



Maldives Gastronomy
A journey that would tickle your taste buds



Resorts in the Maldives offer unforgettable culinary experiences for the discerning foodies. While some resorts offer carefully curated programs of gastronomic events throughout the year, no matter where you are planning to spend your holiday be ready to tickle your taste buds with a variety of international and local delights sumptuously spread out at mealtime buffets.

Gastronomy is an essential element of some of the resorts, where attention to detail is crucial. Some of the restaurants in the resorts boasts the most authentic experiences that gourmets can enjoy anywhere in the world. Some of the signature dishes offered by the best of the resort restaurants are world renowned.

Standalone specialty restaurants are part of the identity of many of the resorts. Get ready to indulge in authentic favorites dished out by renowned international chefs flown in from around in the world.



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Be it traditional Maldivian, or something more international chefs in the resorts offer a culinary journey for you to enjoy; an experience that is as unforgettable as your holiday in the Maldives.



Maldivian cuisine occupies its own special place in the culinary world. It's a unique fusion that has evolved over centuries of interaction with cuisines from around the Indian Ocean and further afield.

Fish and coconut are the essentials in Maldivian cuisine be it sweet or savories. Curries with unique Maldivian twists to savor, sweets made from endemic local produce and 'short eats' that can fill you up on the go are part of the traditional Maldivian cuisine.

Be it a once in a lifetime dining experience in an underwater restaurant, dinner for two in the moonlight, or a frivolous barbeque on the beach, the Maldives has a host of gastronomic delights that would suit every visitor.

Bajiza

Ingredients

FILLING:

3 cups smoked tuna – diced/sliced
(substitute: 3 cans tuna chunks)
1 Scotch Bonnet (githeyo mirus) –
finely chopped
½ cup curry leaves – finely chopped
3½ cups onion – finely sliced
2½ tbsp ginger – grated
¾ cup lemon juice
1 tbsp curry powder
1 tsp chili powder
½ tsp turmeric powder
2 tsp sugar
Salt to taste

DOUGH

5 cups flour – sifted
½ cup vegetable oil
1½ tsp salt
Warm water

FRYING

Vegetable oil



Method:

STEP 1

Squash, ginger, chilies, lemon juice, salt and half of the onions and curry leaves.

STEP 2

Mix the tuna into the mixture.

STEP 3

Sauté the rest of the onions and curry leaves in the vegetable oil.

STEP 4

Add the previously prepared tuna mixture and sugar and stir-fry on low heat for about 5 minutes.

STEP 5

Make the dough by mixing all the ingredients for the dough and then adding warm water gradually and kneading until you have a dry, smooth dough.

STEP 6

Break the finished dough into small egg sized pieces.

STEP 7

Using a rolling pin spread each dough ball evenly into circles that are about 7 inches in diameter.

STEP 8

Cut the circle into 4 equal parts.

STEP 9

Place about 2 teaspoons of the tuna mixture in the center of each flour quarter and fold in all three sides to make a triangle.

STEP 10

Make a thick flour paste (water+flour) to glue the sides of the bajiya to prevent it from opening up during frying.

STEP 11

Deep fry, drain and serve. (alternative: arrange on a non-stick tray and bake for about 15 minutes in a moderate (gas mark 4 / 180 °C / 350 °F) oven).

STEP 12

Tip: Substitute the tuna with equal amounts of cooked chicken or beef (or any other meat) to make different kinds of bajiya.

Kulhiroshi

Ingredients

2 medium sized onions, thinly cut
2 garlic finely chopped
hint of ginger
8 curry leaves finely chopped
1/4 cup coconut
1.5 cup flour
3 chillies (or more to make it more spicy)
lime juice (to taste)
salt (to taste)
1/4 cup rihaakuru
1/4 cup dried fish (Hiki mas)



Method:

Mix onions, garlic, curry leaves, chillies, lime juice and salt.
Add rihaakuru, coconut and hikimas. mix well.
Finally add flour and make it a dough. if it is too sticky, add some more flour.
Make balls from the dough.
Roll each one to make a roti and cut into small pieces (square or diamond shape).
Then fry it.

