

Food and rum - the spirit of St. Lucia

1 October 2007



RODNEY BAY VILLAGE

One of the newest additions to St. Lucia's events calendar is expected to cause a huge stir this year. The second annual Food & Rum Festival, taking place from November Thursday 1st to Sunday 4th, will tantalise the taste buds and create a diverse Caribbean culinary experience for all visitors. The Festival is a gastronomic event which attracts some of the best chefs, wine and rum connoisseurs, food critics and music fans from across the Caribbean and the globe.

The Festival itself will be a combination of dinners featuring mouth-watering menus from invited chefs (regional and international), cookery demonstrations and rum tasting of over 40 rums from across the region.

This year, St. Lucia will have a truly star studded culinary team which will allow this festival to rival some of the best food festivals in the world. There will be guest mixologists at the rum booths creating their sumptuous signature cocktails for all to sample. Featured mixologists include Toby Abou Ganim (of the Bellagio Resort, Las Vegas) and London's very own rum connoisseur, Ian Burrell (of Cottons).

The pairing of rum and chocolate, the two staple ingredients of Caribbean life, by Sommelier Duane Dove (from Trinidad and Tobago) will deliver pure pleasure in his extraordinary creations. With fine Caribbean cuisine provided by a whole host of renowned chefs from Art Smith (Oprah Winfrey's personal chef) and Irish born Chef Eoghain O'Neill (previously of The Savoy, London and teachings from Gordon Ramsey), to St. Lucia's most famous resident Chef, Orlando Satchell (Ladera Resort's Dasheene restaurant), there's a little something to suit everyone's tastes.

On the first two days of the festival, visitors can join a rum sponsored boat trip along the coast of St. Lucia to view the magnificent twin peaks of the Pitons as well as enjoying a gourmet lunch at Ti Kaye and Ladera resorts. The Rum Village, in Rodney Bay, will also be the venue for the festival's Mardi Gras street party held on the Saturday and Sunday night. With mixologists having friendly 'shake off' competitions at the surrounding bars and live music concerts to entertain the crowds, a visit to St. Lucia this November will be a truly memorable experience.

Rodney Bay Village, located near one of the island's most beautiful beaches, Reduit Beach, is the social hub of the island. With an abundance of shops, galleries and restaurants on offer you'll be spoilt for choice. For those looking for a more action-packed holiday you won't need to venture far – try zip-wiring through the rainforest or some deep-sea diving. Add a handful of brand new luxury resorts or small inns, plus a splash of sunshine and you should have all the essential ingredients for the perfect holiday!

For more information on the Rum & Food Festival, visit Foodandrumfestival.com.

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