

# BAHAMAS TIME

THEY'RE LIVING YOUR DREAM: THE BEACH AT THEIR DOOR, LOTS OF SUN, AND THEIR VERY OWN ORGANIC FARM. AND THEY'VE INVITED YOU ALONG FOR THE DAY—AND FOR DINNER.

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Karin Goodfellow and son Maclean harvest herbs at the family farm.

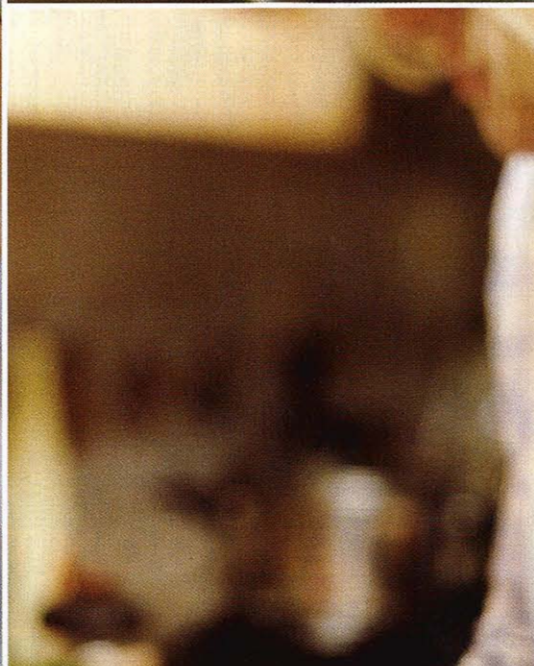
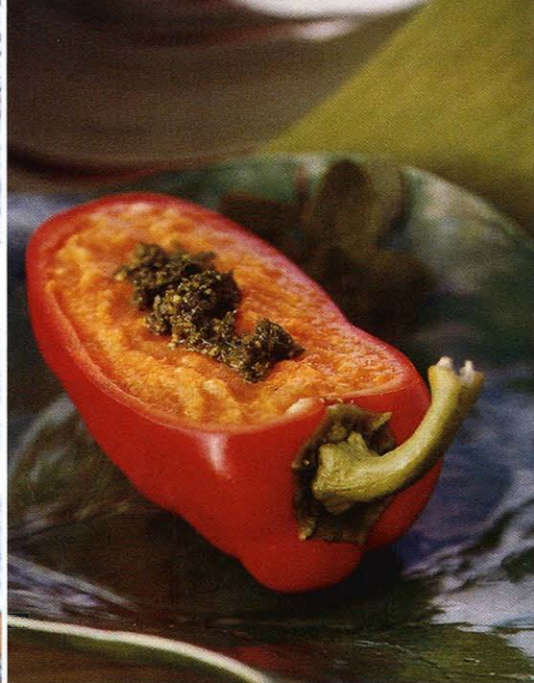
**AT ONE TIME OR ANOTHER, WE'VE ALL FANTASIZED ABOUT PICKING UP AND MOVING TO** an island and living off the land. Meet Karin and Ian Goodfellow (she's from Rochester, he's from Montreal), who have turned this foodie fantasy into their reality. After one too many cold winters in the Northeast, the two avid sailors packed it all up and headed south. Ian traded in his successful career at the stock exchange to move to the Bahamas, plant a farm, and start a family. ►

The gamble paid off. They now have two sons, and what started as a kitchen garden has turned into a thriving business. At their organic Goodfellow Farms, Karin and Ian now provide the Bahamas' best restaurants with fresh herbs and produce. They also sell fresh baked goods and prepared foods at their country store. It's work, but instead of the trading room floor, there are rows of fresh lettuces and sweet peppers. Instead of the rush of the freeway, there's the crash of the ocean. But life here is anything but sleepy. "The freedom of having our own farm is always exciting," Karin says.

