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Enjoy St Lucia's Culinary Delights [Becky](#)

Article published on March 19th 2012 | [Travel](#)

Whilst the majority of chefs in St. Lucia rely heavily upon the spices and garnishes of Creole cuisine, the island's fish fries and hotel restaurants ensure that they offer a variety of different dishes that suit the needs of most holidaymakers.

Food

The way in which St Lucian food is produced is not exactly unique or exotic. However, what makes St Lucian foods stand out is the attention that the chefs pay to detail. The presentation of the food is particularly important to St Lucian chefs, though the cost is never the taste. It is very fortunate that the fertile soil of the island produces foods that are full of flavour and tasty, and the animals that eat these foods benefit from the natural bounty. This allows the chefs time to focus on the appearance of their dishes rather than the taste.

The St. Lucian diet mainly consists of limited protein, lots of starches and fruits and vegetables. The typical protein choices vary considerably from that of most American travellers who will be used to chicken back, pork hocks. There is plenty of seafood available in St Lucia, however most tourists usually stick to dining on tuna, mahi mahi and snapper. St Lucia's specialities include conch, plantains, green figs and salt fish.

Beverages

Make the most of your holiday by experiencing the most tropical of beverages, coconut water which is drunk directly from the split husk of the fruit. Fresh fruit juices are also ideal for those seeking cool refreshment. Furthermore, coffee and tea is readily available all over the island for those looking for home comforts.

Rum is the most popular alcoholic drink in St. Lucia, further to this; the island has its own distillery which provides easy access to this refreshing beverage. Piton is a top local beer and coffee liqueurs are favourites. If you're looking to blend in with the locals then drinking a "shandy" mixed with beer, ginger ale, lemon or sorrel is the ideal way to mix with the locals.

Holidaymakers can suit themselves with regards to their own culinary tastes and budgets in St. Lucia. Whether the evening dinner brings with it excitement or relaxation, many of the local inhabitants treat dinner as the ideal time for hanging out.

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