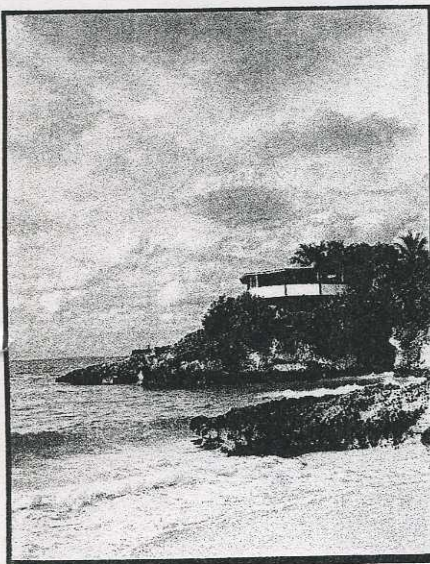
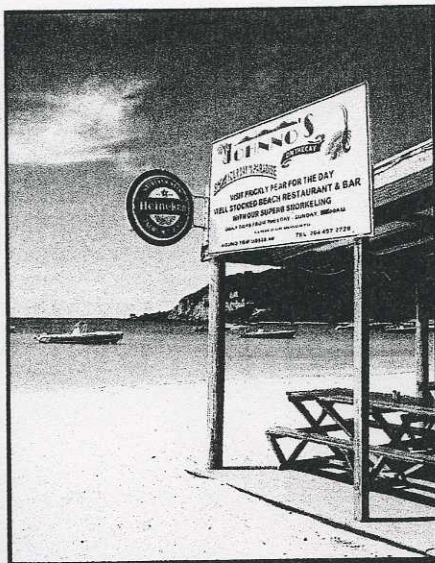
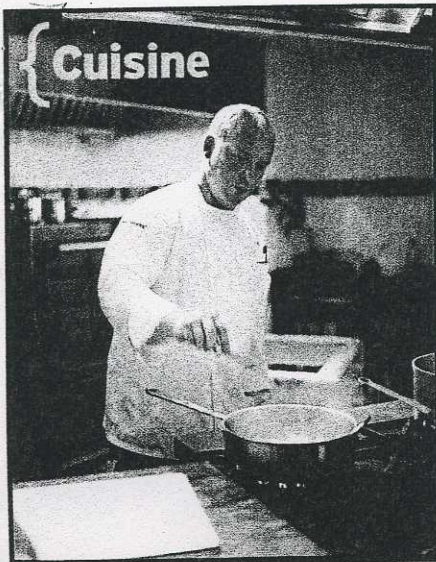
# Anguilla's Bountiful Tables

With more than 100 restaurants ranging from oceanfront barbecue shacks to ritzy resorts, tiny Anguilla serves up some of the best food in the Caribbean. For dessert? Find a sugary beach.

BY EVERETT POTTER • PHOTOGRAPHS BY DAVID NICOLAS

They came for the beaches – the star chefs, that is – and stayed to create magnificent restaurants. At CuisinArt, top left and bottom right, Daniel Orr oversees dishes such as grilled spiny lobster, and a hydroponic farm provides peppers and other produce. Mediterranean architecture and Caribbean chic combine at St. Regis Tenemos, top right, and the Rendezvous Bay Hotel, bottom left.

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**P**ALM GROVE BAR & GRILL just might be the most perfect beach shack. It's a flip flop-and-bathing suit sort of place on the east end of the island of Anguilla. The plywood building, dabbed in green and red paint, shutters propped open, is anything but fancy. Yet it frames a stellar view of Junks Hole Bay, a deserted beach ringed with sea grapes. The local owner-chef, Nat Richardson, had a smile as wide as the bay as he served the lobster he had grilled for me with a side dish of tasty johnnycakes — fried biscuits. The johnnycakes were good, and the lobster meat was rich and sweet, the perfect marriage of grill and sea. Richardson shrugged off my praise, confessing that his secret was the “local charcoal.”

shape. But while the waters surrounding the island's 16-mile length contain plenty of triggerfish, crayfish, conch and spiny lobster, there's nary an eel to be found.

A part of the British West Indies, Anguilla spreads its approximately 13,000 residents across the island in small villages. The largest settlement is known as The Valley, located in the middle of the island, not far from the Wallblake Airport. Resorts line the coast and in between there are few historic sites, little shopping, not much nightlife. Choosing where to have lunch is the major decision of each day.