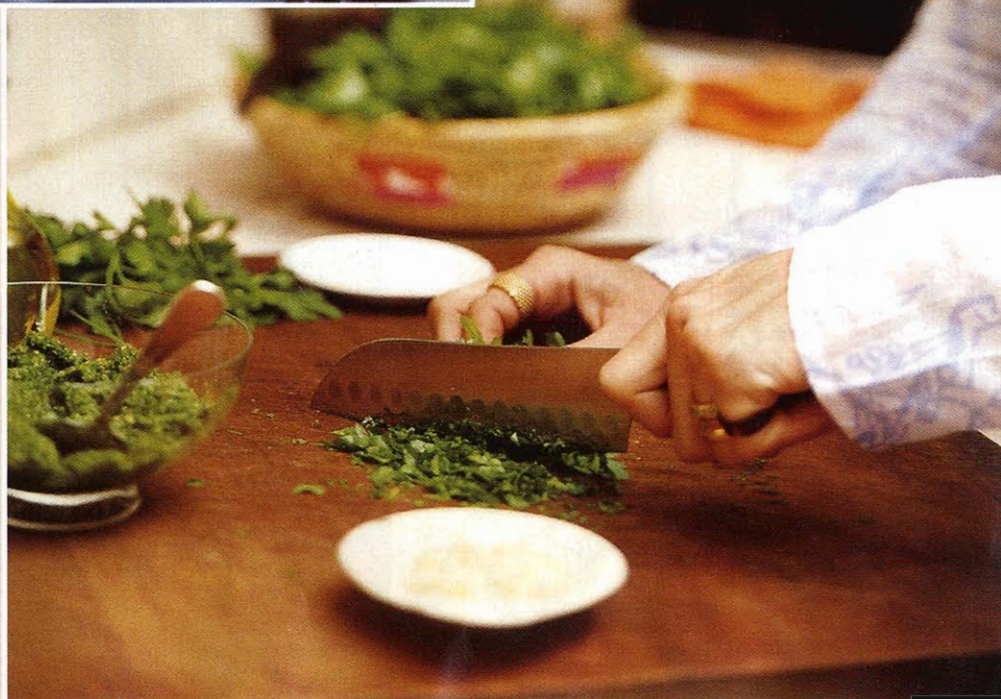
And so each day begins on the land, harvesting ingredients for dinner, which is inevitably shared with others. Talk about fresh and local. "We're building an environment that is all about quality of life," Ian says. "And if you can make a living at it, all the better." Sounds like they've nailed it. Let's follow them for a day that begins and ends in this little corner of the Caribbean they've cultivated for their family and friends.



## MORNING AT THE FARM

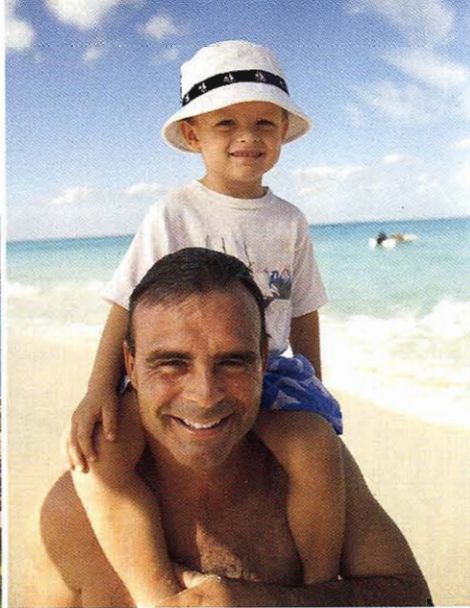


OPPOSITE: Karin Goodfellow begins her day by baking fresh multi-grain bread (recipe on page 174) in the kitchen of her country store on the family's five-acre organic farm. She and her husband, Ian, grow microgreens, arugula, baby bok choy, spinach, numerous herbs, and papayas. THIS PAGE: Three-year-old Maclean helps gather herbs for Karin's homemade parsley-mint pesto. It garnishes her gazpacho, which is prepared with papayas from the farm and is served in a red pepper (recipe on page 171). ➤



