



n°9
2021



SAINT MARTIN
TOURIST OFFICE NEWSLETTER

Saint Martin

gastronomy
from the island and beyond

Welcome to the Friendly Island Or, as we could also say, welcome to the gourmet island. Because gastronomy reigns here, with great food to be found on every street corner. St. Martin is teeming with restaurants that blend local flavors and world cuisine.

In this newsletter, we're taking you to **one of the best restaurants on St. Martin**. Here, some of the home chefs share their talents through private cooking classes. We'll also tell you all about guavaberry rum, the local specialty.

Need to escape from it all? Make the most of our boat excursions and visit the island's most beautiful beaches. At nightfall, how could you not be tempted to pop into one of the casinos on the island?

Most importantly, **save the dates and book your tables** for the first edition of the **St. Martin Culinary Festival**. It will take place from November 13 to 30.

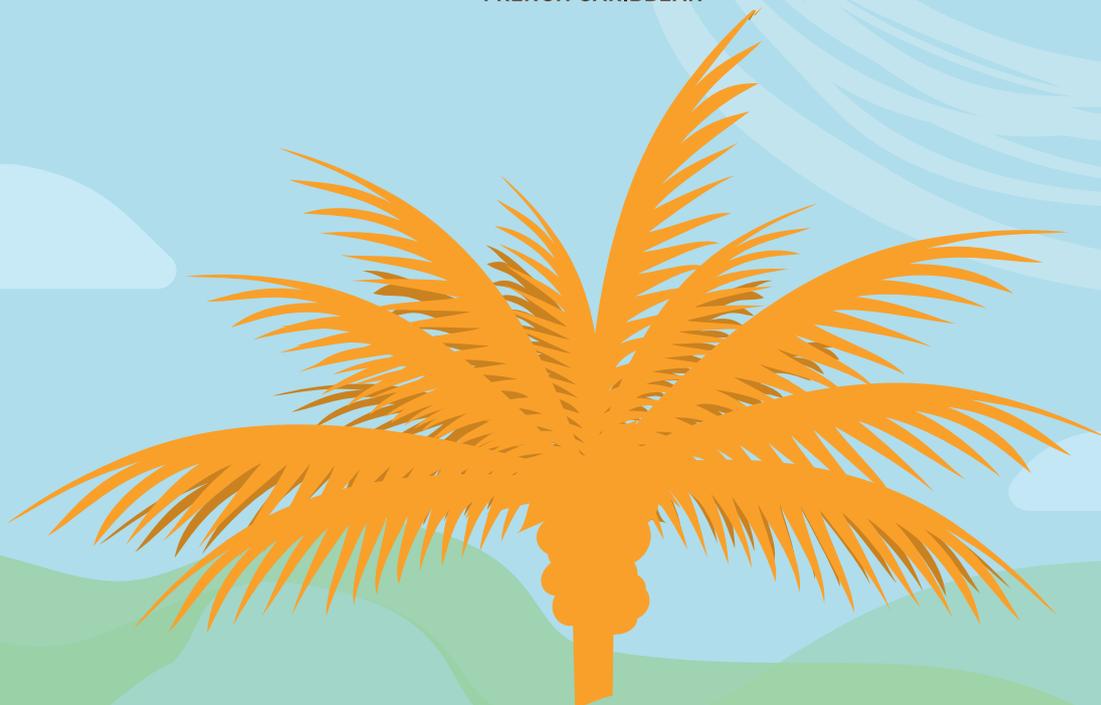
You'll also find practical advice and great little stories that reveal even more about the Friendly Island.



St. Martin
THE FRIENDLY ISLAND
FRENCH CARIBBEAN



St. Martin
THE FRIENDLY ISLAND
FRENCH CARIBBEAN



Festival DE LA
Gastronomie
SAINT MARTIN



DU 13 AU 30 NOVEMBRE 2021

www.festival-st-martin.com



Office de Tourisme de Saint Martin | 0590 87 57 21 | contact@st-martin.org

GASTRONOMY

A delight for the tastebuds

Culinary Festival on Saint Martin



Tamarind will be the star of the show for this very first Culinary Festival, organized by the Tourist Office to showcase the specialties of St. Martin and celebrate the rich local heritage in food expertise. **A host of events** will be taking place **from November 13 to 30**, including this tribute to a small local fruit that will spark the imaginations of our creative restaurateurs. The chefs will be asked to invent tamarind-based recipes and serve up their creations, be they cocktails, starters, main dishes, or desserts. They can even propose an entire menu (starter, main, and dessert), as long as each dish is a new creation containing tamarind.

