

NEWS UPDATE – WORLD TRAVEL MARKET 2010

COOKING DEMONSTRATIONS PROVE TO BE A HIT AT HERMITAGE BAY

The innovative weekly poolside cooking demonstrations, introduced by award-winning Executive Chef, Dezi Banhan, are proving extremely popular with guests at Hermitage Bay.

Dezi's menus already delight guests with their intriguing mix of Caribbean and European flavours and an emphasis on local, organic ingredients and this is an opportunity for guests to get hands-on experience of working with indigenous fruits and vegetables such as christophene, plantain, ackee and sour sop, as well as innovative cooking techniques for local seafood such as snapper and grouper. Guests also learn about the source of fresh ingredients, most of which are produced locally, many from the resort's own organic garden and partner farm. The weekly culinary demonstrations are offered to guests on a complimentary basis. There is a nominal transportation charge for the farm visit.



Guests last week preparing ingredients for Grouper Curry with Dezi

ORGANIC GARDEN CONTRIBUTES TO RESORT'S PHILOSOPHY FOR SUSTAINABLE TOURISM

A year on from its inception, Hermitage Bay's organic garden is now producing a significant proportion of the resort's fresh fruit and vegetables. Some of the most prolific crops so far include aubergine, cucumber, water melon, celery, Malabar Red Spinach, lettuce, tomatoes and a variety of herbs such as basil, mint, parsley and chives, all of which appear in imaginative dishes created by Executive Chef Dezi Banhan. The organic garden's ability to deliver the freshest produce with "zero food miles" reflects the resort's

philosophy of sustainable tourism as well as its commitment to providing guests with an outstanding dining experience.

The garden's organic status is maintained by following guidelines set out by bodies such as The Soil Association, including organic composting and sustainable irrigation.

As well as enjoying the taste of freshly picked salads and herbs on the a la carte menu, guests may tour the garden with Head Organic Gardener, Kempton, whilst Dezi helps guests to select from the garden's abundant ingredients for the cookery demonstrations.



Dezi and guests selecting aubergines in the organic garden for the cookery demonstration

**2008 Condé Nast World Traveller UK Hot Hotel List ♦ 2008 Condé Nast World Traveler US Hot Hotel List
2008 Condé Nast World Traveler US Hot Spa List ♦ 2008 TripAdvisor No 3 Best All-Inclusive Hotel in the World
2009 Tatler Travel Guide Best 101 Hotels in the World ♦ 2009 Andrew Harper Grand Award Winner
2009 Travel + Leisure 50 Best Romantic Getaways ♦ 2009 Brides' No.3 in Top 10 romantic resorts in the World**

Website: www.hermitagebay.com

For further information please contact Lynne Morris at LCM Communications:

Lynne@lcmcommunications.co.uk Telephone: 01732 863048 Mobile: 07785 728938