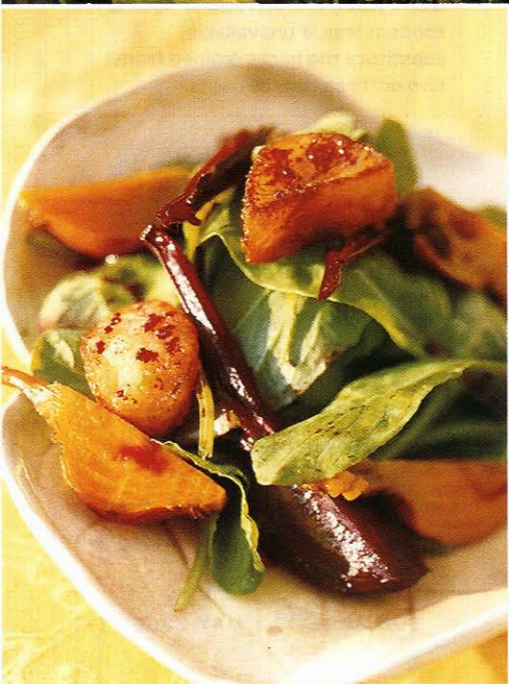


## AFTERNOON TRIP INTO TOWN



Karin heads into town to buy flowers, hot peppers, and tropical fruit from the market in downtown Nassau. At nearby Bahama Hand Prints, co-owner Joie Lamare helps Karin select napkins, fabrics, and clothing inspired by the colors and textures of the islands. While Karin is in town, Ian and Maclean take a quick dip in the ocean.

# DINNER AT SUNSET



THIS PAGE: Just outside of Karin and Ian's country store, where they sell their produce along with baked goods from resident chef Lise Watson, the Goodfellows gather friends around an outdoor table. They start the meal by toasting with wine made from mangoes they grow. Island flavors and ingredients come together in the Baby Beet and Arugula Salad with Breadfruit Croutons (recipe on page 171). OPPOSITE: Jerk Pork Loin with Caramelized Pineapple and Star Fruit Relish, and Baby Bok Choy with Coconut Rice (recipes on page 174). ►

# THE PARTY

## MENU FOR 8 TO 10

### > PASSION FRUIT PUNCH

- Sesame-Crusted Tuna Tartare with Papaya Cream
- Baby Beet and Arugula Salad with Breadfruit Croutons
- Golden Gazpacho with Fresh Mint and Parsley Pesto
- Jerk Pork Loin with Caramelized Pineapple and Star Fruit Relish
- Baby Bok Choy with Coconut Rice
- Multi-Grain Bread

### > OFF-DRY RIESLING

- Herbed Crème Brûlée with Island Fruits

#### Passion Fruit Punch

8 TO 10 SERVINGS

- 5 cups chilled club soda
- 2½ cups frozen passion fruit juice concentrate (measured from two 12-ounce containers), thawed
- 2 cups vodka
- Crushed ice
- Fresh mint sprigs

Stir club soda, juice concentrate, and vodka in pitcher. Pour into tumblers filled with crushed ice. Garnish with mint.

#### Sesame-Crusted Tuna Tartare with Papaya Cream

8 TO 10 SERVINGS

- ¾ cup extra-virgin olive oil plus additional for frying
- ½ cup soy sauce
- ½ cup teriyaki sauce
- ½ cup honey
- 3 tablespoons unseasoned rice vinegar
- 2½ tablespoons lemon juice, divided
- 1 teaspoon Asian sesame oil
- 3 8- to 10-ounce tuna steaks
- ½ cup chilled whipping cream
- ½ cup mashed papaya (from 1 large)
- ½ cup sesame seeds

Whisk ¾ cup oil, soy sauce, teriyaki sauce, honey, vinegar, 2 tablespoons lemon juice, and sesame oil in 8x8x2-inch glass dish to blend. Add fish and turn to coat. Chill overnight.

