

BAROS
maldives

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INTOUCH magazine



INTOUCH magazine — Baros Maldives. Welcome to this edition of INTOUCH, our magazine created to keep you “in touch” with Baros Maldives. All of us at Baros Maldives look forward to being in touch with you every few months in this manner so we can provide you with valuable information on the Maldives and on our luxury boutique island resort. Imagine, we are even going to share some of our most delicious recipes with you and tell some of our best kept Spa secrets. We hope you will enjoy being reminded about Baros Maldives and that you will want to be in touch with us too.



Dear INTOUCH Reader,



Sven Walter
Resort Manager

I am happy to write these welcome words for our INTOUCH magazine in its new design. Every few months we will deliver you interesting information and the latest updates on Baros Maldives. Our aim is to stay in touch with you and also to get your valuable feedback and suggestions.

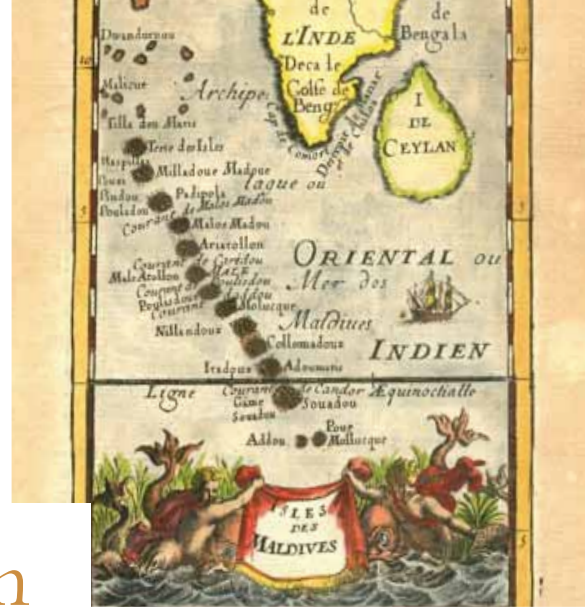
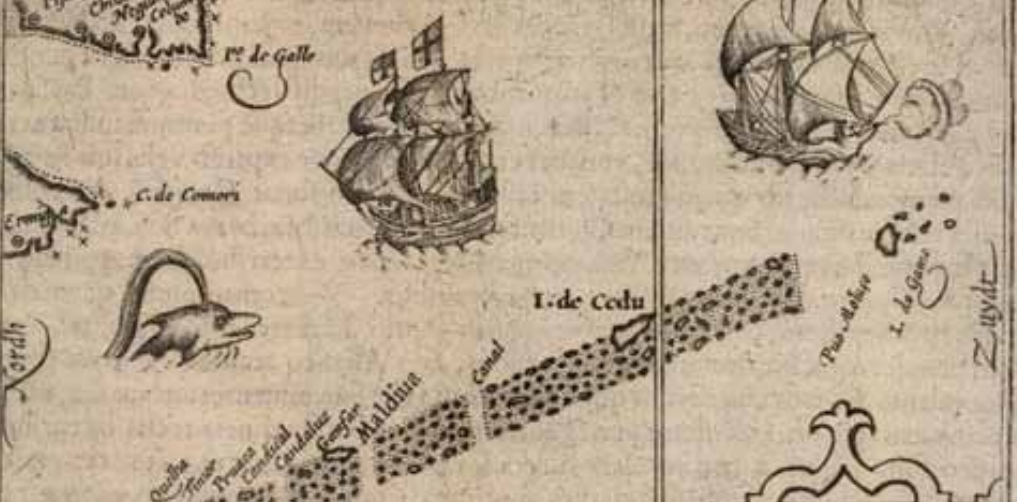
What better platform could I find to introduce myself to you - guests, friends and partners of Baros Maldives. For the past 24 years I have been dedicated to the hospitality industry. During the last decade I was a Food & Beverage Manager in Georgia and then Director of F&B in Nigeria for Sheraton. Later I became the Executive Assistant Manager and Resident Manager for two business hotels in Port Louis, Mauritius. Just before heading to Baros Maldives I was the General Manager for the pre-opening of a star class hotel in Myanmar.

