

IN TOUCH

Magazine



BAROS
MALDIVES



OCTOBER,
NOVEMBER,
DECEMBER

Welcome to this edition of IN TOUCH, our magazine created to keep you "in touch" with Baros Maldives. All of us at Baros look forward to being in touch with you every few months in this manner so we can provide you with valuable information on the Maldives and on our luxury boutique island resort. Imagine, we are even going to share some of our most delicious recipes with you and tell some of our best kept Spa secrets. We hope you will enjoy being reminded about Baros Maldives and that you will want to be in touch with us too.

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Dear IN TOUCH Reader

For the festive season this December, we aim to create "Enthrancing Moments at Baros" for our guests through a beguiling combination of traditional festivities and contemporary celebrations.

As our beloved Baros celebrates 45 years since opening on 3 December 1973, our big milestone for this year is our on-going Enhancement Project dedicated to delighting guests with improvements. Our website with its new features has been well received, as have the changes to Baros itself.

We are proud to announce the introduction of Baros Suites, a brand new addition to our brilliant Baros Villas collection. Baros Suites offer guests a modern, luxurious living space complete with an impressive 19'x10' pool, hot and cold water Jacuzzi and a Gazebo that features a swing overlooking the ocean as far as the horizon.

Our Baros Water Villas, Baros Pool Villas and Baros Deluxe Villas have all been upgraded with the introduction of new furniture, bright colours and high-quality materials to enhance guest comfort and improve each Villa's elegant style.

The Baros Dining Experiences are better than ever following new designs of the Sails Bar and Cayenne Restaurant.

Returning guests now benefit from additional awards for their loyalty with our refined Baros Elite Programme. Elite membership includes free nights and special discounts and can be achieved after just two holidays at Baros.

It is truly a magical time here at Baros, and as this spirit emanates from our marvellous guests, it helps us ensure that you enjoy the most memorable experience that only Baros can create.

Sincerely,

Jay

General Manager



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Traditional Maldivian Cuisine



A rich heritage of culture and a fascinating past binds the islands of the Maldives together as a nation. Early settlers came from many countries: some by chance as shipwrecked mariners, others by intention as adventurers and merchants, guided by the stars, word of mouth and crude charts etched on vellum. With them, these pioneer settlers brought their own culture and habits, adapting them to island ways to survive.

As a result, traditional 'Maldivian' cuisine evolved from a melting pot of different cultures, augmented with distinctive flavour combinations introduced by settlers from around the world.

The essential ingredients in Maldivian cuisine, also known as Dhivehi Keun, are Tuna and Coconut. These two ingredients form the base of almost all Maldivian dishes. Our guests on arrival are offered the wholesome drink that is the natural nectar found inside a young coconut.

A pleasant custom in Male' and the inhabited islands is to drop in to a tea shop at any time of day for a small snack, known as 'short eats' or hedhikaa. These snacks are a sample of the broader range of Maldivian cuisine and proof of the ingenuity of Maldivian cooks in dressing up fish so it remains attractive, even to islanders who have it for breakfast, lunch and dinner every day.

That fish should be the mainstay of Maldivian cuisine is no surprise since it is one of the few food items found locally. Island grown green vegetables are in short supply but coconut, being plentiful, is a major ingredient in the snacks, either grated and squeezed to provide the liquid for binding flour or flavouring. Typical snacks are different pastry shapes, such as triangular, rolled or circular like a flattened scone, stuffed with a zesty mix of fish, chilli, onion and ginger, then fried or baked.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Are you hungry?

Ban'duhaitha?

Have you eaten?

Kaifintha?

What is available to eat?

Koachehtha kaan hury?

Maldivian food

Dhivehi Keun

Fish soup

Garudhiya

Rice

Baiy

Coconut

Kurumba

Water

Fen

Can I get a glass of water?

Fen thatteh libidhaanetha?

Thank you!

Shukuriyya

BON APPÉTIT!



