

# Island Flavour

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BBC newsreader Darren Jordon grew up in Jamaica and recently renewed his love affair with the island's cuisine.



It was a burst of island flavours – meat so spicy and succulent, it knocked me for six. I'd come to Scotchies in Montego Bay, the most well-known 'jerk' pit stop in Jamaica. Visitors are drawn to this rustic roadside eatery by the rising plume of smoke from the barbecue, and the intoxicating aroma of grilled meat, seasoned with lashings of pimento, nutmeg and fiery peppers. What makes Scotchies jerk chicken so tasty is a closely guarded secret – but trust me – mouth-watering is an understatement. Make sure you have an ice-cold beer on standby to cool down your tongue!

Jamaican food reflects the unique diversity of its people, and there are some great restaurants to be found. The House Boat Grill resembles an old Mississippi paddleboat and is anchored in the tranquil waters of the Bogue Lagoon. I had the Jumbo Tiger prawns sautéed in Vodka and tomato sauce, followed by a devilish chocolate sponge dripping with Chantilly cream.

Go off the beaten track and head for 'Little Ochie', a beachfront hideaway on the untamed coast of St Elizabeth. The seafood here is arguably the best in Jamaica. They cooked me a yummy curried lobster as I watched Rastafarian fisherman land the days catch. And if you get there, don't forget to tell Blackie, the owner, that I sent you.

# JAMAICA

*Once you go, you know.*

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