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APSARA

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AT
TROU AU DIABLE
RESTAURANT

A culinary fusion of St. Lucia and India

APPETIZERS

Do Dal Ka Tadka (V) St Lucian Two Peas Soup, Tempered with Cumin Seeds, Garlic and Coriander	US 9.00 EC 24.75
Apsara Jhinga King Prawns in a Coconut, Chadon Bence and Chick-Pea Batter with a Caribbean Mojo and Roasted Chili-Onion Pickle	US 20.00 EC 55.00 *(US 6.00 surcharge)
Chatpati Crab Ki Tikki Tangy Spiced Potatoes and Caribbean Crab with Sweet Yoghurt	US 14.00 EC 38.50
Murge Ki Khurchan Shredded Chicken Tikka Stir-Fried with Coriander Seeds, Onion and Bell Peppers served with a Baby Garlic Naan	US 14.00 EC 38.50
Paneer Imilli Tikka (V) Tandoori Chat Masala Spiced Paneer served with Tamarind Sauce and Kacumber Salad	US 12.00 EC 33.00
Ajwaini Bhed Ajwain Crushed Lamb Cutlet with Spiced Chick Peas and Garlic Pickle	US 16.00 EC 44.00
Subz Ke Samose (V) Local Ground Provision, Roasted Cashew Nut and Raisin Samosas with Chunky Mango-Ginger Sauce	US 12.00 EC 33.00

ENTREES

Tandoori Murgh Makhan Wala Tandoori Roast Chicken Leg, Cheesy Chicken Breast marinated with Fenu Greek and served with Kesar Pulao	US 26.00 EC 71.50
Salmon Gulnar Tandoori Roast Fillet of Salmon, Potato-Wild Ginger Masala Mash, Urad Sal Sauce	US 30.00 EC 82.50
Machli Chat Mahi Mahi marinated in Mango Pickle cooked in Tandoor, served with Fennel Seed Crushed Potatoes	US 26.00 EC 71.50
Jugal Bandhi A mixed platter of Fire Roasted Lamb Chop, Cumin-Mustard King Prawn, Cajun Tandoori Chicken with Lime Rice	US 30.00 EC 82.50
Caribbean Goat Vindaloo St Lucian Pickled Goat, Extra Hot Chillies and Garlic <i>(try with a bowl of Basmati Rice or a Plain Naan)</i>	US 26.00 EC 71.50
Tikhi Jhingli Machli Catch of the Day marinated in Ginger and Chili served with Pumpkin and Mint Crush, Yoghurt Sauce	US 26.00 EC 71.50
Cottage Cheese and Cornmeal Sambhar (V) (LD) St Lucian Ground Provision with Tempered Cottage Cheese, Green Pea and Cornmeal Dumplings	US 24.00 EC 66.00
Haryali Batakh Tamarind Roasted Duck Breast, Cumin Crushed Breadfruit and Curried Soya, Coriander	US 32.00 EC 88.00
Chatpati Tofu Chat (V) Chat Masala Flavoured Grilled Tofu, Cajun Spiced Sweet Potato Fries, Bashed Pumpkin, Ginger Sauce	US 22.00 EC 60.50

* Guests on meal plans (MAP, FAP, AI), please note the surcharge this dish attracts and which will be charged to your extras account. All prices subject to 10% service charge and 8% government tax.