Maldivian desserts are always sweet, perhaps to balance the spicy pungency of fish dishes. While grated coconut is a mainstay of such delights, an unusual dessert includes the knobbly, orange coloured fruit of the screw pine that grows throughout the islands.

Frozen Screw Pine (kashikeyo) Parfait

Serving size: 6

Ingredients

Screw pine (kashikeyo) purée	100gm
Egg yolks	6
Egg white	4
Sugar	100gm
Heavy cream	500ml

Method

Bring to the boil sliced Screw Pine with water then let it cool.

Blend into a purée. In a medium saucepan over a double boiler, whisk together egg yolks and sugar until the sugar dissolves and turns creamy.

Whisk in the Screw Pine purée. Strain the mixture into a bowl and chill until it sets.

With an electric mixer, beat the heavy cream until stiff peaks form. Stir the cooled Screw Pine mixture and pour into the heavy cream and then gently fold in with a rubber spatula. Beat the egg whites and sugar until fluffy and fold it in to the mousse mix with a rubber spatula until combined.

Put this into a spherical mould and freeze for 24 hours. Serve over chocolate and sea

almond (kanamadhu) sponge cake with marinated fresh berries, raspberry gel, rose meringue and fresh coconut water jelly. Garnish with micro herbs and edible flowers.

Note

The fruit of the Screw Pine (kashikeyo), is considered a local delicacy and grows on a plant with a twisted stem and long spiny leaves known as Pandanus (from the Malay Pandan.).

BAROS MIXOLOGY

Nivin

This award winning cocktail was inspired by the refreshing Baros environment, our lush vegetation, flora, crystal clear water and white sandy beaches.

Nivin is a beguiling mix of freshly squeezed fruit juices and botanical-flavoured gin combined with Limoncello and black tea. It tantalises your palate with mint leaves, leaving you inspired after another rapturous day at Baros.

Ingredients

Tanqueray Gin	40ml
Black Tea	20ml
Limoncello	30ml
Fresh Orange Juice	15ml
Lime Juice	10ml
Sugar Syrup	15ml
Sprigs of Mint Leaves	2

Glass

Mason Jar

Garnish

Mint leaves and a slice of orange

Method

Mix in a cocktail shaker with ice and fine strain





BAROS UNDERWATER

Nature's Gift to the Maldives: Tuna

Tuna is not a single species of fish, but rather a family of fish comprising several species, making it the most consumed fish group around the world. Yellowfin tuna (*Thunnus albacares*) and skipjack tuna (*Katsuwonus pelamis*) are two tuna species commonly caught in pelagic waters of the Indian Ocean. While snorkelling above our House Reef it is also possible to spot dogtooth tuna (*Gymnosarda unicolor*).

Tunas often travel in schools with similarly sized companions and they are often associated with various species of dolphins or porpoises, as well as with larger marine creatures such as whales and whale sharks.

Tunas are a highly specialised migrating species. They swim continuously to counterbalance their negative buoyancy, travelling hundreds of kilometres. An active and agile predator, the tuna has a sleek, streamlined body, and is among the fastest swimming pelagic fish – the yellowfin tuna is capable of speeds of up to 75 km/h. They can swim near the surface or can dive to a depth of 900 metres while searching for food. Their diet consists of smaller fish species, pelagic crustaceans and squid.

Unlike other fish, tuna are able to increase and maintain body temperature a few degrees above the temperature of surrounding water; thus they are classified as warmblooded animals. The average life

span of tuna is between 15 and 40 years in the wild. During spawning, one female can release 30 million eggs but only two of those 30 million will survive to adulthood because the eggs are eaten by other marine creatures.

The colours of a tuna's body provide excellent camouflage in the water: the dorsal (back) side is dark blue and blends with the ocean floor when observed from above. The belly of a tuna is silver-white and blends with the surface of the ocean when observed from below. As well as humans, natural predators of tunas are orcas and sharks. Unfortunately, as a result of overfishing, stocks of some tuna species are close to extinction.

