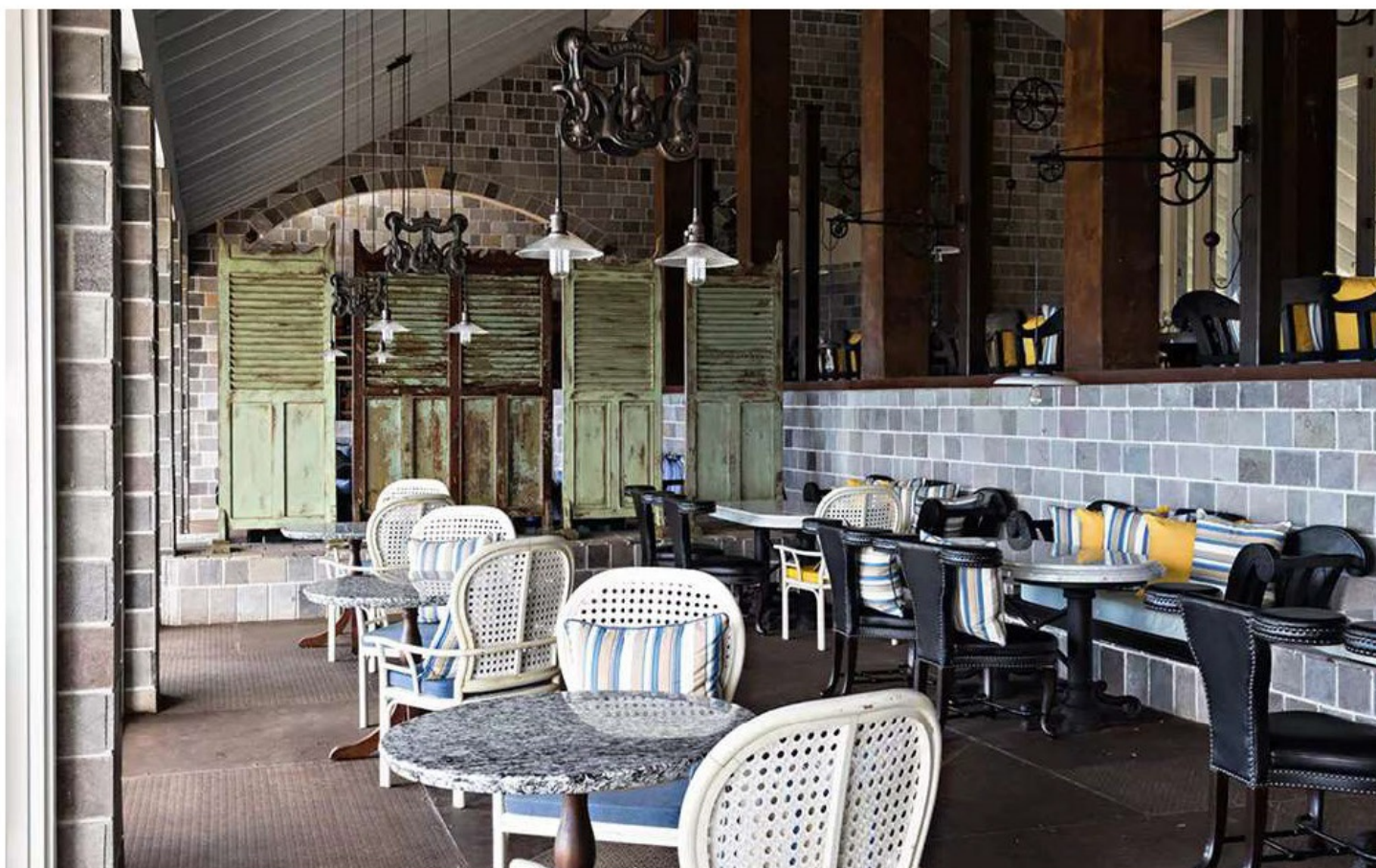


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Six of the best places to eat and drink in St. Kitts



Food, glorious food: The Kitchen at Belle Mont Farm serves Caribbean-inspired cuisine

By **Nigel Tisdall**

El Fredo's, Basseterre

If you fancy tasting some typical Kittitian food in an authentic and friendly setting, El Fredo's is a small, wood-framed courtyard restaurant close to the seafront in Basseterre that is popular with locals and in-the-know visitors.