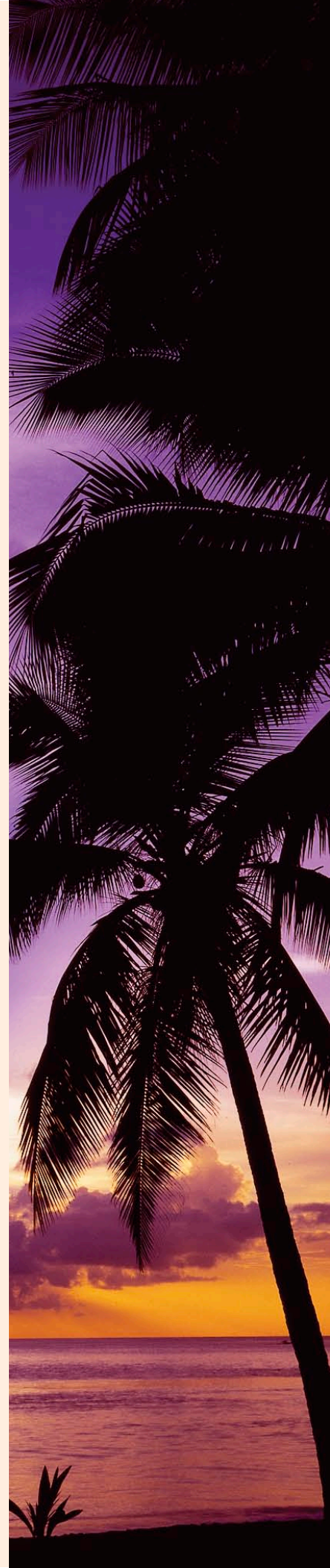
SIDE ORDERS

Gobhi Aloo Stir-fried Cauliflower and Potatoes with Cumin and Tumeric	US 7.00 EC 19.25
Steamed Basmati Rice	US 6.00 EC 16.50
Plain Naan	US 5.00 EC 13.75
Kesar Pulao Basmati Rice cooked with Saffron and Cardamom	US 7.00 EC 19.25
Malai Naan Naan Bread stuffed with Cheese, Onion, Chili	US 7.00 EC 19.25
Peshawri Naan Almonds, Coconut, Raisins	US 7.00 EC 19.25
Wholewheat Puri	US 5.00 EC 13.75
Raita Yoghurt with Cucumber and Spices	US 6.00 EC 16.50
Dal Tadka Stewed Split Peas	US 6.00 EC 16.50

DESSERTS

Freshly Grated Coconut Tart Passion Fruit Sorbet – Mango Puree	US 12.00 EC 33.00
Dark Chocolate Cube Banana Nuggets – Cardamom Brulee	US 10.00 EC 27.50
Apsara's Temptation Tandori Baked Pineapple – Honey, Saffron, Passion Fruit Sauce Saffron Kulfi – Sun Blushed Chilies	US 12.00 EC 33.00
Sticky Toffee and Date Pudding Butterscotch Sauce – Coconut Ice Cream	US 12.00 EC 33.00
Banana and Cashew Nut Samosa Mint and Chili Salsa	US 12.00 EC 33.00
KULFI Mango Saffron Local Seamoss	US 10.00 EC 27.50
Plain Yoghurt A Palate Cleanser and Stomach Settler	US 5.00 EC 13.50

All prices subject to 10% service charge and 8% government tax.



APSARA

Apsara is the name for a Hindu deity best described as a celestial courtesan, a divine beauty entertaining the gods.

Our Helen of the West meets the Angel of the East.



A little bit of history to digest...

St. Lucia's society today is an exotic melange of many different ethnic origins, including also East Indian.

With the ending of slavery in 1838 ahead of them, planters everywhere in the West Indies began to look for another source of affordable labour to work their estates. They found this in south-east Asia.

Between 1845 and 1917, hundreds of thousands of indentured workers sailed from India to the Caribbean. Most went to Guyana, Trinidad and Jamaica - but some six thousand set foot on shore in St. Lucia. Just over 1,600 people arrived here between 1856 and 1865 and another 4,427 East Indians sailed to St. Lucia between 1878 and 1893. They probably came from the regions of Bihar and Uttar Pradesh in Northern India.

By 1891, there were some 2,500 East Indians in St. Lucia, in a total population of 42,220. By 1897, the last Indians finished their labour contracts. Some chose to return to India, others remained in St. Lucia, either by their free will or out of necessity.

By the turn of the century, St. Lucia had a free East Indian population of 2,560 persons.

Migration of indentured labourers to St. Lucia was never very great but due to the island's low population density and their uneven distribution throughout the island, East Indians gained a fairly high profile in the ethnic make-up of the island. Indian communities sprang up primarily around the central sugar factories that dominated St. Lucia's economy until the 1950's.

Music, rites such as the Festival of Lights (Divali) and some culinary and cultural traditions remain today at a time when East Indians are already seven generations or more removed from the place where their ancestors originated from.

Welcome to Apsara - our culinary fusion of St. Lucia and India.

Freely adapted from Jolien Harmsen. Jolien Harmsen holds a Ph.D in Caribbean History. She is the author of 'Sugar, slavery and settlement. A social history of Vieux Fort, St. Lucia, from the Amerindians to the present' (St. Lucia National Trust, 1999).

