

BAROS  
maldives

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INTOUCH magazine



INTOUCH magazine — Baros Maldives. Welcome to this edition of INTOUCH, 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 INTOUCH Reader,

Although Baros Maldives, the third resort to open in the Maldives, has been in existence for more than four decades, we are constantly evolving and improving. By keeping up to the latest standards and adding innovations, we guarantee our guests the very best in warm hospitality and an exceptional level of personal service.

Our latest innovation is at the beachside Cayenne Grill, which has just been extended to give more dining space on an expanded deck over the lagoon and features a new menu. In addition, we have introduced new, eco-friendly products in our Spa and have given it a distinctive new name: Serenity Spa.

We are proud of the reputation we have gained over the years as an award-winning resort, especially with our latest accolade, that of being voted “The Indian Ocean’s Most Romantic Resort” in the 2017 World Travel Awards.

In addition, 13 of our chefs won a record total of 25 medals and three top awards at this year’s International Culinary Challenge. This means our guests are assured of award-winning excellence with meals cooked by “The Most Outstanding Chef in the Maldives” as well as by the “Best Young Chef.”

Of course, we are not resting on our laurels and are planning a marvellous Festive Season to commemorate the December holidays and a welcome to 2018. Our theme will be “Special Moments In Style.” We look forward to sharing that special time with both new and repeating guests to experience our innovations while enjoying the genuine island hospitality and traditions that are the essence of Baros Maldives.

Warm regards,

Your Baros Maldives team

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## December Festival: A Maldivian Tradition

The people of the Maldives, known as Dhivehin, have many traditions that have evolved during the centuries, based on the culture of being islanders. Even today these traditions survive and Maldivians are proud of them.

From the construction of the locally built wooden-hulled sail boat, now powered by a motor, called a dhoni, to the handcrafted double coconut shell cups used for collecting palm sap (a refreshing natural beverage), there are many local handicrafts that reflect island life. Also important to Maldivians are the celebrations that bring islanders together.

One of these is known as the “Jaafay”. This is celebrated at least once a year and is usually held during the school holidays in December. People from neighbouring islands are invited to a host island for a special dinner. This is the “Jaafay” and the idea is for islanders to get together, have fun and to tighten the bonds between them.

It is not only a dinner, there is also dancing to traditional music, especially to the drumming of Bodu Beru drums, and story telling. Everyone – men, women and children – joins in the celebration and receive gifts from the hosts, and give them presents in return.

At Baros Maldives, the festive season is eagerly anticipated by our Maldivian staff as well as by our



guests. This December, the theme will be “Special Moments in Style”, a topic and promise at the same time. As in every year, Baros Maldives arranges special events. The programme, which will begin on Friday 22 December, will continue until Tuesday 2 January 2018.

The festival will include memorable activities on land and in the water as well as culinary highlights. This enables guests to enjoy the traditions of a Maldivian festival linked with the celebrations welcoming the New Year ... as well as the anniversary of the opening of Baros Maldives in December 1973.

## A BRIEF MALDIVIAN LANGUAGE GUIDE



Tradition – Sagaafai

Guest – Mehumaanu

You are our guest – Thee alhugandu minge Mehumaanu

Friend – Rahumaiytheriyaa

Celebration – Faahaga kurun

Celebrate together – Ekee Faahaga Kurun

Present – Mihaaru

Happy times – Ufaaveri Vaguthu

Enjoy your day – Ufaaveri Dhuvahakah Edhen

New Year – Aa Aharu

Happy New Year – Ufaaveri Aa Aharakah Edhen

Thank you – Shukuriyyaa

You are welcome – Maruhabaa

See you soon – Adhi Dhimaavaane varah avahah

# Bon Appétit!

## Baros Maldives Sushi Plate

The Teppanyaki Hut at the expanded, over-water Cayenne Restaurant, has a reputation for fine Japanese dishes prepared with style and skill by the Master Teppanyaki Chef as guests sitting at the counter watch in admiration, eager to savour the dishes he produces. This Sushi Platter is one of the favourites.