Restaurateurs taking part in this **"tamarind tasting session"** may also, if they so wish, compete for the **"2021-2022 Best Restaurant on St. Martin"** award and test their skills before an expert panel of local and regional French chefs, including Jimmy Bibrac, crowned best chef in the West Indies & Guiana by the Gault & Millau guide in 2020, or Michel Portos, who holds 2 Michelin stars.

This new St. Martin Culinary Festival looks set to attract quite a crowd.





A TASTE OF LOCAL LIFE

Cooking lessons

with a chef



Taking lessons with a real-life professional chef is as much about enjoying yourself as the actual learning. Take advantage of your stay on St. Martin, the island of good food, to learn from a qualified chef. Chef Mallory Leroux, for instance, proposes classes at your home and, for

small groups, lessons in his own home. This is an original activity to enjoy with family or friends for a birthday celebration or dinner party, or if you just want to improve on your cooking skills.

Everything is provided (ingredients, equipment, etc.). You'll have a two-hour-long personalized class based on your preferences, be it a specific product, a favorite recipe like macarons or foie gras, or a chosen style, such as Creole cuisine. You'll then get to take the yummy food you made with you!



Since lockdown, Chef Mallory has also been giving live lessons via his Instagram page, several times a month. It's a great way to improve your cooking skills in the comfort of your own kitchen.

 [@chef_mallory.sxm](https://www.instagram.com/chef_mallory.sxm)

RECIPE

Chicken, coconut milk & mango cari

by Chef Héya

Chef Héya's cooking is as full of flavor as the island of St. Martin itself. St. Martin chef Laila Freedom, aka Chef Héya, introduces you to a typical dish of the West Indies, but with her own personal twist. Last month, the chef from St. Martin appeared on the famous cooking competition show "Objectif Top Chef", and presented a local specialty – coconut tart.



INGREDIENTS FOR 4 PEOPLE

- ★ 500 g (1.1 lb) chicken breast
- ★ 200 ml (6.8 fl. oz) coconut cream
- ★ 1 large mango, not too ripe, about 250 g (8.8 oz) of flesh
- ★ 5 garlic cloves
- ★ 1 lime
- ★ ½ onion (yellow or red)
- ★ Salt
- ★ Pepper

- ★ 2 tablespoons of turmeric (freshly grated if possible, otherwise powder)
- ★ 1 Saffron
- ★ 1 Scallion
- ★ Sweet chili pepper, like the *piment végétarien* from St. Martin, sweet habanero, or aji dulce (optional)
- ★ Chili pepper to taste (optional)
- ★ Olive oil
- ★ A few cilantro leaves

METHOD

Marinating the meat

Cut the chicken breasts into roughly 5 cm (2 in) cubes. Place them in a container. Squeeze the lime juice over the meat, then add the grated garlic, grated turmeric, chili, salt, and pepper. Stir well and put to one side.

Meanwhile, finely chop the scallion, onion, and sweet chili pepper. Dice the mango roughly into 1 cm (half-inch) cubes (but no smaller, so it doesn't become a puree as it cooks) and put to one side.

Cooking the meat

Add 1 to 2 tablespoons of oil to a frying pan. Add the chicken and cook gently. Make sure there's always a little liquid in the pan. (Do not brown the meat, to prevent it from drying out, and add a few spoonfuls of water if necessary.)

Cover and cook for about 5 minutes, then place the meat in a dish. Put to one side. The meat is cooked when it separates easily under the pressure of a spoon.

Add another 2 to 3 tablespoons of oil to the same pan, then add the chopped onion, 1/3 of the scallion, and the chopped sweet chili pepper. Sweat these ingredients. Next, add the coconut milk, then the saffron, and finally the diced mango. Simmer for 2 minutes. Check that the sauce does not stick to the bottom of the pan. If it does, add a little water.

Then add the meat and juices along with 1/3 of the scallion. Stir and simmer for a few minutes. Stir regularly and check that the sauce does not stick to the bottom of the pan.

Lastly, add the rest of the chopped scallion and cilantro.

Your dish is ready. Serve with rice.



