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Hire a Caribbean Villa and taste the best Caribbean food by Becky

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Over the years, it is safe to say that the quality of traditional Caribbean has hardly been mind-blowing. However, in recent times, things have dramatically changed for the better, and now it is possible to enjoy the food and eat well. The settings surrounding the Caribbean have always been beautiful, whether you choose to be right above the waves or overlooking onto a pretty lit garden â€“ but in certain islands at least eating out has now become a key aspect of the pleasure of a Caribbean trip.

It can be easy to forget the difficulties associated with creating an authentic cuisine in the islands. A large proportion of the ingredients have to be imported from other countries, and the West Indians tend to cook very differently from most of the foreigners. Recently, certain islands have been able to create and develop a great range of traditional cuisine. In particular, St Barts, St Martin, Anguilla and Barbados amongst others have been able to produce some very good restaurants. This has helped to ensure that most islands now have a number of good restaurants from which you can enjoy a romantic evening out.

Furthermore, West Indian food also has its own strong traditions. The best foods created are delicious, with an effective use of the wide ranges of local fresh fish available and the exotic spices and fruits. Generally, the local food can be very filling, with most of the stews accompanies by a volley of starchy vegetables, so you might discover that the weekly buffet is enough, despite this many islands have a number of beautiful local restaurants which provide a number of exquisite dishes that show Caribbean food at its best. If you are staying in a villa where there is a cook present, they may well be happy to show you how to prepare some of the amazing local dishes.

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