




La Martinique
FLEUR DES CARAÏBES

Martinique, Bon appétit !

GOURMET FOOD

Martinican cuisine is a culinary fusion drawing on French "savoir-faire", African generosity, a medley of spices from India and a chorus of other Caribbean and European influences.

The subtle blends of scents and spices will enchant you with their heady aroma and seduce your palate with sophisticated and exotic flavors. Martinique undoubtedly deserves the title of Best Gourmet Island of the year in 2008 !



Our cuisine is generous and multi-faceted, with intriguing specialties such as Colombo curry, codfish acras, pâté-en-pot stew, fish blaff...

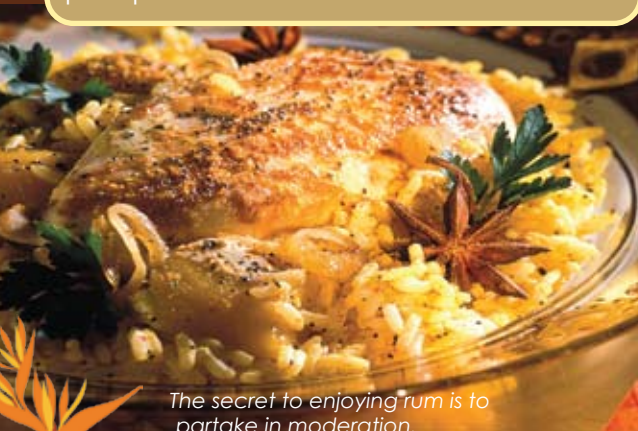


They say that in Martinique there are as many restaurants as days of the year, and each one offers the prospect of a culinary adventure! No matter where you are – at the edge of the beach or in the heart of the village – you will always find a welcoming table laden with the mouth-watering creations of our expert chefs.

MARTINICAN CHICKEN CURRY

- 1 whole chicken, plucked and cleaned
- 3 shallots, minced
- 2 tomatoes, chopped
- 2 tsp curry powder
- 2 cloves of garlic and chillies, to taste

- Cut up the chicken and brown the pieces in oil, turning frequently. Add salt and pepper to taste.
- Heat a frying pan and add the garlic, shallots, chillies, tomatoes and curry powder, stirring briefly.
- Add water to form a paste. Add the browned chicken pieces and cover.
- Simmer for 15 minutes. Serve with saffron rice, grated coconut and chopped peanuts.



The secret to enjoying rum is to partake in moderation.



COCONUT PUNCH


- 750 ml de Martinican white rum
- 3 400ml tins of 100% coconut milk
- 1 300ml tin of sweetened condensed milk
- 1 lime, 1 cinnamon stick, 1 whole nutmeg and 1 vanilla bean

- Pour the condensed milk into a saucepan and add the cinnamon, nutmeg and vanilla bean. Add two wide strips of lime zest. Heat over low heat.
- Add the coconut milk and continue to heat until hot.
- Remove from heat and allow to cool. Gently stir in the rum.
- Refrigerate overnight.
- Remove cinnamon, nutmeg and vanilla bean.
- Enjoy cold with ice cubes!

MARTINICAN RUM

The history of Martinique has been colored by rum, the true emblem of the island. Distilleries and colonial-era plantations reveal the secrets of their most valued treasure.

Cutting the cane, selecting the flavorings, distilling: take the Rum Road to discover a page from the island's history and let every producer delight you with the subtle character of their own unique rums.



White, aged, or vintage: Martinique's trademark rums are the only ones in the world that bear the AOC or "Appellation d'origine contrôlée" seal.

Traditionally, Martinican farmers used to begin the day with the first rum in the morning called Décolaj or "lift-off". It gave you the energy to start your day. Nowadays, try the traditional "ti-punch" as an aperitif – one finger of rum with sugar cane syrup and lime zest. Wonderful any time!



Découvrez nos spécialités culinaires et nos RENDEZ-VOUS GOURMANDS :

La Patte d'Or

On Easter Monday, land crab is King in Martinique. Festivities, picnics and rejoicing are organized on the beach.

@ : sasa972@wanadoo.fr

Sainte-Marie Gastronomy Week

In May, International Cooking Competition, special promotional menus with indigenous products.

@ : osatour@wanadoo.fr

Sugar Cane Harvest Festival

In June, Harvest festival in Sainte-Marie

@ : rhums.st.james@wanadoo.fr

COCONUT BLANCMANGÉ DESSERT

- 3 tsp gelatine powder
 - 250 ml milk
 - 200 ml 15% cream
 - 400 ml coconut milk
 - splash of Martinican rum
 - scant ½ cup cane sugar
- Stir gelatine into 3 Tbsp of cold water and allow to soften for 3 to 5 minutes.
 - Bring the milk and 15% cream or crème fraîche to a boil. Remove from heat.
 - Add the sugar and dissolved the softened gelatine. Stir well. Add the coconut milk and rum.
 - Divide into 6 individual ramekins and refrigerate at least 2 hours. Serve with a mango coulis or tropical fruit salad.

For the addresses of our gourmet restaurants:

www.antillesresto.com

www.choubouloute.fr

www.tigourmet.com

At your arrival in Martinique pick-up the free brochure :

Bois lélé

For promotional offers at our best gourmet tables:

www.club-gastronomie.com

MARTINIQUE, FLOWER OF THE CARIBBEAN

Nestled in the heart of the Lesser Antilles, this French, yet profoundly Caribbean island, offers an extraordinary variety of landscapes: In the north, mountains and dense tropical forests. In the south, the rolling hills called "mornes" and idyllic white-sand beaches. This diversity makes for an enchanting assortment of nautical activities, but also offers the opportunity to explore the luxuriant vegetation on foot, on horseback, by quad...or by Segway!

Let Martinique give you your dream vacation. Surrender to the rhythm of our music and indulge in our unique cuisine...

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