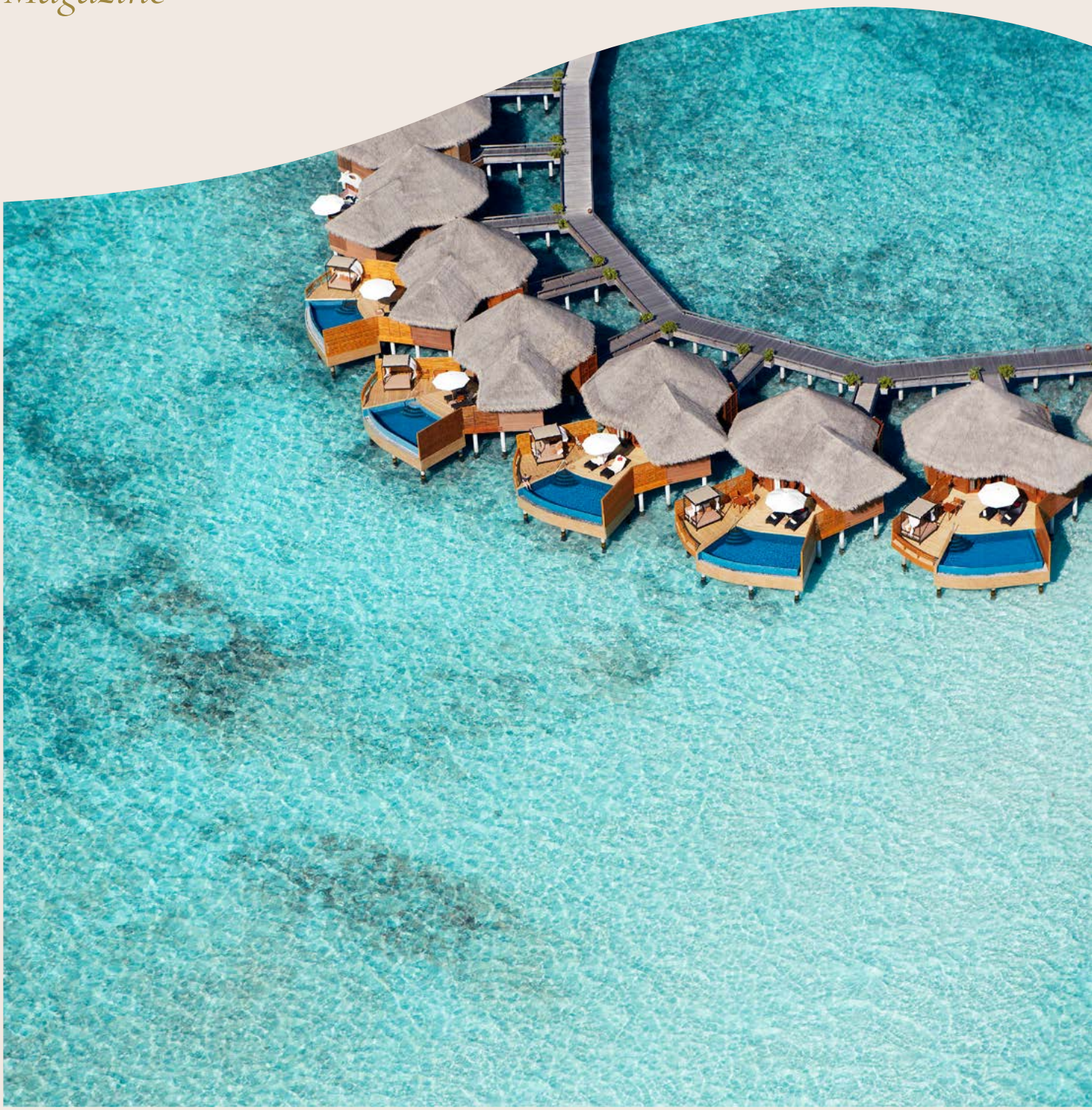
IN TOUCH

Magazine

BAROS
MALDIVES



OCTOBER,
NOVEMBER,
DECEMBER 2020

Welcome to this edition of IN TOUCH, our magazine created to keep you "in touch" with Baros Maldives. All of us at Baros Maldives 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

It feels like a new beginning, but with the impression that tradition and values matter even more now. With this new IN TOUCH issue we are welcoming our first guests back to the island, and Imy team snd I are looking forward to delivering the legendary Baros hospitality to our guests, creating positive and warm moments to remember the end of 2020 on a good note.

