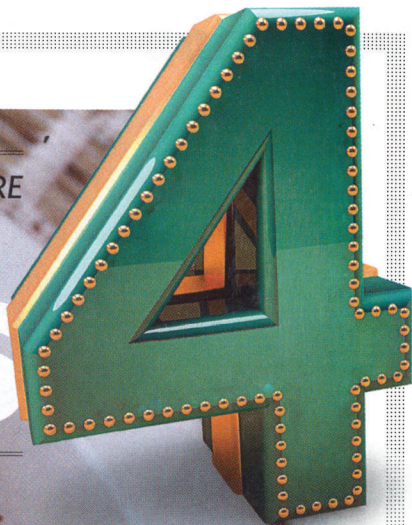


**SURVEY SAYS** VOTED #4 OVERALL ➤ VOTED #2 FOR FOOD ➤ 93% WERE  
"VERY SATISFIED" WITH THEIR VISIT ➤ 350,000 VISITORS EACH YEAR

# Barbados



"I eat fresh fish every single day," says Tony Brannon, a Bermudan musician who has called Barbados his second home since 1981. "When your dinner was swimming in the sea the same day as you, there's just nothing better." And he's right. While Barbados might be known for its savory salt breads, curried goat roti and coucou — a side dish similar to grits with the addition of okra — the real star

of Bajan cuisine is what's splashing in its waters, including mahimahi, barracuda, spiny lobster and flying fish, a key ingredient in the national dish of Barbados. For a taste, head to Oistins, a fishing town on the island's southern coast, which hosts a lively fish fry every Friday night. "No one should leave Barbados without trying the flying fish," says Brannon. "There's a reason it's on the \$1 coin."

BY DAVID LAHUTA





WE KNOW YOU'RE INSTAGRAMMING YOUR MEALS LIKE NO ONE'S LOOKING, DON'T BLAME THEM). DINE ON THESE LOCAL FAVORITES WHEN YOU'RE IN THE

# Caribbean's Best Dishes

Clockwise from top left: In **ANGUILLA**, locals routinely catch and grill trunkfish, a spotted reef fish (1). ➤ Served with rice and peas, cracked conch and conch salad are two favorites at Twin Brothers in Nassau, **BAHAMAS** (2). ➤ Executive chef Lennox Cadogan of Lighthouse Bay Resort in **BARBUDA** (3). ➤ The lobster and chicken entree from Scilly Cay, an islet off the coast of Island Harbour, **ANGUILLA** (4).

➤ This traditional sada roti is made with smoked herring and fried plantain near Port of Spain, **TRINIDAD** (5). ➤ Succulent tequila-lime shrimp in New Providence, **BAHAMAS**, at the Indigo Cafe (6). ➤ Freshly caught red snapper is prepared at the Graycliff Hotel in Nassau, **BAHAMAS** (7). ➤ Lobster and shrimp empanadillas from El Schamar in Boqueron, **PUERTO RICO** (pro-tip: Try them with pique, a

ZACH STOVALL (7)

AND MORE THAN ONE-THIRD OF READERS ARE TRAVELING JUST TO EAT (WE CARIBBEAN. THEY AREN'T JUST #FOODPORN; THEY TASTE LIKE PARADISE. — DL

popular island hot sauce, and cold Medalla beer) (8). ➤ At El Resuelve, a family-owned restaurant in Vieques, **PUERTO RICO**, order the crab empanadas, bone-sucking barbeque ribs and seafood soup (9). ➤ Nosh on grilled whole fish with rice and peas from O.J.'s Beach Bar and Restaurant, an open-air rum shack in southwest **ANTIGUA** (10). ➤ At Lechonera Restaurante El Pino in Trujillo Alto, just south of San Juan,

ZACH STOVALL (7)

**PUERTO RICO**, a slab of lechon is weighed before hitting the oven (11). ➤ A common street food in **TRINIDAD**, doubles are made by filling *bara*, fried bread, with curried chickpeas called *channa* (12). ➤ Restaurant owner Carole Michel shows off her creole-inspired dishes at Chez Carole in **MARTINIQUE** (13). ➤ A breakfast *arepa* at El Carey Cafe in Isabela, **PUERTO RICO**, made with ham and eggs (14).

