

in touch
MAGAZINE



Essence of the Maldives

Dear Baros Guest,

Welcome once again to IN TOUCH, where the magic of Baros comes alive through flavours, experiences and stories. Savour the rich indulgences brought to you by our talented chefs and join us as we celebrate 20 years of island fine dining at our legendary Lighthouse Restaurant.

Dive beneath the waves to witness the vibrant symphony of life in Baros' waters, explore heritage and artistry at the historic Malé Friday Mosque and reconnect with yourself through the restorative embrace of Baros Forest Therapy.

From tranquil island moments to vibrant traditions, this issue invites you to immerse yourself in the sights, tastes and tales that make our island home exceptional. Turn the pages, and let Baros inspire your next extraordinary island escape.

With warm wishes,



Shijah
General Manager



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Basque Cheesecake

A classic with a twist, this Basque Cheesecake is all about rich creaminess balanced with a caramelised top and a hint of zesty freshness. Garnished with sweet mango and delicate herbs, it's a dessert that feels indulgent yet refined: the perfect finale to any meal.



Ingredients

Elle & Vire cream cheese	350g
Caster sugar	80g
Elle & Vire cream	200g
Elle & Vire butter (melted and cooled)	30g
Eggs	3
Flour	30g
Salt	2g
Vanilla extract	3g
Half a vanilla pod (seeds scraped)	
Zest of one lemon	
Fresh mango diced for garnish	
Fresh herbs for garnish	
Icing sugar for dusting	

Method

Line a baking ring with overlapping parchment paper, making sure it rises two inches above the rim, then lightly grease with butter.

In a mixing bowl, beat the cream cheese and sugar until smooth. Gradually add cream, then eggs one at a time, mixing well. Sift in flour and salt, then blend in vanilla, lemon zest and melted butter. Mix until silky and lump-free. Pour the batter into the prepared pan and bake at 220°C for 35 – 40 minutes until the top is deep golden with a slight jiggle in the centre.

Cool completely, then chill for two to three hours. Slice with a hot knife and garnish with mango, fresh herbs and icing sugar.

Recreate this delight at home or enjoy the original at Baros.



Pink Coral

Refreshing and irresistibly tropical, this cocktail is as captivating to the eye as it is to the palate. A vibrant blend of vodka, elderflower liqueur and peach purée complements the exotic sweetness of dragon fruit and the zesty lift of lime, creating a sip of pure island bliss.

Ingredients

Vodka	40ml
Elderflower liqueur	20ml
Peach purée	15ml
Fresh dragon fruit juice	60ml
Lime juice	15ml
Pandan leaves from our Chef's Garden and dragon fruit skewers for garnish	

Method

Combine the cognac, freshly squeezed lime juice, orgeat syrup and a dash of aromatic bitters in a cocktail shaker. Fill it with ice, secure the lid and shake vigorously for a slow count of ten, letting the ingredients blend and chill perfectly. Strain into a chilled coupe glass, ready to serve.

For those who appreciate balance, the Sails Square delivers a harmonious blend of sweet, tart and bitter notes in every sip.

The Lighthouse turns 20: A culinary icon



A beacon of Baros, The Lighthouse Restaurant and Lounge stands as the Maldives' first two-storey overwater structure, with its striking white-sail pavilion poised above the turquoise lagoon. This December marks two decades of setting the benchmark for fine dining in the archipelago, a legacy of artistry, precision and convivial atmosphere.

Here, culinary innovation meets the elegance of classical French technique, creating experiences as refined as they are memorable. Each dish is a masterpiece: the flambéed lobster bisque, prepared tableside, is a spectacle of scent and flame, its velvety richness infused with cognac. Seared yellowfin tuna and delicate foie gras offer a bold play of textures and flavour, while the Angus beef medallions melt in the mouth, elevated by an elegant truffle jus.

The journey continues with an equally compelling wine cellar, where Old and New World vintages await, thoughtfully curated by our resident sommelier. As dusk paints the horizon, step into our elegant Lighthouse Lounge. Sip a signature cocktail or a glass of champagne as smooth jazz drifts through the air and the lagoon shimmers beneath the setting Baros sun.

For two decades, The Lighthouse has been a pioneer in Maldivian fine dining. Join us as we celebrate this milestone and experience why The Lighthouse remains the shining star of Baros.