Surprisingly, practically nothing edible is grown on the island. It's hot, dry and scrubby, populated by enterprising herds of feral goats that gnaw everything in sight. So how is it that these chefs produce *(continued on page 118)*

**Chef Daniel Orr, top left, presides over CuisineArt Resort's stadium kitchen where he prepares dishes like yellowfin tuna and coconut ceviche, opposite, but heads to places like Johnno's on his day off for tasty barbecue, top right. Oceanfront Malliouhana, bottom left and right, started the trend, when Parisian chef Michel Rostang brought his art to the island.**

**ANGUILLA** (continued from page 68)  
culinary magic out of thin air? Credit St. Martin, seven miles in the distance. Foie gras, mesclun and cases of Burgundy flow into this duty-free offshore outpost of France, making it a breeze to stock a first-rate larder and wine cellar. This combination of European foodstuffs, local fish and all-star chefs is kismet indeed.

"Anguilla's changing," Richardson confessed. "Now people call from Italy and tell me they want butterfish when they come next Wednesday."

As if on cue, Daniel Orr, one of the island's best known chefs, walks in. This veteran of New York's La Grenouille and Guastavino's takes a corner table with a friend for a late lunch. On Anguilla, even celebrity chefs eat local on their day off.

The next day, I head down to see Orr at CuisinArt, where he commands

the kitchen. The resort was built in 1999 on the south side of the island by the company that brought us the CuisinArt blender and other kitchen gadgets. This white and blue colored

resort has stunning views of St. Martin, spacious guest rooms and a lovely strip of beach, and, best of all, everything here centers around food. There's a cooking school, organic gardens and an

**PLAN YOUR TRIP!** [www.islands.com/anguilla](http://www.islands.com/anguilla)

### Eating Your Way Across Anguilla

Gourmet Retreats Foodies flock to CuisinArt Resort & Spa for its cooking classes, hydroponic gardens and beautiful rooms, which start at \$350, 800-943-3210, [www.cuisinartresort.com](http://www.cuisinartresort.com). The cliff-side Malliouhana Hotel & Spa has an equally seductive combo three-star breakfasts, lunches and dinners. Rooms start at \$620, 800-835-0796, [www.malliouhana.com](http://www.malliouhana.com).

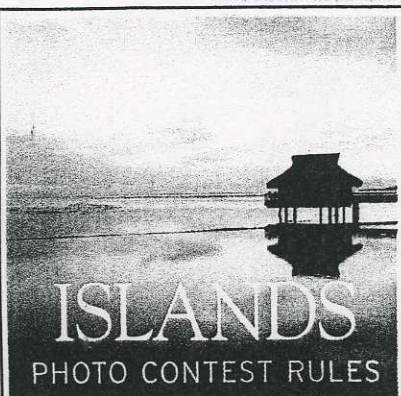
**Affordable Anguilla** For affordable and cozy, try Rendezvous Bay Hotel & Villas where doubles start at \$130, 800-274-4893, [www.rendezvousbay.com](http://www.rendezvousbay.com). Allamanda Beach Club has studio apartments that start at \$72, 264-497-5217, [www.allamanda.ai](http://www.allamanda.ai).

**Beachfront Barbecues** Try lobster at Palm Grove Bar & Grill in Junks Hole, or the fish of the day in Johnno's at Sandy Ground.

**Make It Happen Anguilla** Tourism, 800-553-4939, [www.anguilla-vacation.com](http://www.anguilla-vacation.com).



At CuisinArt, food is art.