Whisk cream and ½ tablespoon lemon juice in bowl until peaks form; fold in mashed papaya. Season with salt and pepper. Chill until ready to use. (*Can be made 2 hours ahead. Keep chilled.*)

Heat heavy large skillet over high heat; brush with olive oil. Remove fish from marinade, add to skillet, and sear until dark brown, about 1½ minutes per side. Transfer to work surface.

Place sesame seeds in small bowl. Cut each fish steak into ¾-inch cubes. Spear each cube with toothpick and dip into sesame seeds. Place cubes and bowl of papaya cream on tray and serve.

#### Baby Beet and Arugula Salad with Breadfruit Croutons

8 TO 10 SERVINGS

- 15 baby golden beets, rinsed
- 4 garlic cloves, smashed, divided
- 15 baby red beets, rinsed
- 12 tablespoons extra-virgin olive oil, divided, plus additional for croutons
- 1½ cups beet juice or 1½ cups liquid drained from three 15-ounce cans julienned beets
- 4 teaspoons fresh lime juice
- 2½ cups ½-inch cubes drained canned breadfruit or crustless French bread
- 12 ounces baby arugula

Preheat oven to 400°F. Place golden beets and 2 garlic cloves on sheet of

foil. Place red beets and remaining 2 garlic cloves on another sheet of foil. Drizzle 6 tablespoons oil over beets, then sprinkle with salt and pepper. Seal foil around beets. Place packets in oven. Roast until beets are tender, about 45 minutes. Open packets. Cool, peel, and quarter beets.

Boil beet juice in medium saucepan until reduced to 6 tablespoons, about 12 minutes. Transfer to small bowl and cool. Whisk in lime juice, then 6 tablespoons oil. Season dressing to taste with salt and pepper. (*Beets and dressing can be prepared 1 day ahead. Cover separately and refrigerate.*)

Pour enough oil into large skillet to reach depth of ¼ inch. Heat oil over medium-high heat. Add breadfruit or bread cubes and sauté until golden, about 1 minute. Using slotted spoon, transfer to paper towels and drain. Sprinkle croutons with salt and pepper.

Toss arugula and some dressing in large bowl to coat; season with salt and pepper. Divide arugula among plates. Top with beets and croutons. Drizzle salads with remaining dressing.

#### MARKET TIPS

- **Breadfruit** is a large green fruit with hexagonal markings and potato-like flesh; it's sold canned in brine or roasted and flash-frozen. Available at Latin markets. If you can't find it, use stale bread cubes.
- **Beet juice** is often sold at natural foods stores; if unavailable, substitute the juices drained from two or three cans of beets.

#### Golden Gazpacho with Fresh Mint and Parsley Pesto

8 TO 10 SERVINGS

- 2 large yellow bell peppers
- 5 small yellow tomatoes (14 to 15 ounces total), cored, chopped
- 2 large papayas, peeled, seeded, diced
- 1 large mango, peeled, pitted, diced
- ½ cup extra-virgin olive oil, divided ➤



Lise Watson

1 tablespoon fresh lime juice

- 1 cup fresh mint leaves, chopped
- 1 cup fresh parsley leaves, chopped
- 2 tablespoons unsalted natural pistachios
- 2 tablespoons grated Parmesan cheese

Char bell peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and chop peppers.

Place peppers in processor. Add tomatoes, papayas, mango, ¼ cup oil, and lime juice; puree until smooth. Season gazpacho to taste with salt and pepper. *(Can be prepared 1 day ahead. Transfer to large bowl, cover, and refrigerate.)*

Combine mint, parsley, nuts, cheese, and remaining ¼ cup oil in processor. Blend until herbs and nuts are finely chopped. Season pesto to taste with salt and pepper. *(Can be made 2 hours ahead. Transfer to small bowl, cover, and chill.)*

Ladle gazpacho into bowls. Top with dollop of pesto and serve.