A very sincere welcome to all our guests staying here. Please take the time to explore the tribute to the selfless heroes caring for Covid-19 patients around the world, as we have created “Thank You Heroes” in our lagoon out of frames of regenerated coral. You can find them as you snorkel in the lagoon, or see them from the Lighthouse Restaurant jetty.

In this issue of IN TOUCH, we bring you notes about our fishing heritage and our novel stay experiences of “reconnecting with what matters most” – the simple, natural island way of life. For this year’s festive season we will celebrate the values of helping others and the good things in life: “Reconnect at Baros”.

We are thrilled to see guests back at Baros and we wish you the most enjoyable holiday that only Baros can create.

Sincerely,

Shijah

Resort Manager

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HERITAGE

Fishing in the Maldives

The location of the Maldives in the middle of the Indian Ocean, and the lack of agricultural development on the islands, has resulted in fishing becoming a valuable part of the islands' heritage.
The vast abundance of fish in the sea surrounding the islands enabled fish and fishing to become a major source of nutrition and income. Even today, fishing is still an important industry for the Maldives, second only to tourism.

Traditionally, wooden sailing boats, known to Maldivians as dhonis, were used for fishing. Although fishing boats are still called dhonis, they are now powered by inboard engines, are modernised, bigger and more efficient.

While fishing boats have changed, the traditional Maldivian fishing technique is still in use today: pole-and-line, not nets. With pole-and-line fishing each fish is pulled out of the water individually, hooked on a line. The fish are attracted by live bait which is thrown into the water, creating a fish frenzy and providing an easy way for fishermen to cast a line and catch them.

Although this method is much less effective than net fishing, it does not lead to over-fishing and results in ethically desirable, sustainably caught fish.

Commercially, yellow fin tuna and skip jack tuna are caught for export and Maldivian fish products, whether frozen or canned, are known and respected around the world.

A BRIEF MALDIVIAN LANGUAGE GUIDE

Fish
Mas

Fishing
Mas Beynun

Tuna
Kan'du Mas

Fisherman
Maveriya

Sunrise
Iru erun

Rough sea
Kan'du Gadha

Fishing Dhoni
Mas dhathuru

Trip
Dhathuru

Coconut
Kurumba

Coconut Palm
Ruh

Island
Jazeera Rah

BON APPÉTIT!

Pan-seared Reef Fish

with green pea and potato purée, roast garlic and spinach sauce

Serving Size: 1

The Fish

Ingredients

Skinned Red Snapper fillet	300g
Sage	2g
Olive oil or unsalted butter	4 tbsp
Lemon (squeezed)	1/2
Unpeeled garlic	1 clove
Salt and pepper	

Method

Marinate the fish with lemon juice and salt and pepper. Heat the olive oil in a pan and add the garlic and sage. Pan fry the fish for about two to three minutes each side until golden brown while adding the butter and pouring hot oil over the fish.

The green pea and potato purée

Ingredients

Green pea	100g
Peeled potato	150g
Cooking cream	100ml
Unsalted butter	50g
Salt and pepper	

Method

Boil the peeled potatoes in water until medium cooked, add the green peas and continue cooking until the potatoes get soft. Drain the water and put the potatoes and peas into a blender, add cream and mix to a smooth purée. Pour the purée into a sauce pan, add butter, salt and pepper to taste and reheat. If you feel the purée is too thick, add some milk or water as you wish.

