

# FOOD & WINE

MARCH 2010

## 40 healthy recipes

*from the world's  
best cooks*  
healthy mexican,  
thai & more



*Soba noodles with  
grilled shrimp, delicious  
with a dry Riesling*  
RECIPE P. 50

0 92567 10486 4 03>  
WWW.FOODANDWINE.COM \$4.50

### best australian wines to drink now

Anguilla's Cafe at Veya excels at great drinks—from coffee to cocktails.



## WHERE TO GO NEXT

# anguilla, barbados & mexico

*Chefs from California, France, Italy and Colombia are bringing new flavors to the Caribbean and Mexico, while local restaurateurs are fighting back by offering incredible values.*

## anguilla

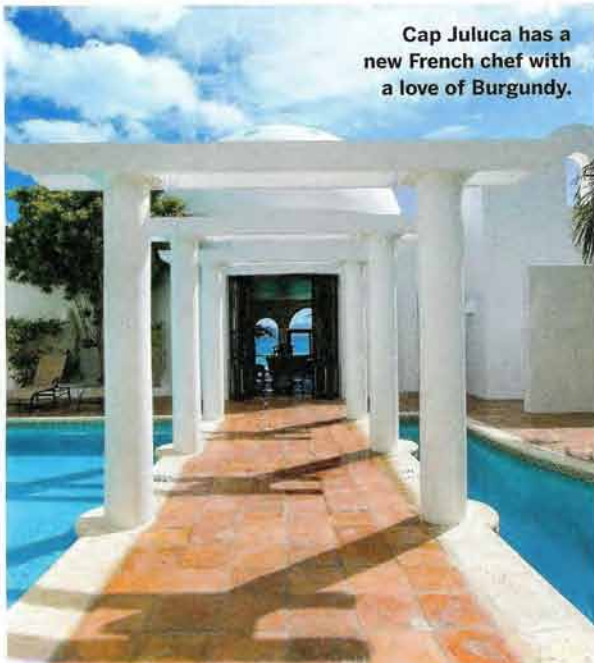
**Blanchards** When the economy tanked, Bob and Melinda Blanchard's second venture, Zurra, had to close, and they knew it was time to make changes to their pricey namesake. Its new, \$45 three-course prix fixe menu is a bargain, in part

because it includes their signature, extra-meaty lobster-and-shrimp cakes. The couple also added value-priced wines to their stellar 2,300-bottle cellar, like Monkey Bay Sauvignon Blanc. *Meads Bay; 264-497-6100 or blanchardsrestaurant.com.*

**The Cafe at Veya** Three-year-old Veya arguably surpasses Blanchards as Anguilla's hottest restaurant. The draw: African and Asian flavors expertly created with local ingredients. Run by husband and wife Jerry and Carrie Bogar—he's the wine guy, she's the chef—Veya recently opened a palm-shaded café on the ground floor serving excellent breakfasts

and lunches, with coffee that's roasted in-house. Everything on the menu—like four-cheese paninis and a Friday-only fish burger that comes sandwiched between extra-large fried johnnycakes—costs less than \$15. "We've become a hangout for locals and expats," says Jerry. "Tourists are still discovering us." *Sandy Ground; 264-498-2233 or veyaxa.com.*  
—Jen Murphy

Cap Juluca has a new French chef with a love of Burgundy.



## top table for french wine lovers

**Pimms** After a \$22-million renovation, Cap Juluca has beefed up the already formidable wine list at its restaurant with Burgundies like Beaune Clos des Mouches—a favorite of its new French chef, Johnny Clero. To match, Clero offers haute-island dishes like rum-cured foie gras with pineapple-smoked duck prosciutto. *Maunday's Bay; 264-497-6666 or capjuluca.com.*