



The Taste of
Authentic
Tahitian
Delicacies

The Bora Bora
Gastronomical
Connection

The Taste Of Authentic Tahitian Delicacies: The Bora Bora Gastronomical Connection

The tropical island of Bora Bora is home to a number of succulent Tahitian dishes that should certainly be on the top list of must-try experiences if you truly want to literally taste the rich heritage of this world famous vacation hotspot. Located in the French Polynesia, this particular island paradise has continuously lured tourists from the world over with its postcard-quality landscape, crystal clear waters and striking lagoons and of course, the delectable Tahitian dishes and seafood fares that is definitely an experience in itself.

However, the French Polynesia is also notoriously famous for its high cost of living, playing second in rank to Japan for ridiculously expensive accommodations and food. However, such fact has seemingly done nothing to deter tourists on their annual trek to the island to feast on the natural and gastronomical bounties the island has to offer. Still, it would be quite helpful if you have a guide on the must-try dishes as well as the must-visit restaurants of Bora Bora. With the multitude of choices available, you could easily be tempted to try every single one. But why not skip the usual trial and error test and save money by simply knowing exactly where to go to enjoy the very best authentic Tahitian delicacies in Bora Bora. This article will efficiently narrow down the list for you and lead you right into the handful of restaurants that offers you and unrivaled feast fit for kings.

Top Restaurants

Bloody Mary's

Staying true to the dash of fun held apparent on its, namesake, Bloody Mary's is considered to the original plump Polynesian "mama" of the South Pacific. This restaurant was established by a certain Polished named Baron George Van Dangle way back in 1976 with its humble beginning of a charmingly small hut complete with thatched roofs and sand floors that later became an institution in the tropical paradise of Bora Bora.

A lot of locals and tourists along with quite an impressive list of famous celebrities never failed to make a visit to Bloody Mary's a major part of their Bora Bora experience. This restaurant is especially designed for people who want to sample and enjoy the rich Tahitian culture in a more light-hearted manner.

Its interiors mainly comprises of wooden log-style stools where diners can start their meals with a tropical drink such as the crowd's favorite Vanilla Rum Punch, which is incidentally the house specialty. You can then have a choice of appetizers and main courses from the vast array of fresh-caught fishes and other types of seafoods with a host that expertly describes the preparations in seven different languages. All meals are creatively prepared that artfully served in wooden platters. Among the highly recommended dishes include:

- Red Tuna Sashimi Style
- House Specialty Wahoo
- Teriyaki Mahi Mahi
- Calamari
- Coconut tart
- French Crème Brulee

Bamboo House

Like the Bloody Mary's this little restaurant mainly serve fresh seafoods, under an alluring bamboo house setting. The entire building of the Bamboo House is constructed using varnished split bamboo leaves that are neatly stacked or hung that effectively render a rather jungle-like ambience. The tables are superbly set on the front porch, where diners can enjoy the view of the main road while partaking sumptuous feasts of local delicacies that include different preparations of tuna, parrotfish, shrimp, marlin and shark.

Most of the dishes are mainly prepared using French sauces that make a perfect blend of Tahitian and French culture. And so like the Bloody Mary's this restaurant also has some bragging rights on the number of celebrity sightings and other prominent persons who have traveled far and wide to sample the unique fusion of authentic Tahitian dishes. Among the must-try specialties include the following:

- Crusted tuna
- Scallops in Grand Marnier Sauce
- Shrimps In French Sauce
- Meka Shark in Fruit Sauce
- Fuscilli with Chicken
- Fresh Roasted Pineapple in Red Fruit Sauce

TOPdive Restaurant

If you are looking for a first class dining experience, The Topdive Restaurant suits the bill to a perfect tee. Wonderfully adorned with moonlit ocean panorama, white tablecloths, complete with crystal glasses and fine cabinets along the wall. The establishment offers you world-class cuisine complement with the distinct Fresh hospitality. Conveniently seated on near the north lagoon of Viatape, the building is accented with stunning thatched roofs, and probably the best place to

dine if you want to simply enjoy a quiet and romantic evening. The famous Chef Philippe Bachman manages the kitchen that produces a multitude of culinary masterpieces and nouvelle cuisine renditions of fresh seafoods, some of which are even flown directly from New Zealand.