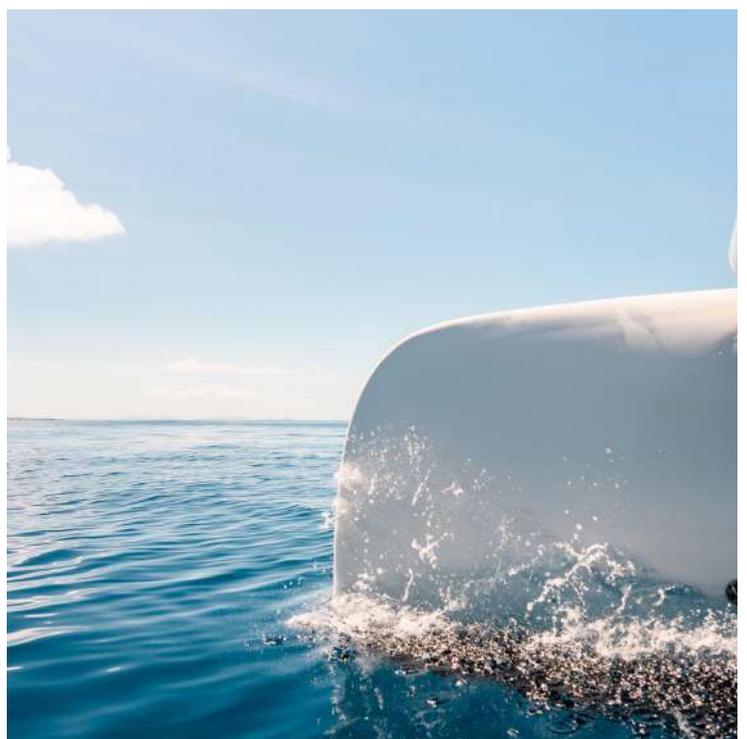


A QUICK GETAWAY

A day trip by boat

Spending a day on a charter boat is one thing that **you just have to do** during your stay on St. Martin! The island's different districts have plenty of boat rental companies proposing day and half-day excursions. Whether you sail off on **a catamaran or by motorboat**, you can be sure you'll find all the onboard comforts you need for a fabulous day on the turquoise waters of the Caribbean.

The skipper will take you around St. Martin, St. Barthélemy or Anguilla, the choice is yours. Just let the waves carry you as you admire the views. After sailing for a while, you can drop anchor, **enjoy the crystal-clear water and white sand**, and perhaps even find a rock to dive off of. The surrounding beaches are perfect for snorkeling and you may even be lucky enough to spot a few turtles. Having made the most of the sun, the water, and the beach, you'll return to your boat to spend a few hours riding the waves. Depending on the season, you may see dolphins playfully swimming alongside just a few feet from the boat.





ENJOY YOUR MEAL

Outstanding cuisine at Villa Hibiscus



Located at the island's highest point, Pic Paradis, Villa Hibiscus is a heavenly little spot where the **panoramic view will take your breath away**. This gourmet restaurant is reservation only and is open every evening from Tuesday to Saturday, and lunchtimes from Tuesday to Thursday.

Its unique concept promises you'll discover **outstandingly fine food** cooked by Bastian, a chef who trained at the very best starred French restaurants with the likes of Joël Robuchon (2 stars) and Anne-Sophie Pic (3 stars).

The chef puts together a **customized menu** that takes into account any allergies diners may have and follows the seasons as well as his own inspiration. So the menu is different from one table to the next, and guests discover the content of their meal when they get there. The chef works with fresh seasonal produce of exceptional quality, and pairs the dishes with prestigious wines from the restaurant's cellar selection. You can even see the chef in action in the kitchen from the dining area.



Villa Hibiscus

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DISCOVERY

Esmeralda Resort, a haven of peace in Orient Bay



The light of the Caribbean and **the color of the tropics** seem to converge in this hotel caressed by the trade winds of Orient Bay. A stone's throw from the beach, **the privacy and intimate atmosphere** of this 4-star hotel reflect a perfect harmony between land and ocean.

At a choice location near the vast beaches of St. Martin, the 4-star Esmeralda Resort promises **absolute tranquility** in a carefully preserved haven of peace. The generosity of nature is showcased in a vast tropical garden dotted with bougainvillea, hibiscus and coconut palms.

The 18 luxury villas, each with their own private swimming pool, comprise a total of 65 rooms and suites. Sleek exoticism, high-quality furnishings, and elegant natural materials enhance the rooms and suites which are designed to blend into the backdrop of tropical flowers and the shimmering hues of the ocean, down to the last detail.