The roast garlic and spinach sauce

Ingredients

Garlic, roasted and peeled	3 cloves
Fresh spinach	100g
Basil leaves	5g
Grated parmesan cheese	20g
Extra virgin olive oil	50ml
Fresh lemon juice	10ml
Water	50ml
Cooking cream	50ml
Salt and pepper	

Method

To roast the garlic: place unpeeled garlic cloves in a small dry skillet over medium heat; cook, turning occasionally until the garlic cloves are soft and blackened, ten to fifteen minutes. Cool the garlic cloves then strip off the skins. In a blender or food processor, blend the garlic with the other ingredients until smooth.

BAROS MIXOLOGY

Berry Smash Cocktail

The Berry Smash Cocktail is a truly refreshing masterpiece our bar tenders prepare for guests, boasting flavours of your favourite berries and a dash of lime juice, revitalising body and mind. The balsamic vinegar adds an edge to the berries and creates an interesting sensation for your taste buds.

Ingredients

Vodka	40 ml
Strawberry Liqueur	20 ml
Strawberry Purée	20 ml
Fresh Lime Juice	20 ml
Basil Leaves	5pcs
A dash of Balsamic vinegar	
Crushed Ice	

Method

Put all the liquid ingredients into a cocktail shaker with basil leaves. Shake and fine strain. Pour into glass over ice and serve with a straw.

Garnish

Basil leaves

Glass

Collins

BAROS UNDERWATER

Parrotfish – the creator of our white sandy beaches

Parrotfish are the fashionistas of our oceans and coral reefs.

These fish make our snorkelling or diving experience so colourful and entertaining. They are coloured like parrots and when swimming in big groups, they resemble a small flock of parrots.

The majority of them have teeth which form a parrot-like beak, from which they also get their name. There are more than 90 different species of parrotfish worldwide.

Parrotfish are herbivorous, eating algae and dead corals. They are very important fish for the reef and corals which are overgrown by algae because they keep them clean. For about 90 per cent of the day parrotfish nibble the coral and you can hear this as a little crackling sound when you are swimming or snorkelling in the ocean.

The fine white sand that makes the beaches of Baros so beautiful is created by their day-long eating. A single parrotfish can produce up to 90 kg per year of white sand by re-cycling coral pieces through its digestive system.

Parrotfish are not monogamous and sometimes build up big harems of females for mating. They are sequential hermaphrodites with many changing from male to female as they grow. In our lagoon, the larger fish are males.

It is not only gender that parrotfish can change but also their shape and colour. This can vary in the growing process. The lifespan is about seven years and they can grow up to four feet (1.2m) in length.

At Baros you can observe many different kinds of parrotfish on our House Reef close to the shore. At daytime you will find them grazing among the corals and at night sleeping underneath them. Some parrotfish wear pyjamas, a bubble of spit, which is like a cocoon and protects them at night against predators such as moray eels.

Parrotfish play a very important rule in the protection of our coral reefs and our pristine white sandy beaches. That's why they are protected by law in the Maldives and it is forbidden to fish for them. For the same reason, we should never consider eating them.

SPA SECRETS

Thousand Flower Detox Wrap by ELEMIS

You are invited to try an inspiring detox wrap at our Serenity Spa.

Detox wraps stimulate the lymphatic system of the body and remove toxins and fatty acids.

The lymphatic system is a network of tissues and organs that helps rid the body of toxins, waste and other unwanted materials. The bad stuff is released into the bloodstream and removed from the body as waste.

Our detox wrap is the immensely popular Thousand Flower Detox Wrap by ELEMIS. This wrap uses rich products and the extra pampering delivered in this 75-minutes treatment, such as a relaxing shoulder and scalp massage, adds to its effectiveness.

The thousand flower detox wrap treatment consists of three stages:

1. Body brush and Green Tea Oil application

A gentle body brush is used on your skin prior to the application of the omega-rich Green Tea Oil. Dry skin brushing helps shed dead skin cells and encourages new cell renewal which results in smoother and brighter skin. It also assists in improving blood circulation and lymphatic drainage.