### Sushi Plate

6 x 70g Selection freshest fish available  
20g Wasabi paste  
5cl Best quality light soy sauce  
20g Pickled ginger sticks  
2 Oba leaves  
½ Sliced lime  
Organic Micro flowers



### Sushi Rice

600g (3 cups) sushi rice  
125ml (½ cup) rice vinegar  
1½ tablespoon caster sugar  
2 teaspoons sea salt

### Method

1. Rinse rice in a sieve under cold running water, mixing with your hands until water runs clear. Transfer to a saucepan, add 875ml water, bring to the boil, stirring occasionally, then reduce heat to low, cover with a lid and cook without uncovering for 12 minutes. Remove from heat and stand without uncovering for 10 minutes, then spread on a plastic tray.
2. Meanwhile, stir vinegar, sugar and the sea salt in a saucepan over low heat until sugar dissolves. Remove from heat and pour evenly over the rice, mixing with a wooden spoon to combine, then cool to room temperature.

### For plating

1. Wet hands slightly and roll sushi rice in hands to make the equivalent shape of half an egg and then flatten slightly.
2. Place freshly sliced mixed fish on top.
3. Garnish with shaved cabbage, radish, spring onion and nori, drizzle with pickled ginger dressing to taste and top with wasabi paste.

### CHEF'S TIP

In some countries, the terms "sashimi" and "sushi" may be used interchangeably, but this is incorrect usage. Raw fish is one of the traditional ingredients in sushi but sushi may also be made without fish or with cooked seafood as long as it uses vinegared rice. Sashimi, on the other hand, always contains fresh raw fish or seafood.

## LET'S COCKTAIL



### PALM MOJITO

This version of a classic Mojito matches the holiday mood when you try it at Baros Maldives as it gives a true taste of the tropics.

### Ingredients

20ml Malibu  
20ml Bacardi Rum  
10ml Lime juice  
10ml Sugar syrup  
20ml Coconut cream  
1 handful of Mint Leaves

### Glass

Highball glass

### Garnish

A sprig of mint and a slice of roasted coconut

### Method

Combine the coconut cream, lime juice, sugar and mint leaves together in a highball glass and churn with crushed ice. On top add the Bacardi and Malibu rums and fill the glass with more crushed ice. Serve with the addition of a cocktail stirrer and two straws.



# Spa Secrets

## NEW SPA MENU

The latest innovation at our popular Spa is the introduction of a new range of environmentally-sourced products designed to entice the Spa's regular visitors as well as first-timers. There is an attractive brochure menu detailing the incredible range of choices available. The variety is amazing, considering the Spa is on a secluded tropical island in the Indian Ocean and not in a big city establishment.

This new treatment menu incorporates curative powers of plants combined with entrancing healing traditions. New brands of ingredients with beautiful sensual aromas and proven results have been sourced from the UK, USA and Africa. This enables the Spa to offer such deluxe treatments as the Tri-scented Lime Infused Luxury Massage incorporating nourishing and hydrating shea butter nuggets or a full body indulgence featuring tropical elements of frangipani or sweet orchid.

Emphasis is placed on relaxing and therapeutic spa therapies and utilises products by Elemis, TheraNaka and Coola. Products like Coola, which is certified 70% organic and reef friendly, enable the Spa to offer treatments with ingredients that are compatible with the ecological ethos of Baros Maldives.

Guests can choose from a medley of over 30 therapies with guidance by the Spa's skilled practitioners. Guests are also invited to select their own programmes for rejuvenation, relaxation, revival and release.

The therapists, who have been chosen for their skills as well as their caring and intuitive natures, have full expertise in treatments of all kinds, and each treatment is adapted to a guest's unique requirements.

Reflecting this all-embracing new concept, the Spa has been renamed as "Serenity Spa" to match its reputation as a haven of tranquillity in a beautiful tropical garden setting.



The new name ties the enhancement of the treatments and products to the expertise of the Spa's therapists, who have each received personalised training in the use of new treatment mediums and techniques. With a decade of experience in individual attention to guests in a blissful ambience, the Spa is renowned for its relaxing and comforting treatments.

