

in touch
MAGAZINE

Timeless island spirit

Dear Baros Guest,

Welcome to this quarter's edition of In Touch, where the vibrant spirit of Baros meets the stories, traditions and experiences that make our island truly unforgettable. In these pages, you will discover how Maldivian heritage, sustainable living and our ocean's wonders inspire moments of joy and reflection. From tales of our pristine house reef to the creative pursuits of our chefs and artisans, every story celebrates the harmony between nature, culture and luxury. I invite you to immerse yourself in these narratives and let them inspire your next Baros moment.

Warm regards,

A handwritten signature in black ink, appearing to be 'Shijah', with a stylized, flowing script.

Shijah
General Manager



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Sautéed Indian Ocean Lobster Medallion

This dish celebrates the rich flavours of the Maldives, featuring fresh, locally sourced lobster that brings the bounty of the sea directly to your plate. Complemented by a silky Noilly Prat beurre blanc, sautéed vegetables and a golden potato cake, it's a harmonious blend of textures and colours.



Ingredients

Lobster meat 600g

Noilly Prat beurre blanc

Bell pepper, brunoise (chopped into tiny cubes) 30g
 Chopped onion 10g
 Chopped garlic 10g
 Noilly Prat 40ml
 Turmeric powder 10g
 Fresh cream 50ml
 Mustard cream 20g
 Salt 10g
 Olive oil 15ml
 Parmesan cheese 20g

Sautéed vegetables

Carrot 20g
 Green and yellow courgette (zucchini) 20g
 Bell pepper 20g
 Chopped onion 10g
 Chopped garlic 10g
 Chopped thyme 5g

Potato cake

Grated potato 50g
 Chopped parsley 20g
 Egg 1
 Fresh cream 30ml
 Parmesan cheese 15g
 Salt 5g

Method

To begin, remove the lobster meat from the shell. Cut into cubes and season lightly with salt and pepper.

For the Noilly Prat beurre blanc, soften onion, garlic and bell pepper in olive oil for about three to four minutes, and deglaze with Noilly Prat. Then stir in mustard cream, turmeric and cream, simmering gently. Season with salt and pepper.

Next, slice the vegetables into thin strips and sauté with onion, garlic and thyme until tender. Season to taste with salt and pepper.

Mix grated potato with parsley, egg, cream, Parmesan, salt and pepper, then bake at 160°C for 45 minutes to create a golden potato cake.

In a heated pan, sauté the lobster in butter until tender, deglaze with white wine and cook gently for three to four minutes. Then combine with the Noilly Prat beurre blanc, cooking until well combined.

Plate the dish by arranging the potato cake topped with vegetables and serve the lobster mixture in its shell, garnished with microgreens.



Blue Island Affair

A toast to turquoise horizons and mindful mixology, Blue Island Affair captures the spirit of Baros in a single coupe. Tropical yet refined, it brings together coconut rum, white rum and blue curaçao with freshly pressed pineapple juice. A dash of our house-made coffee bitters – crafted from repurposed coffee by-products – lends depth and quiet complexity.

Ingredients

Malibu	20ml
Bacardi white	20ml
Blue curaçao	20ml
Fresh pineapple juice	40ml
A dash of house-made coffee bitters	1 pc
Dehydrated pineapple, to garnish	1 pc

Method

Add Malibu, Bacardi white rum, blue curaçao and fresh pineapple juice into a shaker filled with ice. Shake briskly until well chilled and a light foam forms, creating a silky texture.

Strain into a chilled coupe glass, allowing the vivid blue to settle beneath the pale froth. Garnish with a slice of dehydrated pineapple and finish with a few drops of coffee bitters over the foam. Serve immediately and savour the taste of an island affair, thoughtfully composed.

Lines of respect: sport fishing, reimagined



In the Maldives, fishing is not merely recreation; it is heritage. For generations, Maldivians have read the currents, honoured the seasons and taken only what is needed. At Baros, this legacy guides every excursion at sea.