### Jerk Pork Loin with Caramelized Pineapple and Star Fruit Relish

**WHAT TO DRINK:** The Goodfellows serve fruit wine, but an off-dry Riesling is another good match.

8 TO 10 SERVINGS

- 1 cup chopped red bell pepper
- ¾ cup chopped red onion
- ⅔ cup chopped green onions (about 3)
- 6 tablespoons soy sauce

- 6 tablespoons extra-virgin olive oil
- 3 tablespoons golden brown sugar
- 3 tablespoons chopped fresh thyme
- 2 tablespoons dark rum
- 1½ tablespoons ground allspice
- 1½ tablespoons fresh lime juice
- ¾ teaspoon ground cumin
- ¾ teaspoon minced fresh ginger
- 2¼ teaspoons Dijon mustard
- 1 teaspoon ground cloves
- ¾ teaspoon ground cinnamon
- 1 small Scotch bonnet or habanero chile, seeded, deveined, chopped
- 1 2½-pound well-trimmed boneless pork loin

#### Caramelized Pineapple and Star Fruit Relish (see recipe)

Blend first 16 ingredients in processor. Place pork in 11x7x2-inch glass dish; pour marinade over and turn to coat. Cover and refrigerate overnight.

Preheat oven to 375°F. Transfer pork from marinade to roasting pan. Roast until thermometer inserted into center registers 145°F to 150°F, about 1 hour. Let pork rest 15 minutes (internal temperature will rise 5 to 10 degrees).

Cut pork crosswise into ½-inch-thick slices. Overlap slices on platter; serve with relish.

### Caramelized Pineapple and Star Fruit Relish

MAKES ABOUT 3½ CUPS

- 3 tablespoons butter
- 2 cups ½-inch cubes peeled cored pineapple
- 2 cups ½-inch slices fresh star fruit or ½-inch cubes pineapple
- ¼ cup dried cranberries
- 3 tablespoons golden brown sugar
- ¾ teaspoon salt
- 1 tablespoon balsamic vinegar

Melt butter in heavy large skillet over high heat. Add pineapple, star fruit, cranberries, sugar, and salt. Sauté until fruit begins to soften and caramelize, about 5 minutes. Mix in vinegar and simmer until sugar dissolves and syrup thickens slightly, stirring occasionally, about 3 minutes longer.

### Baby Bok Choy with Coconut Rice

8 TO 10 SERVINGS

#### RICE

- 5½ cups water, divided
- 1 cup wild rice (about 6 ounces)
- 1½ teaspoons salt, divided
- 2 tablespoons extra-virgin olive oil
- 2 cups jasmine white rice
- 1 13½- to 14-ounce can unsweetened coconut milk
- ¼ cup coarsely grated fresh coconut or ¼ cup dried unsweetened flaked coconut
- 1 tablespoon sugar

#### BOK CHOY

- 2 tablespoons extra-virgin olive oil
- 2 pounds baby bok choy, halved lengthwise
- ¼ cup water
- 2 tablespoons soy sauce
- 1 tablespoon fresh lime juice

**FOR RICE:** Bring 4 cups water to boil in medium saucepan. Add wild rice and ½ teaspoon salt; return to boil. Reduce heat, cover, and simmer until tender, about 50 minutes. Drain excess water.

Heat oil in heavy large saucepan over medium-high heat. Add jasmine rice; stir 2 minutes. Add 1½ cups water, 1 teaspoon salt, coconut milk, coconut, and sugar; bring to boil. Reduce heat, cover, and cook until rice is tender, about 15 minutes. Stir in wild rice. Season with salt and pepper.

**FOR BOK CHOY:** Heat oil in heavy large skillet over medium-high heat. Add bok choy and ¼ cup water. Cover and cook until bok choy is crisp-tender, about 4 minutes. Drizzle soy sauce and lime juice over. Simmer uncovered 2 minutes. Season with pepper. Arrange bok choy on platter. Spoon rice alongside and serve.

