

LA MARTINIQUE ELLE VOUS



ARE YOU LOOKING FOR
AUTHENTIC FLAVORS?
GET READY FOR
AN INCREDIBLE
EXPERIENCE.



Spiny lobster with roucou butter, chayote and melon au gratin, by CM Dubois.



MARTINIQUE, ISLAND OF DELIGHTS!

Colorful, authentic and vivacious, the cookery of Martinique reflects the generous, joyful character of its inhabitants. It is also the flavorful expression of the history and savoir-faire inherited from the cultures of Africa, Europe and the Indies. Its chefs, garden farmers, fishermen and distilleries have their eye firmly on creativity and cultivate and reinterpret the island's bold cuisine on a daily basis.



MULTICULTURAL INFLUENCES

A fireworks display of multiculturalism and diversity. A lighthearted take on spicy and sweet dishes-including the most surprising combinations-for unexpectedly wondrous results.

FLAVORSOME TREASURES OF THE SEA

Here, the Atlantic Ocean meets the Caribbean Sea, bringing with it taste treasures such as queen conch, titiri, clams, brigots and snapper. West Indian bay leaves, thyme, chives, lemon and hot pepper are the subtle seasonings that bring out the best of fish and shellfish.



ESSENTIAL SPECIALTIES

A marathon of flavors. The discoveries begin at breakfast with the «Féroce»-dried, grilled, crumbled cod mixed with manioc and avocado-or the «Ti nain morue», green banana cooked like a vegetable with dried cod. At cocktail hour, enjoy accras, blood sausages and fried sauries. And don't miss the tasty «sauce chien» as an accompaniment to various dishes, prepared with chives, parsley, infused thyme, hot pepper and garlic.

BEAUTIFUL PRODUCES

The island's microclimates allow it to grow extraordinary fruits and vegetables, including pineapples, sweetsops, guavas, soursops, papayas, roselles and star fruits. Its vegetables include manioc, sweet potatoes, yams, breadfruit and pumpkins.



A SINGULAR-AND PLURAL- CUISINE

The chefs in Martinique belong to federations and other cookery clubs, and work actively to establish a new, progressive Creole cuisine giving pride of place to innovation.



MARCEL RAVIN

Marcel Ravin was born in Martinique, but he left Diamond Rock for the Rock of Monaco where he was awarded his first Michelin star in 2015. A proud representative of Martinique's cooking excellence, he takes inspiration from his grandmother for a feminine approach to the island's multicultural identity. Today, in his Fort-de-France restaurant, La Table de Marcel, he brings out the most exquisite side of his native cookery with the produce of local garden farmers and fishermen. With Marcel Ravin, each dish is a voyage full of flavors and spices.

The photo shows Lindley Lanappe, executive manager of La Table de Marcel to the left and Marcel Ravin to the right.

JEAN-CHARLES BRÉDAS FOREMOST MAÎTRE-RESTAURATEUR OF MARTINIQUE

He has made great contributions to transforming Creole gastronomy and increasing its renown.

Today award-winning chef Jean-Charles Brédas considers Creole cuisine an open bridge between Europe and the Caribbean. His surprising local flavor combinations are a considerable asset for French gastronomy.



CRAVING CREOLE

Smoked chicken with crudités for a tasty light meal. Generous cookery for family enjoyment. An exceptional selection for special occasions.



THE MOST EXTRAORDINARY FLAVOR ESCAPADES

Drink coconut water or sugarcane juice on the go, enjoy a fruit sorbet at the beach, a snack of fried sauries at a beach bar, bite into local nougat or a coconut tablet from a traditional stand, smell the tantalizing scent of grilled fish and shellfish along the seaside, or love a delectable goat colombo enjoyed in a lush garden.

« Drinking a «PÉYI» SCENTED tea as I lounge in my hammock...
What a pleasure! »

« Enjoying the **extraordinary** flavor of smoked chicken with **MY FEET IN THE SAND...**
This is paradise! »

« Tasting **CRISPY ACCRAS** at the market,
so delicious! »

« **My favorite** memory:
GRILLED QUEEN CONCH! »



DID YOU KNOW?

The banana can be prepared as a sweet or savory dish: as chips, au gratin, as a cake or fritters, flambée, and more.