And yes, I have seen many beautiful places in the world, but to speak really honestly: none has been so stunning as Baros Maldives. I look forward with pleasure to being at Baros Maldives and to meeting you on our tropical island. Of course, our most exciting upcoming highlight now is our Festive Season: "Magical Moments in Time".

Warm regards,

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The Baros Map Collection

Even today it is difficult to find the Maldives on a map of the Indian Ocean because the archipelago is so small. So imagine how hard it was to identify the islands in ancient times. We are lucky to have a collection of some rare early maps of the islands in The Maldivian Lounge at Baros.

It was not until the invention of printing in the 15th century that multiple copies of a single map could be produced. Previously hand drawn charts existed although they would have been etched as plans on clay tablets, carved on stone and metal, and scratched on papyrus, vellum, line, silk and paper. One of the earliest printed maps concentrating solely on the Maldives is by Petrus Bertius (1565-1629). With east at the top, this shows a phalanx of islands in approximately the right location, stretching across the Equator. Alain Manesson Mallet (1630-1706) drew an exquisite

map of the Maldives that's very much in demand. The one in The Maldivian Lounge was printed in 1719, although it was first published in 1683. Called "Isles des Maldives" it has a splendid cartouche held above a surging sea by two water babies. The hand colouring of the map was done a couple of centuries later and adds to the drawing's charm. Maps by British cartographers in the 17th century showing Maldives are very rare. One of the earliest is by Robert Morden (1650-1703), whose small map was printed in London in 1687. It seems to have been copied from the same original map as the one by Mallet, showing the atolls in rectangular blocks.

The ancient maps on display in The Maldivian Lounge are genuine, not reproductions. Over 300 years old, they give us a fascinating glimpse of times past.

A BRIEF MALDIVIAN LANGUAGE GUIDE

GREETINGS

Good morning
Baah javeri hendhuneh

Good evening
Baah javeri haveereh

Good night
Baah javeri reygande

How are you?
Haalu khineh?

Good
Rangalhu

I am going
Aharen dhanee

What are you doing?
Keeh kuranee

Where are you going?
Kon thaakah dhanee



Bon Appetit!

In this issue we unveil the ingredients of two really special culinary delights to be enjoyed on Baros Maldives: Tartar of Yellow Fin Tuna and one of our Signature Cocktails, the Deep Sea Diver.

The Deep Sea Diver gives a reviving kick after hitting the deep blue, but is also a nice drink when prepared at home. We are sure that a lot of happy holiday memories will come to mind as you sip this liquid reminder of Baros Maldives.

To try the Tartar of Yellow Fin Tuna is a must for every guest in the Lighthouse Restaurant. Yellow Fin Tuna is abundant in the Maldives and one of the most important fish for the islands' economy. It is rich in protein and one of the basic foods of Maldivians. Holger Joost, our new Executive Chef, gives his special suggestions in preparing this unique dish. If you would like to know more about him and his new assignment on Baros Maldives, please have a look at Page 8.

TARTAR OF YELLOW FIN TUNA

with Tasmanian Salmon Caviar
Recipe for 4 Portions

600 g Yellow fin tuna fillet
5 g red onion finely chopped
2 g chives finely chopped
2 g dill herb finely chopped
2 g basil leaf finely chopped
2 g lemon thyme finely chopped
30 ml Champagne vinegar
Juice of 1 lime
5 g capers finely chopped
70 ml virgin olive oil
15 g whole-grain mustard
milled black pepper
sea salt
60 g Salmon Caviar

Mix all ingredients thoroughly except for Tuna and Caviar. When ready to serve cut the Tuna fillet into small dice and fold in dressing. Adjust seasoning. Plate immediately onto a chilled plate in a round ring. Place caviar, spreading over top. Finish with a dill sprig to garnish, and spread some dressing around.