2. The ELEMIS Thousand Flower Mask application.

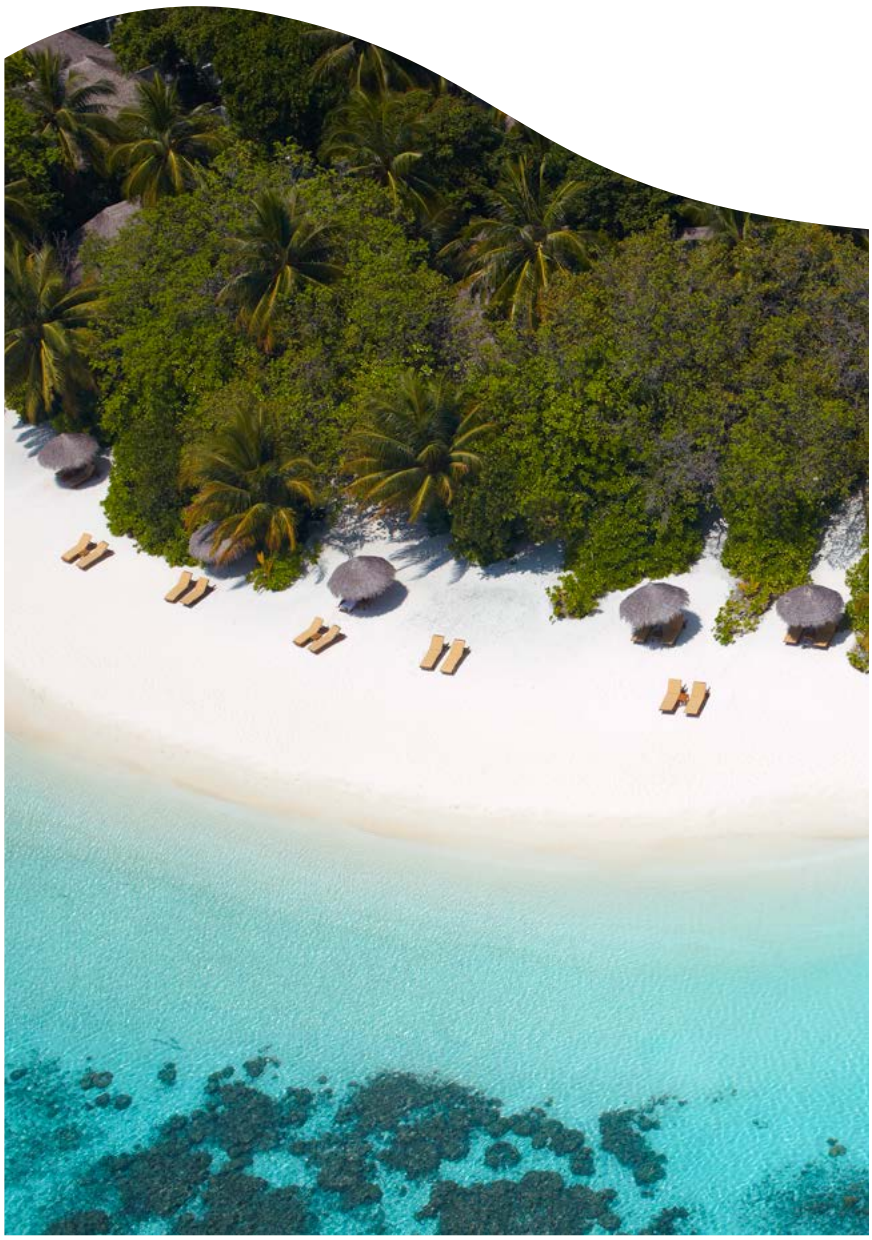
The Thousand Flowers, a vitamin-packed, super nutritious earth wrap, is the main therapy. This body mask is enriched by Somerset soil which is literally packed with tree, flower and grass-rich nutrients. ELEMIS call this awesome detox product a 'plant humus.' This plant humus contains meadow, shoreline and woodland plants, plus rejuvenating plant extracts.

