

Destination St. Maarten/St. Martin Magazine 2007

Quick Bites

By Puja Chugani

Are you looking for a real taste of St. Maarten? Well, look no further. Here are some great suggestions for exploring the island's local culinary scene.

Lolos in Grand Case

Along the main street in Grand Case in St. Martin, you will find several small local roadside barbecue grills that are also known as lolos. The informal seating area usually consists of picnic tables set up outside the stand, plastic cutlery and paper napkins are provided and the day's specials are listed on chalkboards. Often times, you can see and smell the swirling barbecue smoke from the lolos before you see the stands themselves. They serve simple and hearty dishes such as succulent grilled ribs, shrimp, lobster and chicken as well Johnnie Cakes and a variety of side dishes such as plantains, rice, beans and french fries. This is a great place to get a cheap, authentic and delicious island lunch. A few of the more popular lolos in Grand Case are Sky's the Limit, Ribs Shack and Talk of the Town, but there are several others in the same area.

Red Hot Cooking Classes with Lady B

Lady B, St. Maarten/St. Martin's dynamic television personality, hosts the popular culinary and fashion fusion show "Bon Appetit with Lady B." The program highlights the local and international cuisine available on the island of St. Maarten/St. Martin and neighboring islands. In Lady B's Real Red Hot Kitchen in Cole Bay, she and her world-renowned guest chefs show guests how to prepare easy-to-cook dishes in a hands-on environment. Sign up for cooking classes with Lady B, and you can either visit her on the set and be a "guest star" on the show or simply take private cooking lessons. Dying to learn how to make Caribbean delicacies or create sushi dishes? Lady B will take your special requests to create tailor-made group classes. And for those of you who are truly culinary adventurers, sign up for "Epicurean Escapades," day long escapes to nearby islands such as St. Barths to take cooking classes, go sightseeing and explore the local gourmet scene.

Buddha Bar Juice Bar at Bikini Beach

Enjoy a fresh squeezed juice, smoothie, healthy shake or special concoction from this inventive Juice Bar on Orient Beach. Part of Bikini Beach, Buddha Bar offers a healthy alternative for that morning shake or afternoon craving. Choose from a variety of smoothies, including the Maui Medley: a refreshing blend of pineapple, frozen banana, soymilk, coconut milk and ice, the Carob Shake: soymilk, carob and ice and the BBC: frozen banana, decaf coffee, cocoa powder, coconut milk and yogurt. Also available are Buddha Bar's Fresh Juice Combos, specially formulated to help with a number of ailments. Try the Carrot Apple Ginger drink to help with colds, nausea or skin problems, Carrot Papaya for asthma or Parsley Grape Pineapple for weight reduction. Had a bit too much to drink last night? Try the Detox Drink, also know as The Original Liver Flush,

made with blended olive oil, garlic, ginger, cayenne, fresh lime and orange juice, which is great for hangovers!

The Spice Man

Born in Martinique, Miguel Lilia has come to be known as the Spice Man of St. Maarten. Although he is an expert in spices of the Caribbean, his knowledge extends to spices from all over the world. He created his own line of spice sauces, known as Kalina products, which include a variety of sauces such as creole, jerk, banana ketchup, and garlic as well as hot sauces in a range of flavors such as mango, pineapple, passion fruit, papaya and green pepper. The sauces are available in many stores in St. Maarten, St. Martin and St. Barths, but for the true experience, go to the local market in Marigot and look for the Spice Man's stand. There you can buy his sauces, choose from some of the over 90 spices he keeps in stock and talk to him for first-hand knowledge of local spices.