A NOTE BY THE CHEF

Dear INTOUCH Reader, I would like to suggest that you try this delightful dish as a light starter. It is perfect for stylish, lazy lunches or warm summer evening dinners. However, the best place to eat this is the deck of The Lighthouse Restaurant at Baros Maldives. It is essential that you use fresh tuna that has not been frozen for the best flavour. To accompany the Tartar of Yellow Fin Tuna I would suggest a delicious glass of Rose Wine.

Bon Appetit and Shukuriya!
Holger Joost, Executive Chef

LET'S COCKTAIL



Deep Sea Diver

1/2 oz dark rum
1/2 oz white rum
1/2 oz triple sec
Splash of Blue Curacao
1/2 tsp sugar syrup
1/4 oz lime syrup
1 oz lime juice

Shake well all ingredients, except the Blue Curacao, and strain into a Pyramid glass over crushed ice. Splash Blue Curacao in the centre of the glass to create the special "bottom-blue" diving effect. Serve with a lemon wedge as garnish.





Spa Secrets

Did you ever wonder what the three letters of “Spa” really stand for? We have checked and found one explanation that states the name is derived from the Belgian town called Spa. British tourists travelled to take the waters at Spa from the 16th century and the name spread first in the British Isles as the name for every type of mineral spring. Only from the second half of the 20th century was the name used for wellness areas, especially for bathing areas in hotels.

Some other sources state that Spa stands for “sanus per aquam” (Latin for “healing through water”) and became the name for all healing and wellness treatments, and institutions, whether they involve water or not.

BREATHE & RELAX



Breathe

Do this exercise once a day, best first thing in the morning. Find somewhere secluded to sit. With your back straight and eyes closed, breathe in through the nose, hold the breath for 10 counts and then let it out through the mouth. Repeat for three minutes. Use the time to quieten the mind.

Relax

Make sure that once a day for 15 minutes you lie somewhere quiet, if weather permits preferably outdoors. With arms by your side and eyes closed you start by imagining your feet are relaxed, then you move up your legs, imagining that they are very relaxed and feel heavy, then to the hips and stomach and so you work up the whole body. As you get to the top of the head you will gradually feel the body seem slowly to sink into the ground.





UNDERWATER



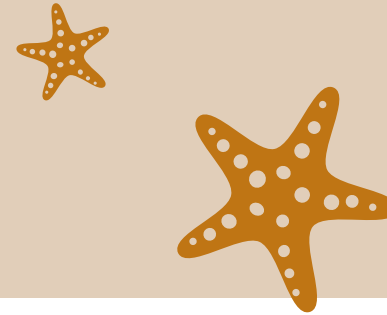
Coral Reef Situation

The coral bleaching event of 1998 caused widespread mortality on coral reefs in the Maldives. Surveys conducted ten years later revealed that – taken as a whole – a great number of the Maldivian reefs are in an ecological “regressive stage” (i.e. where high amounts of rubble and sand are found), some are in the “young stage” (i.e. with a high living hard coral cover), and few in the “mature one”, which means that a balance between living coral cover and loose sediment was observed. The ecologically “young” reefs are the ones that suggest potentiality for future recovery of reefs in the Maldives.

We are proud of having such a reef around Baros Maldives. Our healthy, vibrant house reef is in an ecologically young stage with high live coral coverage on the reef flat and the slopes. It attracts a vast abundance of tropical coral reef fish and reef-associated animals such as our resident sea turtles, a group of Eagle rays and a few dozen friendly black-tipped reef sharks.

The Dive Centre at Baros Maldives takes an active role in conserving the world’s reefs by offering the Reef Check EcoDiver Programme. At the end of October we had a film crew from ZDF – a German Television channel – staying with us. They were filming our dive centre as this is the first and only EcoDive Centre in the Maldives. We are happy and proud that our eco-friendly dive programme is winning worldwide attention.