Reserve your table and let the legend continue.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Today

Miadhu

Minaret

Munnaaru

Journey

Dhathuru

Lacquer

Liyelaa

Hukuru

Friday

Fishing

Mas Beynun

Fishing rod

Dhoshi

Jack Fish

Han'dhi

Bait

Enn

Tomorrow

Maadhan

The Malé Friday Mosque

Just a short journey from Baros lies the historic Malé Friday Mosque, or Hukuru Miskiy, one of the Maldives' most treasured landmarks. Built in 1658 during the reign of Sultan Ibrahim Iskandar I, this sacred site stands on foundations that trace back to the Maldives' conversion to Islam in the 12th century.

What sets the mosque apart is its remarkable construction from hand-carved, interlocking coral stone, which is a technique unique to the islands. Step inside and you'll find an interior of exquisite artistry: intricate woodcarvings, polished lacquer panels and delicate Quranic inscriptions, each a testament to the craftsmanship of a bygone era. The tiered, indented ceiling of the prayer hall and the coral wells within the compound speak softly of centuries-old tradition.

Encircling the mosque and its minaret is an ancient cemetery, where ornately carved tombstones and coral-stone mausoleums hold the stories of sultans and scholars. Among them rests Sultan Iskandar I himself, revered in Maldivian history.

Still an active place of worship, when visiting the mosque, you are asked to dress modestly and observe local etiquette, with entry inside subject to permission.

Recognised for its cultural significance, the Malé Friday Mosque was added to UNESCO's tentative World Heritage list in 2008. A visit here is a journey into the soul of the Maldives, where faith, heritage and artistry converge.

A feast beneath the surface

A REMARKABLE NATURAL SPECTACLE

During the west monsoon, when days of rain and strong winds alternate with bursts of sunshine, the ocean stirs with life. Underwater currents sweep in abundant nutrients, setting the stage for a remarkable natural spectacle.

These nutrients form the foundation of the food chain: phytoplankton nourish zooplankton, which are consumed by tiny marine creatures, then by larger fish. It's the simple principle we all learned in school, but witnessing it unfold in the wild is extraordinary.

As the tides shift, shimmering clouds of Silver Sprat (*Sprattelloides gracilis*), known locally as Rehi, gather near the reef crests, feeding on plankton adrift in the water. These silvery swarms attract sleek predators from the tuna family — Kawakawa (*Euthynnus affinis*) and Frigate Tuna (*Auxis thazard*), locally called Latti. Soon, the chase begins. Jack Fish, Trevallies and Fusiliers join the fray, darting in all directions in a dazzling underwater hunt.

Above, the drama continues. Black-naped Terns (*Sterna sumatrana*), or Kiru Dhooni, dive with precision, signalling to fishermen that tuna is near. For generations, Maldivian fishermen have relied on these signs to locate Rehi, which is the essential bait for tuna fishing, a staple in local cuisine.

This harmonious interaction between nature and tradition speaks volumes about Maldivians' deep understanding of the sea. By practicing selective fishing with simple rods, lines and trolling from small boats, they preserve the delicate balance of the marine ecosystem, ensuring sustainability for future generations.

As locals will tell you, the best time for a successful catch is during a drizzle or just after a heavy downpour, when raindrops stir the surface, setting the ocean alive and inviting the hunt to begin.

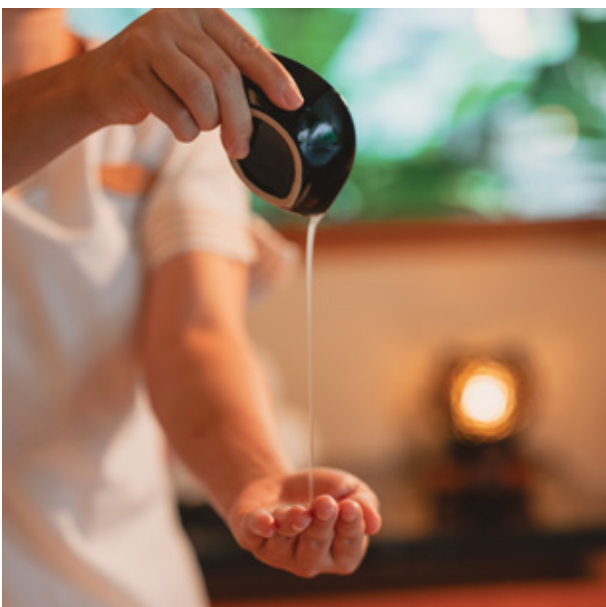
Curious to experience this age-old tradition for yourself? Join our fishing excursions and discover the thrill of Maldivian fishing.