Tuna has many nutritious elements: it is an excellent source of minerals, vitamins, proteins and Omega-3 fatty acids. The health benefits of consuming tuna fish include its ability to reduce cardiovascular conditions, lower blood pressure and cholesterol levels, and help with weight loss.

SPA SECRETS

A Romantic Spa Retreat for Couples

At the Baros Spa we have created a therapy designed to enable you and your partner to explore the far depths of utter relaxation together, with immersion in a ceremony that eases away all tensions, leaving you both refreshed and rejuvenated.

The treatment starts with Tropical Coconut Sand Scrub, which is our own Baros innovation using 100 per cent natural ingredients. This cleanses, nourishes and gives your skin that silk soft feeling, while preparing you for the most beautiful tan of your holiday. The finest, softest sand is collected from Baros beach at sunrise and blended with pure virgin coconut oil and coconut milk produced in the Maldives to deliver all the essential nutrients for a healthy and glowing skin.

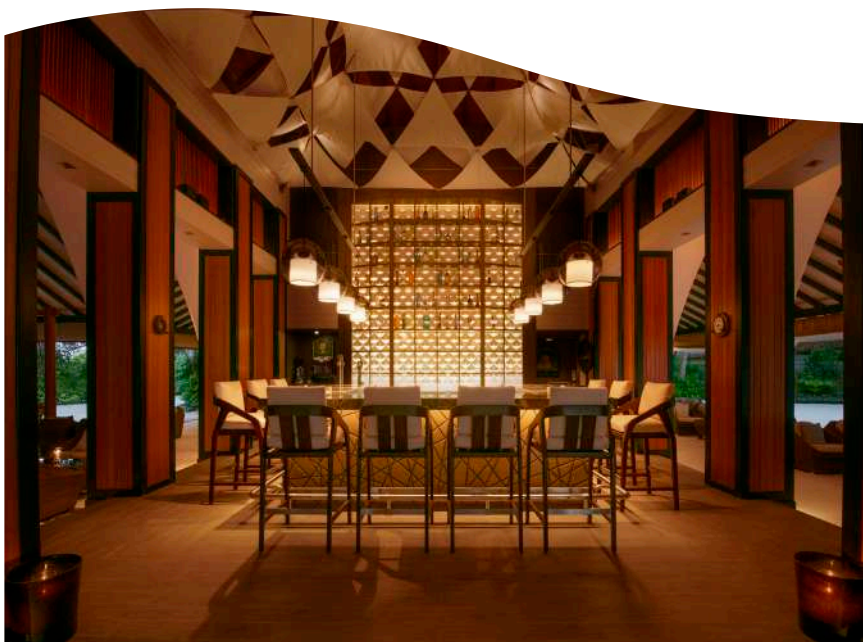
A steam bath prepares your skin for a detoxifying full body therapy followed by a blissful bath. The benefits of using a steam room are numerous: your pores open so that all the products applied to the skin will deeply affect the layers of cells. Your immune system is boosted, the circulation of blood improves, built-up toxins are released, muscles relax and joints become less stiff. In our exclusive, secluded gardens of peace and cocooned tranquillity, you are able to indulge in a beautiful and nourishing flower bath.

At the Baros Spa, you can enjoy an Elemis Freestyle Deep Tissue massage as a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling firm and focused. Your therapist will select an aromatic oil according to your concerns, whether these are muscle pain, stress relief, pure relaxation or emotional balance. Your skin is prepped to release toxins while the flowing massage works deeper into the tension, encouraging optimum circulation. This is as effective as an hour's stretching, but so much more nurturing (and less effort!).

Complete your massage with Elemis Booster Facial, a nutrient filled facial for stressed, dull skin. Rich in super foods, essential minerals and trace elements of Magnesium, Potassium, Zinc and Vitamin A and E, this forms a mineral impulse to jump start tired and exhausted skin. An amino active mask restores lost moisture, deeply nourishes, detoxes and packs the skin with powerful, energising nutrients. Your skin is left smoother, plumper and luminously radiant – you feel stress-free and lit up with wholesome health.