If you have never been to our new Spa, you are welcome to enjoy a complimentary 15-minute Spa Taster on the day of arrival, or on the next day. This will familiarise you with the new Serenity Spa concept and help you decide which of the various Spa therapies you would like to experience.

The Serenity Spa is open daily from 09.00 to 20.00hrs.

## YOGA

### GARUDASANA (EAGLE POSE)

- Begin by adopting the Tadasana (standing position)
- Bend your knees and lift your left foot up to cross it over the right one.
- Ensure that right foot is firmly placed on the floor and the left thigh is over the right thigh. Your left foot's toes should be pointing downwards.
- Bring your arms forwards while keeping them parallel to the floor.
- Cross the right arm over the left one and bend your elbows so that your arms are now perpendicular to the floor. Ensure that the back of your hands are facing each other.
- Slowly turn the hands so that the palms face each other.
- Pressing the palms together, stretch the fingers upwards.
- Keeping your gaze focused at one place, stay in this pose for a couple of breaths.
- Slowly release the hands and bring them to the side of your body.
- Raise your left leg and place it back on the floor and slowly come back into Tadasana.

### BENEFITS

- Stretches the hips, thighs, shoulders and upper back.
- Improves balance.
- Strengthens the calves.
- Helps alleviate sciatica and rheumatism.
- Loosens the legs and hips, making them more flexible.





## UNDERWATER



### MAJESTIC MANTA RAYS

Manta Rays are among the most majestic animals that can be found around our small tropical island. They are always on the move looking for food, and spotting them is one of the greatest experiences for divers

Innovation and continuous improvements at Baros Mldives not only play an important role on land but also underwater. Our dive base, Divers Baros Maldives, has continually improved and excelled its services over the years in the cause of dedicated protection of marine life. An example of innovation is how the dive team has begun to participate in the collection of information about Manta Rays for “Manta Matcher,” the first scientific database for Manta Rays. ([www.mantamatcher.org](http://www.mantamatcher.org))

As little is known about these gentle giants of the sea, the divers at Divers Baros Maldives were excited to start working with Manta Matcher by collecting data on the Mantas near Baros. During dives, divers take pictures of the belly of every Manta Ray they encounter. Each Manta has an individual “fingerprint”: the pattern of spots on its belly. Divers take an image of the Manta’s “bellyprint” and this is matched with patterns already in the database.

To date, the dive base has data of 159 recognised Manta Rays collected over 10 years. Guests who re-visit Baros Maldives have a good chance to have a reunion with a Manta Ray they have seen on their dives in previous years. Divers are encouraged to help Manta Matcher to name the new Manta Ray visitor they spot.

The first identified Manta Ray at Baros was named “Ronny” after the owner of Divers Baros Maldives and was added to the data base from a sighting at Manta Point on 4 October 2004. He went missing after 2005 and next seen at our dive spot, Reethi Madi, on the 7 July 2014 and is now seen frequently. It is not known where “Ronny” went during the nine-year gap, but it is not unusual to lose a Manta for many years.

Now, thanks to this innovative programme, by comparing data with the Manta Matcher data base, a Manta Ray’s journey over the years can be plotted and a guest who has named a Manta will know where it’s been while he’s been away too.

# Baros Maldives

## An Expanded Cayenne

The beachside Cayenne Grill re-opened in July with an extended wooden deck enabling more diners to enjoy alfresco dining over the tranquil waters of the Baros lagoon. Tables are set in open-sided pavilions as well as under an enlarged thatched roof. The surrounding tropical garden and the sound of the sea creates an ambience of island elegance for enjoying exquisite cuisine freshly prepared on demand.

With its expanded space and enhanced show kitchen, several new menus have been introduced in response to guests' requests. A highlight for hearty appetites is the Cayenne's signature "Grills of The World Platters for Two." These feature Maldivian, Mediterranean or Thai themed seafood, Indian Tandoori, or Asian Vegetarian.

The essence of Cayenne is not hot spice but top quality meat and the finest fish freshly caught by local fishermen, as well as lobsters and prawns, cooked to perfection on the special Coconut Husk Grill. The hint of barbecue flavour derived from the cooking method blends with the subtle seasoning, yielding an amazing taste sensation. Another innovation is the Butcher's Block Menu enabling the chefs in the re-modelled show kitchen to conjure up succulent Australian beef and New Zealand lamb dishes. Devotees of fish have a choice of it being prepared in Maldivian, Tandoori, Thai, Malaysian or Mediterranean style. Inspired vegetarian dishes are also available.