Lines of Respect reframes big game and recreational fishing through a lens of cultural understanding and marine stewardship. Rooted in national regulations and traditional practice, our excursions uphold strict size limits and release undersized species. Catch-and-release is championed for billfish and other pelagic giants, allowing guests to experience the exhilaration of the chase while safeguarding the vitality of our waters.

Here, sport is not conquest, but conversation – a mindful exchange between angler and ocean, where patience and skill are matched by responsibility.

Our experienced crew share local knowledge of migratory patterns and sustainable methods, ensuring that each outing reflects both modern best practice and time-honoured wisdom.

When a catch is kept, it is done with intention. Guests may choose to have their fish prepared by our culinary team for lunch or dinner, celebrating a sea-to-table moment with minimal wastage and full traceability from line to plate.

This is mindful recreation, conscious consumption and cultural continuity woven into one experience.

We invite you to explore our fishing excursions and discover the art of angling — the Baros way.



A BRIEF MALDIVIAN LANGUAGE GUIDE

Grouper

Faana

Reef fish

Faru Mas

Reef

Faru

Boat

Dhoni

Grilled fish

Fihunu Mas

Coral

Muraka

Fishing

Masverikan

Flat bread

Roshi

Palm tree

Ruh

Island

Rah

Ocean-born traditions

Pole and line fishing

In the Maldives, culture is not confined to monuments or memory alone. It is heard in the hush of dawn departures and seen in the elegant curve of the *dhoni* gliding across a glassy horizon. Long before modern fleets traced these waters, islanders ventured out at first light, guided by instinct and experience – a scene unchanged for generations.

Among the most enduring of these traditions is pole-and-line tuna fishing. Each fish is caught individually, using a simple pole and barbless hook – a technique refined over generations.

Onboard the handcrafted dhoni – still the backbone of Maldivian seafaring – the act of fishing becomes almost ceremonial. There is teamwork in every cast, skill in every movement. Nothing is hurried; nothing is wasted. It is a skill measured not in volume, but in precision, passed down generations, refined by experience rather than machinery.

The method speaks for itself, preserving both livelihoods and the lagoon as it has for centuries

Across the atolls, this practice continues today, much as it always has. Skipjack and yellowfin tuna remain central to Maldivian kitchens, forming the base of dishes such as *garudhiya* and rich *rihaakuru* – flavours that speak of salt air and shared tables.

At Baros, this living heritage finds its place in the present. Stories from our team echo the experiences of fathers and grandfathers before them, while responsibly sourced tuna appears on our menus in its freshest expression. For guests, each dish becomes more than a meal; it is a connection to a culture shaped by water.

Here, tradition is not displayed – it is lived, cast line by line into the deep blue.



Groupers

Beneath the surface of the Maldives lies a realm alive with colour and quiet drama. Among the many reef inhabitants, groupers command particular admiration. Perhaps it is their imposing size, their intricate patterns or the subtle shifts in colour that seem to mirror their mood – whatever the reason, divers and snorkellers alike find themselves pausing in their presence.

Often referred to as cod or rock cod, groupers are, by nature, reserved. Many favour shaded crevices and coral overhangs, retreating into the reef's architecture at the first hint of disturbance. *Aethaloperca rogaa* (Red Flushed Grouper), for instance, avoids bright sunlight, preferring the dim shelter of the reef. Others display a bolder temperament. Juvenile *Variola louti* (Lunar-tailed Grouper), *Plectropomus pessuliferus* (Indian Coral Grouper) and *Plectropomus areolate* (Squaretail Coral Grouper) are occasionally seen resting openly atop coral heads, watchful as sentinels surveying their domain.

This apparent stillness offers photographers a fleeting opportunity. In a split second, the grouper may dart away with surprising speed, vanishing into coral corridors – a moment as thrilling as it is elusive.