Baros Forest Therapy

Tucked away in the lush seclusion of Serenity Spa, where verdant trees sway gently above and the air carries the subtle perfume of tropical blooms, lies an experience designed to restore harmony to body, mind and spirit — Baros Forest Therapy. Crafted exclusively by using the finest Aromatherapy Associates products, this signature ritual draws from nature's restorative power, inviting Baros guests into a sensorial journey that lingers.

At the heart of the experience is a bespoke blend of 22 essential oils, each selected for its ability to soothe, ground and invigorate. Calming cypress releases tension, grounding ho wood unites body and mind and the delicate warmth of Peruvian pink pepper awakens the senses. Together, they form a fragrant symphony that prepares the body to fully embrace the ritual's restorative benefits.

Your journey begins with a mindful inhalation ritual, gently clearing the mind and centring awareness. A flowing, full-body massage follows, designed to ease stiffness and encourage deep relaxation. Hands and feet are cocooned in a mineral-rich mud mask, infused with replenishing minerals to revitalise and restore, while a concluding scalp massage leaves the senses renewed and your spirit uplifted.



The Baros Forest Therapy is an invitation to step away from the everyday, to explore a rare and profound calm. Every touch, every fragrance, is carefully considered to awaken curiosity and connect you with the quiet strength of nature.

The jungle serenity of the spa sets the stage, but the transformation unfolds entirely through the therapy itself, allowing you to reconnect with yourself and emerge refreshed, balanced and invigorated.

A new chapter of wellness at Serenity Spa

We're excited to introduce the new Serenity Spa menu, a careful curation of indulgent treatments designed to soothe, restore and inspire. Blending serene rituals with luxurious products from Aromatherapy Associates, Natura Bissé, Margaret Dabbs and Obsidian, every experience is designed to bring calm and rejuvenation.

Awaken your senses with the Baros Signature Forest Therapy, a journey through 22 essential oils that awakens your senses, or, indulge in Natura Bissé facials and body rituals that leave your skin and spirit renewed. Bespoke Aromatherapy Associates treatments and rejuvenating Margaret Dabbs hand and foot rituals ensure every detail is crafted for ultimate relaxation.

Whether you're seeking a quiet moment of calm or a full sensory escape, our new spa menu offers the perfect retreat.

Be among the first to experience this new chapter of indulgence. Reserve your Serenity Spa journey today and step into a world of relaxation at Baros.



Sujata Rai

Butler

Meet Sujata, one of our exceptional butlers at Baros, whose service philosophy is simple yet profound: nothing is ever too much. Her genuine warmth makes every guest feel at home. Calm, composed and always smiling, she embodies the spirit of Baros hospitality.

Sujata's passion for service began in childhood, inspired by helping her family run a popular restaurant. Today, she continues to create unforgettable moments for our guests, with over 100 glowing TripAdvisor reviews in less than a year — a remarkable testament to her dedication.

When she isn't curating special moments, Sujata loves travelling, exploring cultures and discovering new cuisines. Her dream? To build a career in Maldivian hospitality and contribute to elevating tourism in her home country.



Your Baros Moments

As we celebrate Baros' 52nd anniversary this December, we're embracing our festive theme – Echoes from Baros – by looking back at the memories and messages that continue to resonate. Each note of appreciation is like an echo of joy, connection and belonging, reminding us why we do what we do. While it is impossible to choose just one, we are delighted to share this particularly touching message from a loyal guest, submitted for our golden anniversary in 2023 — a timeless reflection of what makes Baros truly special.

"We had been to a number of islands in the Maldives before we found Baros and very quickly realised that Baros was special. Once we stayed there and joined the Baros family, nowhere else was like it. We were hooked. Baros became like a second home and we have so many fond memories of our visits which now total 19 times.

From the moment we arrived on our very first visit all the staff and fellow guests made us feel very welcome and made our holiday truly exceptional.

The friendliness, exceptional service, attention to detail and their very caring ways make Baros.

We have had some memorable trips arranged by Baros: dolphin watching, sunset cruises, special champagne trips on Nooma and, of course, the many wonderful sandbank excursions."

Have a moment you'd love to share? Whether it's a striking photo, a cherished memory or a heartfelt message, we'd be delighted to feature it in In Touch. Your Baros story could inspire the next extraordinary adventure!



Did you know

... that all the woodwork of the Malé Friday Mosque, including the roofing, was done by local carpenters?

... that Baros has no buggies or jet skis, ensuring a truly tranquil environment?

... that Baros used to be inhabited by locals until the 1700s?

... that based on their fishing preferences, there is an experience at Baros for every angler?



Get In Touch

Ask your questions, share your thoughts, suggestions and comments and get in touch with us. We look forward to hearing from you.

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