TI-PUNCH RECIPE

Place a teaspoon of cane sugar or sugarcane syrup in a glass.

Add the juice of one lime and its zest.

Then simply add 5 cl of agricultural white rum and enjoy!

MARTINIQUE, LAND OF RUM!

In Martinique, rum is a culture unto itself. It is an integral part of the island's identity, and its roots are steeped in the first sugarcane plantations. Rum producers in Martinique are proud of this culture, and they are the only companies in the world to hold the «AOC», since 1996. The great names among them are known throughout the world today. While any rum in Martinique deserves to be tasted, most distilleries are also worth visiting in order to understand this incredible legacy.

AOC Rums of Martinique (Protected Designation of Origin)

The only AOC rums in the world:

- **Clément** – AOC, François
- **Depaz** – AOC, Saint-Pierre
- **Dillon** – AOC, Fort-De-France
- **HSE** – AOC, Gros-Morne
- **J.M.** – AOC, Macouba
- **La Favorite** – AOC, Fort-De-France
- **Madkaud** – AOC, Lorrain
- **La Mauny** – AOC, Rivière-Pilote
- **Neisson** – AOC, Carbet
The only ORGANIC RUMS in the world
- **Saint-James** – AOC, Sainte-Marie
- **Trois Rivières** – AOC, Sainte-Luce

And the others:

- **Le Galion** – Trinité
- **Le Simon** – François

The last and only sugar refinery:
Le Galion in Trinité

List of rums non-exhaustive.

The AOC rums of Martinique regularly win awards in national and international competitions.

ALCOHOL ABUSE IS DANGEROUS FOR HEALTH. PLEASE DRINK RESPONSIBLY.



PRACTICAL MARTINIQUE

GETTING THERE

Approximately ten airline companies offer service to Martinique.

It takes about eight hours to fly to Fort-de-France from Europe and about five hours from North America. Information on:

www.aircaribbes.com
www.airfrance.fr
www.corsair.fr
www.xlairways.com
www.condor.com
www.aircanada.com
www.norwegian.com
www.americanairlines.com
www.airantilles.com
www.liat.com
www.airtransat.com
www.cubana.cu

LANGUAGES

French is the official language, but Creole is also spoken everywhere.

WEATHER

Air temperature **30°/86°F**
Water temperature **28°/82°F**

SECURITY

Martinique is a French department that meets European security standards.

ACCOMMODATION

A wide range of accommodations is available: **Two- to five-star hotels, extended-stay hotels, rental homes, vacation resorts, and more.**

FOR MORE INFORMATION:
US.MARTINIQUE.ORG

380,000 INHABITANTS

TIME DIFFERENCE

PARIS	MONTREAL
-5 ^H IN WINTER	-1 ^H IN WINTER
-6 ^H IN SUMMER	0 ^H IN SUMMER

AREA 1,100 KM²

FORMALITIES

Valid identity card or passport required for EU nationals. Passport required for other travelers.

HEALTH

No vaccinations are necessary. The medical infrastructures are part of the French health system.

DIET

In case of allergy, intolerance or a special diet, certain restaurants may bring special attention to their ingredients.

CURRENCY

Euro.



COMITÉ MARTINIQUEAIS DU TOURISME

FORT-DE-FRANCE

5, AVENUE LOULOU BOISLAVILLE
TOUR LUMINA - POINTE SIMON
97276 FORT-DE-FRANCE CEDEX
TEL.: +596 (0)5 96 61 61 77 - FAX: +596 (0)5 96 61 22 72
www.martinique.org
infos.cmt@martiniquetourisme.com

FRANCE AND EUROPE

32, BOULEVARD HAUSSMANN
75009 PARIS
TEL.: +33 (0)1 44 77 86 00 - FAX: +33 (0)1 44 77 86 25
www.martinique.org

AMERICAS AND THE CARIBBEAN

825, THIRD AVENUE
29TH FLOOR
NEW YORK, N.Y. 10022 - 7519
TEL.: 00 1 (212) 838-6887
www.us.martinique.org

CANADA

1800, AVENUE MC GILL COLLEGE
BUREAU 1010
MONTREAL, QUEBEC H3A 3J6
TEL.: 00 1 (514) 844-8566 - FAX: 00 1 (514) 844-8901
www.lamartinique.ca



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