The minute pollen grains that fall within the soil mean that it is rich in vitamin B, with a natural acidity that helps stimulate the skin. It has superior anti-oxidant and moisturising properties. The trace elements and phytochemicals also encourage beneficial micro-flora to make the skin toned and detoxified. The effect is amazing!

3. Green tea balm to finish

The treatment ends with a Green Tea Seed Balm application all over your body. Green Tea Balm is rich in minerals and omegas – the superfoods of the skin. This treatment will leave your skin feeling smooth for days afterwards. High in Vitamin E, Omega 9 and fatty acids, anti-oxidants and healing oils, the ingredients of the balm make sure your skin is calm, nourished and protected.

BAROS NEWS



Baros Wins More Awards

Our beautiful island of Baros has won even more awards during 2020. Baros was voted the Top Luxury Hotel in the world by the world's largest travel site, TripAdvisor. Our island resort came ahead of some of the world's most famous luxury hotels to reach the number one position. In addition, Baros was acclaimed among the world's top 25 hotels for romance and in the top 25 of all hotels in Asia as well as in the world.

Travelers' Choice awards are the highest recognition granted by the TripAdvisor website. Unlike other hospitality industry awards, Travelers' Choice winners are determined by guests posting reviews on the website based on their personal experience of a hotel.

Baros Maldives has often been among the Top 25, but this is the first time the resort has topped the Luxury Hotel category, as well as being featured in the Top 25 in three other categories.

GET TO KNOW

Jaayadi Sowito

Jaayadi Sowito, known to us at Baros as Jay or JD, is the resort's Executive Chef. He hails from Indonesia where he started his career in cooking in 1996. He has worked in Abu Dhabi as well as at several resorts in the Maldives.

Jay joined Universal Resorts in 2016 for the opening of Milaidhoo and then moved to The Nautilus before being transferred to Baros in June 2019.

Jay's motivation in being a chef is to create unique and unforgettable dishes for guests, producing the best possible meal from fresh and wholesome ingredients. His principle is to cook from the heart and he believes his success as a chef is because of this. "I learned the joy of cooking from my mother," he says. "She was my best teacher as she told me always to cook from the heart, so you spread love and happiness to others."

Jay is delighted to be working at Baros not only for the opportunities to display his culinary expertise but also because, in his spare time, he can indulge in his other passion, fishing.

DISCOVER BAROS

Reconnect to what matters

Your holiday at Baros is the perfect opportunity to reconnect with the pure, natural beauty of life. Here you can experience the essence of island living and the joy of sharing with your partner, family or friends.

Recent events have not been easy and life has changed for many reasons so Baros offers a chance for you to reconnect with what matters most. We invite you to rediscover the delight and benefits of spending quality time together in the freedom of a secluded island atmosphere.

Unique activities for couples, families or a small group of friends, have been created to promote the value of spending cherished time together and enjoy blissful relaxation for body and mind. Tailor-made itineraries promise a touch of adventure as well as a learning experience to give you a chance to revitalise yourself and return home with beautiful holiday memories.

We aim to help you have a holiday of fulfilment, so you, as well as the local community, benefit. Our concept is for you to learn about island remedies and skills, such as how Maldivians managed to live well on remote tropical islands before modern conveniences like electricity and cyber communications were introduced.

You can opt to observe, or even try yourself, activities such as the Ocean-to-Table BBQ dinner on a deserted sandbank. For this, fish has to be caught and prepared the old fashioned way, before being grilled on an open fire in the style of island castaways. Maldivians will demonstrate local survival skills, like how to open a coconut, cook over a fire of dried palm leaves and driftwood, and how to forage for food. You will be able to learn first-hand about local plants and island herbs.