It is run by a couple who once lived in Wales and is a reliable place to try Caribbean favourites such as goat water (spicy meat stew), curried conch and ground provisions (traditional vegetables such as yams, cassava and sweet potato).

El Fredo's is only open for lunch and the menu changes daily – the fish will be whatever looked good on the morning. Do order a fresh juice made from island herbs and fruits, such as sorrel, guava and soursop.

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The Kitchen, Belle Mont Farm

Part of Belle Mont Farm, a luxury hotel set on a 400-acre organic farm in the green and tranquil north of St. Kitts, The Kitchen serves innovative Caribbean-inspired cuisine created by French chef Christophe Letard.



Caribbean delights: The Kitchen at Belle Mont Farm

The restaurant has an airy, industrial-feel interior and its farm-to-table menu changes daily – start licking your lips over locally sourced dishes such as lemongrass-poached lobster with dasheen risotto, cinnamon-braised goat loin and passion fruit, and coconut baked Alaska. There is also a popular champagne Sunday brunch with more than 30 dishes from lobster fricassee to soursop sorbet.

Spice Mill, Cockleshell Bay Beach

Set beside Cockleshell Bay Beach with a fine view of Nevis, this contemporary beach bar and restaurant is a happy blend of chilled sounds and interesting cocktails.

Whether I opt for freshly caught fish, island-grown vegetables or pizzas from the wood-fired oven, I always find something tempting here on a relaxed menu that includes conch fritters, Cajun-grilled chicken and globally inspired salads. If you fancy a lie-down in the sunshine afterwards there are even beach loungers and daybeds to rent.

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I find it makes a good lunch stop after exploring the capital.



Extensive menu: the view from Serendipity overlooking Basseterre Bay

Serendipity is also a popular place to dine out at night. The extensive menu features a rich Caribbean bouillabaisse, curried dishes, vegetarian options and local fish.

It is also one place where you can taste lionfish, an invasive species that has to be caught by spear-fishing. The flesh is delicate with a light flavour usually enhanced by sauces – and you will be helping the local ecology by devouring one.

Sprat Net, Old Road

“We eat the one we catch” is the slogan of this unassuming waterside restaurant in Old Road that is owned by two fishermen. Super-fresh fish and inexpensive grilled lobster from EC\$50 (about £14) are the big draws here, served without fuss on wooden tables with disposable plates and cutlery.

The menu is whatever has come in and the side dishes are equally simple – usually baked potato, corn on the cob and johnnycakes. Sprat Net is also a party place, with live reggae and soca music on Wednesdays and Fridays respectively. Fresh lobster and dancing are a perfect combination for a good night out.

Park Hyatt St. Kitts

Only opened in November, the St. Kitts Park Hyatt is bound to become a must-visit for any gastronome. The hotel has created three restaurants, each reflecting a different aspect of St. Kitts, whether it's the beachcomber-ish Fisherman's Village; the cosy Stone Barn, serving hearty sharing dishes of bouillabaisse, boeuf bourguignon and mixed seafood paella; or the grand Great House, redolent of a 16th-century plantation home and whose bar features the most extensive rum list on the island.

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Must-visit: the cozy Stone Bar at St. Kitts Park Hyatt

Executive chef Pankaj Bisht says he has blended classic Kittitian dishes with European sensibility, such as the signature barbecue chicken with burnt pineapple.

For more information on St. Kitts holidays, visit stkittstourism.kn (<http://stkittstourism.kn/>)

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