



Elegant Hotels Group CEO Sunil Chatrani (fourth, right) with the seven Executive Chefs featured TASTE, the company's first cookbook.

# A very Elegant Barbadian TASTE

Elegant Hotels Group has created history with the launch of its first cookbook, TASTE – an impressive publication of over 250 pages of the best in Barbadian cuisine and island life.

A meticulously compiled collection of recipes from the Group's chefs and bartenders, TASTE also features the 20-odd restaurants and bars across the company's seven hotels on the island - Colony Club, Treasure Beach, The House, Crystal Cove, Waves Hotel & Spa, Turtle Beach and Tamarind and Daphne's Restaurant.

Speaking at the launch for team members, Group CEO, Sunil Chatrani, congratulated all

involved and said: "When the idea was first presented to me I thought it was going to be a very simple project and said let's see where it goes. This is not what I expected. When we received the final product, I was amazed at what we were able to produce right here at Elegant.

"What is significant for me is that many years ago if you looked around the island, most of the chefs across the industry were from overseas. This is not the case now. With projects like Food and Rum, an interest for this sector was really created and now we have a lot more local quality chefs and mixologists on the island.

"We now call ourselves the culinary capital of the Caribbean and specifically for Elegant, I think we can now call ourselves the culinary capital of Barbados. So I must congratulate each of you for this outstanding cookbook. Well done team."

Adding to this, Gayle Talma, Group Operations Director, explained that it was important for the company to launch TASTE for the staff first. "We wanted TASTE to be in your hands before anyone else and to thank you for all the hard work you put into it. I must commend everyone who played a part including Khadijah Deshong who coordinated it all. It was a great experience and you can all be proud because this is a phenomenal cookbook."

Talma explained that the project was inspired by the Group's guests who over the years frequently requested the recipes of the food and cocktails on the menus. She said: "Their love for Bajan people and cuisine really sparked the idea to produce an Elegant cookbook, particularly focusing on recipes that demonstrate how our chefs and bartenders creatively use local ingredients to prepare some of the best food and drink on the island.

"I can guarantee you that our guests will want to try all of these dishes as they all look great and can all be found on the menus at our hotels and restaurants. So all that is left now for us to do is to continue to deliver at the highest level," Talma said.

Giving more details on the cookbook, which will be available from this December on Amazon, in local bookstores and at all Elegant properties, Deshong said: "TASTE includes over 50 recipes to try at home



Gayle Talma, Group Operations Director of Elegant Hotels Group.



Head Chef at Crystal Cove, Shontel Downes (right), with Shanese Phoenix and Shakayla Bovell, also of Crystal Cove, taking a close look at TASTE, Elegant Hotels' first cookbook.

including an entire section dedicated to Bajan favourites: "It also features bios on the seven contributing Executive Chefs, highlighting their culinary journey, unique personalities and cooking styles.

"The recipes, both food and beverage, have a focus on local ingredients and products like golden apples, gooseberries, sorrel, pork-belly and local sea foods. There is also the Dedicated 'Bajan Favourites' section including macaroni pie, pudding and souse, conkies, fish cutter, pumpkin fritters, buljol, banana bread and fishcakes.

"Of course a section is also dedicated to Barbados' national dish featuring three Cou-Cou and Flying Fish recipes - Traditional, Contemporary and Dessert, all winning dishes from our internal competition held earlier this year. This is truly a project the entire Elegant Group can be proud of." (PR)