### Multi-Grain Bread

MAKES 3 LOAVES

- 3 cups warm water (105°F to 115°F), divided
- 1½ cups (7 to 8 ounces) 7-grain cereal mix\*
- ¾ cup (packed) golden brown sugar
- 3 envelopes active dry yeast





- 5 teaspoons salt
- 2 cups whole wheat flour
- 4½ cups (about) white all purpose flour

Vegetable oil

Place 1 cup warm water in medium bowl. Stir in cereal mix; let stand 15 minutes.

Place remaining 2 cups warm water and sugar in large bowl. Stir in yeast. Let stand until yeast dissolves and mixture is foamy, about 7 minutes. Using sturdy rubber spatula, stir in cereal mixture and salt, then whole wheat flour and 4 cups white flour, 1 cup at a time. Knead in bowl until dough comes together. Knead on floured surface until smooth and elastic, sprinkling with white flour if very sticky, about 10 minutes (dough will be slightly sticky).

Oil clean large bowl. Add dough and turn to coat. Cover with plastic wrap and towel. Let rise in warm draft-free area until doubled in volume, about 1 hour 15 minutes. Punch down dough; divide into 3 pieces. Shape each into compact 4-inch-diameter ball. Sprinkle 2 heavy baking sheets with flour. Place 2 dough balls on 1 sheet and 1 dough ball on second sheet. Cover and let rise until doubled, about 50 minutes.

Position 1 rack in bottom third and 1 rack in top third of oven; preheat to 375°F. Spray breads with water. Bake 25 minutes, spraying occasionally. Reverse sheets and bake until golden brown, spraying twice, about 30 minutes longer. Transfer breads to rack and cool completely.

*\*Available at some supermarkets and natural foods stores.*

**Herbed Crème Brûlée with Island Fruits ▶**

10 SERVINGS

FRUIT

- 4 drained canned guavas in syrup,\* ½ cup syrup reserved
- ½ cup frozen passion fruit juice blend concentrate (such as Welch's), thawed
- 1 cup ½-inch cubes peeled cored pineapple

- 1 cup ½-inch cubes peeled pitted mango
- 6 tablespoons sugar
- 1 cup fresh raspberries

CUSTARD

- 10 large egg yolks
- ½ cup plus 10 teaspoons sugar
- 2½ tablespoons chopped fresh basil
- 2½ tablespoons chopped fresh mint
- 1 tablespoon chopped fresh thyme
- 2½ tablespoons fresh lime juice
- 1 tablespoon grated lime peel
- 2 vanilla beans, split lengthwise
- 2 cups heavy whipping cream
- 1 cup whole milk

FOR FRUIT: Puree guavas and reserved ½ cup syrup in blender until smooth. Pour ⅔ cup puree into medium saucepan (reserve remaining puree for another use). Add passion fruit concentrate, pineapple, mango, and sugar to pan. Bring to simmer, stirring until sugar dissolves. Remove from

heat; mix in raspberries. Transfer to medium bowl; cover and chill overnight.

FOR CUSTARD: Whisk yolks, ½ cup sugar, herbs, lime juice, and lime peel in medium bowl until blended. Scrape seeds from vanilla beans into large saucepan; add beans. Add cream and milk and bring to boil. Gradually whisk hot cream mixture into yolk-herb mixture. Return custard to same saucepan. Stir over medium heat until custard is thick and leaves path on back of spoon when finger is drawn across, about 8 minutes (do not boil). Strain custard into medium bowl, cover, and refrigerate overnight.

Spoon 2 generous tablespoonfuls fruit mixture into each of ten ¾-cup ramekins. Top each with custard; sprinkle each with 1 teaspoon sugar. Using blowtorch, caramelize sugar topping on custards. Chill custards until topping hardens, at least 1 hour and up to 2 hours.

*\*Available at Latin markets. ■*

