

# Delightful Food Ideas

## Martinique: A Taste Of France In The Caribbean

(NAPS)—A tropical island may not be the first place you'd think of going for French food, but one spot in the Caribbean is considered to be among the best areas to find fine French cuisine.

The Caribbean island of Martinique is French and many of that country's culinary secrets settled in this island paradise. Of course, Martinique has its own culture and way of cooking as well, and the two styles are often blended—providing visitors with a culinary treat worth writing home about.



### Ti-Punch Time!

langouste (clawless Caribbean lobster).

A host of restaurants can be found across the island. The capital city is home to Le Crew, a family-style restaurant with French bistro-style dishes.

Nearby Patio de Cluny is the home of La Canne à Sucre, a romantically lit destination that boasts such fine dining dishes as flying fish in chive sauce. Guests



### Crab salad à la Créole.

In fact, it is not uncommon to find a classic French dish that includes such exotic local fruits and vegetables as guava, soursop, cassava, christo-phine, breadfruit, okra and plantain.

Fish tends to be king on most of the island's menus, with daily specials varying according to the morning's catch. Typical dishes include red snapper, freshwater crayfish, conch, sea urchin and



### Exquisite sea scallops at a five-star resort hotel and spa.

Photos courtesy of Martinique Promotion Bureau/CMT USA

can even visit Auberge de la Montagne Pelée at the base of Pelée, a dormant volcano. Here, while supping on calalou aux ciriques—a thick soup of dasheen leaves, spices and peppers, served with fresh sea crabs—guests can watch

the clouds play peekaboo with the volcano.

Guests can also raise their spirits with a sip of the island's famous drink: The Rum from Martinique. The rum is considered to be among the best in the world and it is the only one of its kind to be awarded the prestigious label, AOC (Appellation d'Origine Controlée). The island has more than 11 distilleries to tour—and toast.

For more information, visit [www.martinique.org](http://www.martinique.org). For information on flights visit [www.AA.com](http://www.AA.com).

### Martinique At A Glance

- The French island of Martinique lies in the heart of the Caribbean Archipelago and is one of the many islands that make up the group known as "The Breezy Islands."
- The 426-square-mile island has the Atlantic Ocean to the east and the Caribbean Sea to its west. It's 1,400 miles from Miami and has a mean temperature of 79°. Flights go from New York to Puerto Rico on American Airlines, then to Martinique on American Eagle, four days a week.
- Martinique is home to a number of natural attractions, including the two peaks of Carbet and Mont Pelée—a dormant volcano spanning 4,586 vertical feet. The island is also home to a tropical rain forest, the majestic Lamentin Plain, and the beautiful Les Salines Beach.
- Visitors to Martinique shop for indigenous art, as well as fine clothing and wares. The island also has a number of fine restaurants, luxury hotels and resorts. The newly refurbished Club Med Buccaneer's Creek Martinique is all-inclusive and recently underwent a \$50 million upgrade. The island's events and street festivals provide a taste of its culture and hospitality.