As well as getting back to nature, you will have plenty of time to reconnect with each other and create amazing memories during excursions throughout the atoll. You can explore the beautiful and ever-fascinating underwater world around Baros, which has some of the world's most famous spots to dive and snorkel.

Please talk to our helpful hosts at reception so while you are on holiday at Baros you can participate in reconnecting to what matters most about life.

DID YOU KNOW

... the Maldives is unique as a country as the ocean forms 99.669 per cent of its territory?

... atolls are ring-shaped reef structures that over eons have risen up from the ocean depths?

...an island with huraa in its name indicates it began as a rock?

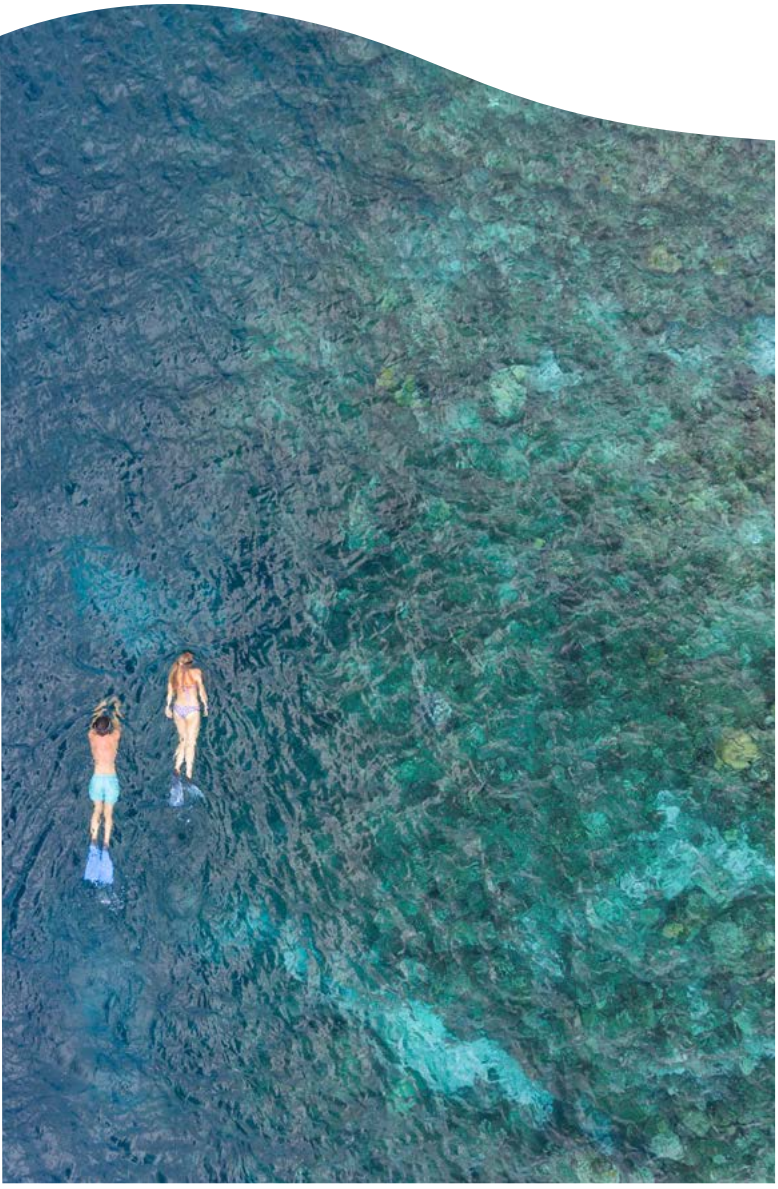
...the roots of Dhivehi, the language of Maldivians, are Indo-Aryan with influences of Sinhala, Hindi, Bengali and Arabic?

...the national flower of the Maldives is the pink rose?

... a popular snack is gulha, a small, fried ball of fish mixed with coconut, chilli, ginger and onions?

GET IN TOUCH

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



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