Contest is open to amateur photographers only. Professional photographers (those who earn more than 10 percent of their income from photography) and employees of World Publications (WP) and their families are not eligible. • Submit only unpublished, unframed prints (no larger than 8 x 10 inches) or 35mm slides. Photos must have been taken on an island, in island waters or show an island. • Label or print photographer's name, address, phone number, e-mail address and the location where photo was taken on the back of each photo or slide mount. Incompletely labeled photos or slides may be disqualified. Indicate top of photo. • Entry fee is \$2 per photo. Payment must be in U.S. funds and must accompany entry. • An official entry form, or a photocopy of the form, must accompany the photo(s). One self-addressed, stamped envelope (large enough to fit photos) must be enclosed with entry for return of photo(s). Foreign entries should include international postage coupons or funds to cover postage. Entries without a self-addressed, stamped envelope will not be returned. • All entries will be judged on quality and content. The decision of the judges is final. • All entries must be postmarked by December 31, 2005. • WP is not responsible for lost or damaged entries. • Finalists may be required to provide the negative or original slide - not a duplicate - for publication. • Winners will be notified by April 1, 2006. No phone calls, please. • Entrants agree that WP has the right to publish their photos through any medium without compensation. • Grand Prize includes accommodations and airfare only and excludes incidental charges, taxes or gratuities. Stay is subject to availability at the time of reservation and expiration dates may apply. • Some restrictions or blackout dates may apply to prizes. • Prize cannot be redeemed for cash. • For entry form see page 33.

Moorea, French Polynesia, by Melissa McGehee

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18,000-square-foot hydroponic greenhouse: a giant salad bar under glass offering up the ripest tomatoes and the tastiest buttercrunch lettuce.

Heaps of organic and hydroponic produce awaited me in CuisinArt's kitchen, where I joined a hands-on cooking class supervised by chef Gary Masterson. He watched me fillet a local parrotfish and quietly said, "Let me show you how to use a very sharp knife and still keep your fingers." This eventually turned into a dish called island pot fish, a mélange of fish and vegetables such as bok choy and okra spiced with fresh chilies — a delicious and fiery lunch.

Masterson also ran that evening's cooking demonstration in the stadium kitchen. Watching Masterson prepare a five-course meal for 16 guests gave fresh meaning to the term "dinner theater." And his yellowfin tuna ceviche seasoned with a smidgen of tarragon was a respectful and delicious way to treat the local catch.

But to get to the heart of Anguilla's place in Caribbean culinary history, you have to visit Malliouhana, the grande dame of island resorts, a masterpiece of Moorish architecture in Meads Bay on the north coast. Since the resort's opening in 1984, the cuisine has been supervised by chef Michel Rostang. His eponymous restaurant in Paris has long carried two Michelin stars and at Malliouhana, his deputy for nearly two decades, chef Alain Laurent, now runs the Anguilla restaurant. There's a 25,000-bottle wine cellar, and the hotel's open-air dining room is perched on a cliff over the Caribbean.

Born in Brittany, Laurent knows where to find the freshest local fish. He buys from local diver Ivor Carty, who rows out to sea in a ramshackle wooden boat and free dives for conch. "I go about 60 feet deep to get them," said Carty, who is about 70 and has skin the color of Honduran mahogany.

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Laurent serves the conch as carpaccio, pounded and sliced wafer thin, delicately flavored with fresh lime and virgin olive oil. But Carty's catch also turned up at Tasty's, a local's haunt in South Hill in the center of the island in a former rum shack. Chef Dale Carty, no relation, marinated the shellfish in lemon juice, olive oil, garlic, onion and slivers of fiery pepper on a bed of mesclun greens. The peppers made it sizzle while the greens, which came from St. Martin, gave it a sophisticated crispness.

BOATBUILDING HAS LONG BEEN PART of Anguilla heritage and every May a regatta commemorates the times when fishermen used to race each other to the harbor to sell their fish first. Today, some of the freshest local tuna, mahimahi and wahoo ends up at Hibernia, a more formal restaurant in Island Harbour.

French chef Raoul Rodriguez, who previously worked at the Michelin two-star Restaurant Patrick Guilbaud in Dublin, Ireland, cold smokes the fish with wood chips, giving the fillets a sultry flavor. "I had to make friends with local carpenters," he explained, grabbing a fistful of chippings.

Oak grows sparsely on the island and after a few days it seemed to me that smoking and grilling were at the heart of the best local food. It certainly was at B&D's, a place of picnic tables and where oil drums are converted to grills. The ribs and the chicken were tender, juicy and had me licking my fingers. Just a half-mile from Malliouhana, the place was packed with locals and even some guests from CuisinArt, who'd forsaken linen for shorts and T-shirts. As I ate, I thought of what Nat Richardson told me about Palm Grove and its clientele.

"Fame is the price you pay for a little piece of heaven," he said. And indeed, he could have been speaking of Anguilla itself. ♦

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