The Top 5 Barbados Delicacies by Becky

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Barbados is well renowned for its superb and different cuisine including the different varieties of Bajan food; therefore it is very difficult to narrow down the list to the top 5 delicacies.

Despite the fact that there are so many foods to choose from in Barbados, you have to ensure that you sample everything on this list at least once.

Flying Fish

This little fish constitutes over 60% of the total fish landed on Barbados; not to mention it helps form a significant part of the Barbados culture. In terms of taste, the fish ticks all the right boxes and for the people that have been lucky enough to enjoy this local delicacy, have found themselves immediately hooked onto its fantastic flavour. Whether steamed or fried, pickled or barbecued, in between salt bread or with a side of coucou, this little fish definitively helps form a significant part of your typical Bajan meal.

Cou-cou

This dish is made from cornmeal and okra or breadfruit and green bananas, and topped with a mixture of tomatoes, onions and peppers â€“ whichever way you choose to have this dish itâ€™s without a doubt the favourite choice of dish on the island.

Pudding & Souse

Another Bajan delicacy has become sort after over the years as many island goers now rush over to the local stall on Saturday to pick up a substantial amount of this classic combo. The pudding is made from the intestines of the pig which has been stuffed with a unique blend of seasoning and sweet potato. The souse is the boiled pigâ€™s head or feet served cold which is accompanied by a range of onions, cucumbers, limes, and parsley and hot and sweet peppers.

Mauby Drink

This carbonated drink is one of the hidden gems of Barbados. But Bajans are traditionalists and Mauby is able to creep onto this list. To make this drink even more attractive you can now buy the syrup from the local grocer or for those people seeking the old fashioned version, the bark can be purchased at local stores. Whichever combination you choose, the uniqueness of the flavour is there for everyone to enjoy.

Conkies

This delicacy is mainly seen around Bajan tables once a year which fall around the independence celebrations (November 30th). The appearance of this dish is somewhat terrible at first, totally wrapped in banana leaves, but this is rapidly overcome by the sweet and unique flavour which is gained from the combination of cornmeal, coconut, pumpkin, raisins and sweet potatoes and spices which are all steamed together.

These dishes are just as important as the national flag and the national anthem and pledge because they are distinctly part of the blueprint of any person who has lived and grown up in Barbados.

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