The Astrolabe restaurant in the heart of the resort is just as delightful, thanks to the chef's hearty revisited take on **French gastronomy**. Next to the Esmeralda Resort, Orient Bay is perfect for unwinding under a beach umbrella at one of the many beach restaurants.



Esmeralda Resort

Tel.: +590 590 87 36 36

Website: www.esmeralda-resort.com



Guavaberry Rum, authentically local

Guavaberry, a traditional liqueur of St. Martin, has been made for centuries from rum aged in oak barrels, cane sugar, and wild guavaberries from the hills in the center of the island. This liqueur is traditionally enjoyed at Christmas, when every family on St. Martin inevitably opens a bottle to keep this decades-long custom alive. You absolutely must pack a bottle in your suitcase before you leave the island. Colombier Tradition, a boutique in the heart of Marigot, occupies a little cottage that's full of different rums. Don't hesitate to step inside...

RECIPE

Place the guavaberries in a colander and rinse under cold water, retaining the seeds. Let them steep in rum for about 2 weeks. Mix together the sugar, cinnamon and water in a saucepan. Cook over medium heat, then boil for 10 minutes. Remove from the heat and add the vanilla pods. Leave to cool. The mixture will take on a syrupy texture. Pour the syrup into the bottle of rum containing the guavaberries. Shake well. Drink as it is or, for even more flavor, macerate for a few weeks before serving. Please drink responsibly!

INGREDIENTS

1.2 kg (2.75 lbs) guavaberries
4 liters (1 gallon) rum
650 g (3¼ cups) sugar
2 cinnamon sticks
1/2 liter (2 cups) water
2 vanilla pods



Gas stations

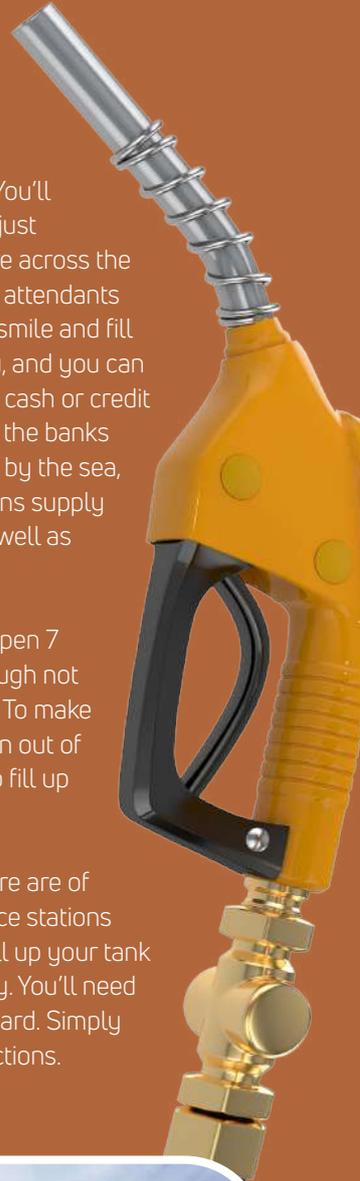
Practical TIPS



Gas is relatively cheap on St. Martin, around €1/\$1 per liter, sometimes less. You'll find gas stations just about everywhere across the island. The pump attendants greet you with a smile and fill your tank for you, and you can generally pay by cash or credit or debit card. On the banks of the lagoons or by the sea, certain gas stations supply fuel for boats as well as automobiles.

All gas stations open 7 days a week, though not necessarily 24/7. To make sure you don't run out of gas, remember to fill up before 8pm.

Alternatively, there are of course self-service stations where you can fill up your tank at any time of day. You'll need a credit or debit card. Simply follow the instructions.





Did you know?

Certain casinos are open 24 hours a day

Poker tournaments, roulette, craps, baccarat, slot machines... People come to St. Martin to have fun in these temples of entertainment too. The island boasts about a dozen casinos, all located on the Dutch side. Some of them open 24/7.

There's the Hollywood Casino in Simpson Bay, for example, reputed for its warm and friendly atmosphere, or the Casino Royale on Maho's party street, famous for its spectacular shows and carnival dancers. Then there's the legendary Atlantis Casino, the must-see Princess Casino on the border, and many more. But no matter which casino you choose, the staff always look after visitors, sometimes serving drinks on the house, and offer a variety of food options. This means you can really make the most of your evening in a wonderful party atmosphere where time seems to stand still.

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