Beyond their appeal to divers, groupers are valued in Maldivian cuisine. Yet their presence on the reef is carefully managed. National regulations set minimum catch sizes – typically between 20 and 42 centimetres depending on species – and designate protected spawning areas, allowing mature fish the time and space to reproduce.

In the Maldives, respecting minimum size limits ensures only adult groupers are harvested, helping maintain healthy reef populations for generations to come.

On your next dive at Baros, linger a little longer by the coral ledges – you may find a silent guardian watching back.

A greener sense of wellbeing

Wellness at Baros begins not with a treatment, but with taste. Upon arrival at Serenity Spa, you are welcomed with a vibrant turmeric ginger shot – a golden elixir crafted from regionally sourced turmeric and ginger. Small yet powerful, it offers a gentle warmth that awakens the senses, supports digestion and delivers a natural boost to immunity.

The experience continues to unfold through thoughtful details. Our Maldivian harvest coconut cookies, delicately prepared and gluten-free, provide a nourishing energy boost. Rich in antioxidants and comforting in flavour, they echo the simplicity of island ingredients at their most wholesome. After treatments, you are invited to linger over herbal infusions of lemongrass, sliced ginger and lime – ingredients foraged locally and steeped to release their soothing, aromatic qualities. Calming and restorative, the blend encourages relaxation.

At the heart of this philosophy lies the Serenity Green Signature Ritual – our perfect green prescription. This immersive journey begins with an intensive full-body massage that combines stretching, pressure points and dynamic movements to encourage circulation and release tension from deep within the muscles and joints. The rhythm is both grounding and revitalising, restoring natural flow throughout the body.



A restorative facial massage follows, enriched with botanical active ingredients and carefully crafted essential oils. Drawing on nature's potency, the treatment refreshes tired skin, calms the mind and leaves a luminous sense of balance.

From the first sip to the final exhale, each element is thoughtfully drawn from the earth – returning you, gently, to your own natural state of wellbeing.

Fully Ocean: a week to connect and protect

This June, Baros proudly launches Fully Ocean, our new annual week of marine awareness, running from 1 to 8 June. Timed to coincide with World Reef Awareness Day, Environment Day and World Oceans Day, the initiative invites you to immerse yourself in the living wonder that surrounds the island.

Across the week, a curated programme of conservation experiences encourages curiosity, hands-on learning and meaningful participation. Guests will gain insight into fragile Maldivian ecosystems – how they thrive, why they matter and how even small, informed actions leave a lasting mark. Fully Ocean celebrates Baros’ enduring relationship with the sea: one of reverence, guardianship and a shared commitment to protect and cherish our ocean home.



Fathimath Yamani “Yam”

Assistant Sales Manager

Meet Yamani – Yam – our bubbly and amicable Assistant Sales Manager. Her hospitality journey began in 2017 at Hulhulé Island Hotel as a receptionist, before moving into reservations at Cinnamon Resorts and then advancing to Sales Coordinator at Baglioni Maldives. In 2024, she joined Baros as a Sales Executive, bringing a wealth of experience from front office to sales.

For Yam, sharing the Baros story is a passion. She is drawn to the island’s authenticity, history and enduring charm. Beyond work, she enjoys travelling, exploring her creative side with design and Adobe, and nurturing a budding interest in calligraphy, all while cherishing time at home.



Your Baros Moments

This quarter, we are delighted to share a special memory from a family who joined us at Baros. During their stay, they spent an afternoon with our marine biologist, taking part in the coral propagation initiative, transplanting coral onto the reef frames. Their enthusiasm and curiosity brought the experience to life, and we are thrilled to feature a glimpse to the experience, capturing a meaningful moment of connection with the ocean.



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

... Maldivian artisans often use coconut fibre, palm leaves and coral in traditional crafts that date back centuries?

... traditional Maldivian fishing techniques have been passed down for generations and remain a sustainable practice today?

... that the local language, Dhivehi, has words for almost every aspect of island life, from cuisine to crafts?

... that many Maldivian islands have cultural festivals linked to the sea, celebrating local traditions and community life?



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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