BAROS NEWS



Sails Bar Relunched

A gentle evening breeze rustles palm fronds overhead. A million grains of sand feel soft underfoot. The centre of conviviality – our open-sided Sails Bar -- is the natural place under the palms for a refreshing juice, beer or wine at any time.

The Sails Bar has recently been revitalised with a major facelift and relaunch. It has been elevated with a contemporary artisan décor in order to translate the original concept to modern taste, giving it a lighter, on-trend feeling.

The graceful beachside garden of coconut palms in front of the pavilion that constitutes Sails Bar provides natural shade during the day and an intimately lit glade at night. It has giant swings and beanbags, setting the mood for an afternoon of lazing hours away gazing at the ocean, or simply mastering the art of doing nothing.

In the evening, Sails Bar almost magically transforms to a romantically lit, soothing space, where you can sit back with your choice of contemporary or classic cocktails, fine spirits and liqueurs. The magnificent centrepiece of the bar is where sails flutter overhead and the display of bottles is backlit in warm golden tones.

Sails Bar is the perfect place for a pleasant evening, making new friends, trying new drinks and enjoying the music of local musicians who play under the palms, creating a relaxed atmosphere for an evening to remember.

The mixologists at Sails Bar are proud of their collection of cocktails, some named after Baros guests and labelled 'Legendary Cocktails' as well as their 'Baros Classics', 'Contemporary Creations', Mocktails and sparkling specials.

GET TO KNOW

Ahmed Ali (Jarey)

Food and Beverage Manager

Ahmed Ali -- known as Jarey -- joined Baros Maldives as our Food and Beverage Manager in July 2018. Although he is a newcomer to Baros, he brings with him 24 years of experience in Food and Beverage. He began his career in the Maldives at one time working for our sister resort of Kurumba as well as for other leading resorts. His overseas experience includes five years working at Hotel Landgut Horn in Bremen, Germany.

As well as his extensive knowledge in Food and Beverage, Jarey believes his passion to give satisfaction is vital for success in catering for guests' requirements. He is happy that his role as the Food and Beverage Manager at Baros will help him to meet and interact with all our guests so he and his team can provide the premier hospitality experience typical of this legendary island.



DISCOVER BAROS

Gourmet picnic on a private sandbank

Pure white sand sits on crystal clear waters. Here, it's just the two of you, on a private sandbank island that's exclusively yours. You're isolated in the middle of the Indian Ocean, surrounded by all shades of blue from sea and sky and caressed by a balmy breeze as you recline under the tropic sun.

As you relax in the sheer bliss of nature, you are served with discretion by our sandbank butler offering a gourmet picnic of cold cuts, salads and seafood from a menu devised just for you, accompanied by fruits and champagne, or other beverages of your choice.

This phenomenal sandbank sojourn includes a short cruise to and from the tiny islet by a special boat called Party

Craft. Your sandbank butler will care for you, or if you prefer complete privacy you and yours can be left alone until our boat returns after a couple of hours to take you back to Baros. If you want to swim a staff member will be on hand to ensure your personal safety.

This is the ultimate idyllic tropical island castaway experience.



DID YOU KNOW

...the sand at Baros is white and extremely fine because it is coralline in origin?

...the parrot fish makes a significant contribution to the beauty of our beaches as coralline is the undigested coral they consume?

...one adult parrot fish can produce an estimated ton of sand per year?

...two seasons dominate the weather pattern of the Maldives, the winter north-eastern monsoon season and the rainy south-western summer monsoon season?

... that legend suggests, before the Maldives became a Sultanate in 1153, the islands were a kingdom ruled by a dynasty descended from Sri Lankan royalty?

... the Maldives is one of the safest holiday destinations in the world?

... secondary education in the Maldives is in English?

GET IN TOUCH

Any questions, suggestions, comments? Get in touch with us on Baros, we are looking forward to hearing from you.



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