Broadcast date: Sunday, November 27 – 13.20 hrs on ZDF (subject to change)



Magical Moments in Time

We are pleased to announce our programme for the forthcoming Festive Season. With the theme “Magical Moments In Time” we plan a celebration in harmony with nature, combining traditional seasonal activities with the benefits and blessings of our Maldives location.

While “Magical Moments” conveys the joy and excitement of the Festive Season, the reference to “Time” acknowledges the past four decades during which Baros Maldives has achieved the hallmark distinction of offering the highest service standards in holiday hospitality.

There will be Gala Dinners in the resort’s iconic Lighthouse Restaurant as well as in the resort’s open-air Palm Garden, and Maldivian, Asian and Seafood Nights in the resort’s Cayenne Grill and Lime gourmet-class restaurants. Additional festival celebrations will be dinner on our sandbank in the Indian Ocean and a Champagne sunset cruise.

To commemorate the sixth anniversary of the remodelling of Baros Maldives a replica of a Maldivian Village will be created in the Palm Garden with a High Tea Ceremony, live cooking stations of traditional Maldivian snacks, demonstrations of rural handicrafts, and island belles dressed in local costume regaling guests with tales of Maldivian life and culture. www.baros.com/news



FOOD & BEVERAGE

During the past few months we have had a review of the Baros Maldives Food and Beverage programme. This has resulted in some exciting new concepts in the Lime and especially in the Cayenne Restaurants. We offer now our guests a variety of theme nights, new events as well as new experiences in dining options. This will not only appeal to our many repeat guests, but will also delight those who travel the first time to Baros Maldives. As new leader of our kitchen team we have onboard the experienced and dynamic Executive Chef, Holger Joost.



BAROS RESIDENCE WINS AGAIN

Baros Maldives has won an award for the fifth consecutive year in the annual World Travel Awards voted by travel agents worldwide as having the Indian Ocean's Leading Villa. This is The Baros Residence. It offers a sanctuary of the highest luxury in an exclusive tropical garden where guests relax and rejuvenate in ultimate privacy. With 268 square metres of refined elegance, The Baros Residence boasts a linen-canopied king-size bed and a luxurious bathroom, a shaded veranda with a four-poster day bed, pool deck loungers and its own secret garden swimming pool. With this award, Baros Maldives continues its award-winning tradition, having won the Leading Indian Ocean Villa award four times, and having been voted The Indian Ocean's Leading Hotel in 2010. In addition, earlier this year Baros Maldives won an award from Trip Advisor as one of world's Top Ten Luxury Hotels.

GET TO KNOW



EXECUTIVE CHEF HOLGER JOOST

Chef Holger hails from Germany where he began his career when he was 18. He worked at Intercontinental Hotels in Vienna and Edinburgh before moving to Dubai as a Chef with the Jumeirah Group for four years. In 2007 he joined the Westin in Leipzig rising to become Executive Chef there. Asked about his strengths Chef Holger answers with a bright smile: cooking! He will play an active part in the creation of menus and the preparation of meals as well as in encouraging the talented brigade at Baros Maldives. He aims to build on the 40 years of hospitality excellence that has become the hallmark of the resort, to exceed guest expectations with his innovative cuisine, as well as fostering the personalised service and attention to guest satisfaction that makes a holiday on Baros Maldives memorable.



Did you know that



... the Maldives is the **smallest Asian country** in both population and land area? With an average ground level of 1.5 metres (4 ft 11 in) above sea level, it is the planet's lowest country? It is also the country with the **lowest highest point** in the world, at 2.3 metres (7 ft 7 in).

... a coconut palm tree can grow for approximately **100 years**?

... some fish species, like the Maldivian Anemonefish, **can change gender** in a month? If the dominant female of a breeding pair dies, one of the non-breeding males that live in her family has to swap gender to keep social structures functioning and ensure the survival of their offspring.

... Baros Maldives installed the **first desalination plant** in the Maldives in 1983?

GET IN TOUCH

Any questions, suggestions, comments? Get in touch with us on Baros Maldives, we are looking forward to your feedback.

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