A further option for guests is to sit around the counter at the Teppanyaki Hut while the Teppanyaki Chef displays his skill in the preparation of Sushi and Sashimi and delicately flavoured meat, duck and seafood in Japanese style. With all the A La Carte choices available on the various menus, it would be possible for guests on a long holiday to eat something different every night at the Cayenne.



To complement the dining experience there is a range of sommelier-recommended wines by the glass or bottle, innovative signature cocktails, as well as a tempting selection of desserts.

The concept of Cayenne is the enjoyment of a meal in a relaxed ambience in a natural setting against a backdrop of the beach, the lagoon and tropical vegetation, with caring service by knowledgeable staff presenting food prepared by expert chefs - exactly the way you would like it.





## GET TO KNOW

### THE SERENITY SPA FAMILY.

The Serenity Spa Family consists of a team of keen professionals who work together to ensure the Spa is a haven of relaxation and tranquillity.



There are currently eight members of the family and they come from Indonesia, Bhutan, Thailand and India. Their different backgrounds enable them to offer the traditional Spa expertise practised in their own countries, combined with a thorough knowledge of international therapies and products through extensive training.

The team works under the supervision of the Spa Director with many years of experience and a Spa Manager skilled in leadership as well as being able to devise treatments to suit individual guests. Many of the therapists have worked at the Spa for several years and have become well known to regular guests.

The therapists enjoy seeing guests who return to Baros Maldives even after a year and their relationship with guests enables them to follow the results of the special Spa treatments they design for them. First time visitors are treated with that extra touch of indulgence too so they can discover the best programmes to aid their rejuvenation and relaxation.

Guests are invited to get to know the spa therapists – and the Master Yogi – by popping in for a chat over a cup of ginger tea, offered with the compliments of the gracious staff at the Serenity Spa.

## OUR CHEFS WIN TOP AWARDS

At Baros Maldives we have always aspired to offer guests superb dining experiences in all our restaurants. So we were delighted when 13 chefs of our brigade of over 40 chefs won the highest total of medals and awards at the International Culinary Challenge of Food and Hospitality Asia Maldives held in the capital, Male', in August.

This event is held annually for hotel and resort chefs to demonstrate their skills before a panel of international judges. A total of 67 resorts in the Maldives represented by 564 competitors took part this year.

Winning a trophy not only for being "Best Maldivian Chef" but – even more prestigious – also the trophy as "Most Outstanding Chef in Maldives" was Ibrahim Nathif. He also won five gold medals. Nathif, 32, has worked at Baros for 13 years and currently cooks in the resort's fine dining Lighthouse Restaurant. As a result

of his success he has been selected to represent the Maldives at the Malaysian Culinary Challenge in February 2018.

Another top award was won by K Y M Gunasekara who emerged as the "Best Young Chef" in the Maldives. He is 24 and has worked at Baros for three years. He was required to prepare and present within 1½ hours, one main course dish free style and one dessert, two portions of each to be presented on individual plates.

The record haul of medals comprises five gold, 12 silver and eight bronzes. The categories in which the chefs won reflect the multi-cuisine choices presented in our three restaurants, as well as "In Villa" and on our Sandbank and Piano Deck and even on our dhoni "Nooma." The dishes our chefs prepared included hot cooking of beef, lamb, poultry and seafood, biriyani and a Maldivian dish as well as plated desserts, breads and pastries, and wedding cake.



## Did you know that...

... many resort islands have their own time zones differing up to two hours from standard Male' time?

... the weekend holiday in Maldives is observed on Friday and Saturday, and Sunday is a working day?

... Baros Maldives produces 300 cubic metres of desalinated fresh water every day?

... Baros Maldives offers guests complimentary morning yoga sessions from Monday to Saturday at 07.00hrs?

... a pool table is available in the library next to the Maldivian Lounge, above Sails Bar?



## 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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