The menu reflects the very best of upscale French cuisine, coupled with impeccable service, allows you to enjoy the night scene while enjoying a sumptuous feast. However, the restaurant is usually closed on Monday, so schedule your meal on other given days of the week. Some of the most popular choices that the restaurant offers are the following:

- Tropical Fish Sampler (mahi mahi, lobsters, clams and oysters)
- Lobster in Butter Sauce
- Mahi mahi stuffed with crab meat
- Pastry with mussels sauce
- Lagoon fish served with spicy vegetables

L'Appetisseri

If you have a certain craving for French croissants, tarts and quiches, or maybe a slice of pizza, the L'Appetisseri is definitely the place to go. French pastry chef Marc Andre is behind the creative genius for the heavenly baked goodies that are no less than premium quality baked products at reasonable prices. Most patrons simply purchase their baked goodies on the counter and waitresses will serve the snacks on outside tables covered with umbrellas littered along the sidewalk.

They also have computer terminals where you can conveniently check your email without much fuss while you are enjoying fresh beaked creations that are

definitely one of the gastronomical experiences you need to partake before leaving the island.

La Bounty

If you prefer you dine in a restaurant that offers a more casual atmosphere, then La Bounty would definitely make the top choice. This horseshoe-shaped restaurant features simple yet elegant thatched roofing along with the significant fact that they serve the best pizzas in the island that are offered with reasonable rates. The restaurant has been an oasis for tourists as well as locals since 1993 and has continued is highly traditional method of quenching the thirst and sating deep pangs of hunger at minimum cost. Among the highly favored choices on the menu include:

- Spaghetti
- Tagliatelle
- Smoked Salmon
- Carbonara
- Steaks in French sauces
- Fish in Vanilla cream
- Baked pies
- Shrimp in Whisky Sauce

Matira Bar and Restaurant

What makes this restaurant stand out from the rest of the establishments on the island is its striking location – the place is constructed to literally hang over the beach. Such setting provides a spectacular view and presents a perfect place to enjoy a lagoon side lunch or a quiet sunset drink or even a simple Chinese meal – all without having to fret about spending a small fortune. Most off the dishes are

prepared in distinct Cantonese fashion with some Hakka overtones that makes it truly a dining experience you don't want to miss.

Among the highly recommended the Chinese seafood fares and the Peking duck that are definitely a feast for the palette. While Bora Bora Island has been known to be one of the most expensively priced menu, the Matira Restaurant is one of the few exemptions to such notions. All you can expect is great food, perfect ambience and breathtaking scenery that truly make your tropical getaway well worth all the expenses.

Now that you have a keener idea on the scrumptious feast that awaits you on the tropical haven, you can definitely look forward to an enhanced dining experience. What is more important is the fact that you can deftly avoid those tourist-trappers or the substandard restaurants that that only offers a list of disappointment and total waste of money on their menu.

However, if you want to flex your culinary expertise and try your hand on concocting one of the popular Bora Bora favorites, then you are in luck! The Grilled Mahi Mahi with Tomatoes Two Ways is the surest possible way to truly enjoy wonderful Tahitian cuisine. So whether you simply want a sneak peak on what awaits you, or reliving the memorable Bora Bora experience, or set out to impress your friends with the unique Polynesian dish, here's a wonderful dish that might just do the trick:

Grilled Mahi Mahi With Tomatoes Two Ways

Ingredients:

4 large pieces of plum tomatoes, cut in halves, lengthwise

1 pound of yellow cherry tomatoes, cut in halves

Extra virgin olive oil

Salt and freshly ground black peppers

One glove of garlic, sliced thinly 6 ounce of Mahi Mahi fillets, skinned

Basil leaves for garnish

Start by preheating your oven to 225 degrees Fahrenheit and neatly arrange the plum tomatoes and half part of the cherry tomatoes on a rimmed baking sheet. Lightly drizzle it with some olive oil and a dash of salt and pepper, according to your preference. Then scatter the garlic pieces on top and bake this for about two and a half hours or until they bit still relatively moist. Then transfer it in a bowl and pull of the skins of the tomatoes.

In the meantime, you can start to puree the remaining cheery tomatoes using a food processor. Then pass the purees through fine strainer to efficiently discard the solids then stir with a little wine vinegar and just a little salt. Prepare your griller and lightly rub your fish with olive oil and season it lightly with salt and black pepper. Grill the Mahi Mahi over the heat and turn once until its lightly charred and cooked right through, roughly for about eight minutes of so. Then Pour the tomatoes in to plate with the Mahi Mahi fillet and add the basil leaves as the finishing touch.

Now you can enjoy the authentic Tahitian dish right in the comforts of your own home!

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