Mas Huni

Ingredients

1 cup smoked tuna – diced/sliced
(substitute: 1 can tuna chunks)
1 cup coconut – scraped/grated
1 scotch bonnet (githeyo mirus) –
finely chopped
½ cup onion – finely sliced
½ cup lemon juice
Salt to taste



Method:

STEP 1

Squash the onions, and scotch bonnet with the lemon juice and salt.

STEP 2

Add the tuna and mix well.

STEP 3

Mix in the coconut.

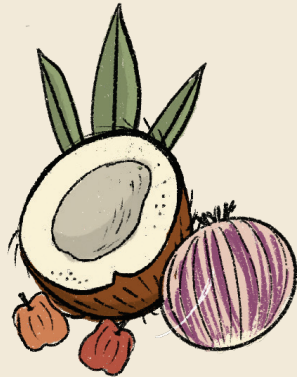
STEP 4

Serve with roshi or farata

Mas Riha

Ingredients

500 grams fish
1 tsp. turmeric powder
1 ½ cups water (for soaking the fish)
2 medium sized red onions
2 garlics
1 inch ginger
3 cardamom pods
1 ½ inch cinnamon
½ cup thick coconut milk
1tbsp. oil
5 curry leaves
3 inch piece of raanbaa (pandan leaf)
1 tsp. tamarind
4 tsp. chilli powder (or to taste)
1 ½ tsp. fennel powder
½ githeyo mirus (scotch bonnet pepper)
2 cups thin coconut milk
1 tsp. salt (or to taste)



Method:

1. Cut fish into small cubes.
2. Add ¼ tsp. turmeric powder to 1 & ½ cups of water and let the fish soak as you prepare the rest of the ingredients.
3. Slice the onions thinly.
4. Crush the garlic and ginger.
5. Snip off the ends of the cardamom pods.
6. Place half of your garlic and ginger, 5 slices of onion, 1 cardamom pod, ½ inch piece of your cinnamon and 1tbsp of thick coconut milk in a bowl, mix everything together, cover and set aside.
7. Heat 4 tbsp. of thick coconut milk in a pot together with 1 tbsp. oil over medium heat.
8. Add the remaining sliced onions, cinnamon and cardamom, along with the curry leaves and raanbaa.
9. Fry until the onions start turning brown and then add the remaining crushed garlic and ginger.
10. When the garlic softens, remove a tablespoon of the mixture from the pot, place it in a small bowl, cover and set aside.
11. Now add the fish, tamarind, chilli powder, fennel powder, turmeric powder, githeyo mirus, thin coconut milk and salt.
12. Mix everything together and gently bring the mixture to a simmer and cook until the fish is cooked through.
13. Mix in the remaining thick coconut milk.
14. Right before you switch off the stove, add the mixes you set aside in steps 6 and 10 and stir then well into the curry.

Kashikeyo Kandhi

Ingredients

4-5 kashikeyo, peeled and sliced
(should make 2 cups)
6-8 cardamon pods,
(ends snipped off)
3/4 - 1 cup sugar
water
2-3 tbsp ground rice flour (I used
store bought, see note to make your
own)
1 pandan leaf
1/2 cup coconut milk (packed or
canned)
2 tbsp rose water



Method:

1. Place the Kashikeyo in about 2 cups of water in a saucepan and place over medium-high heat and bring to a boil and then simmer till the kashikeyo is really soft.
2. Strain through a sieve, collect the liquid by placing a bowl or jug. Squeeze as much liquid from the contents. Discard the solids on the colander.
3. Return the strained liquid into the saucepan. It should measure about 2 cups, add an extra 1 cup of water into this, along with a torn and knotted pandan leaf, 3/4 cup of sugar, cardamon pods and 2 tbsp rice flour.
4. Cook over medium heat, stirring often, so the rice flour doesn't clump up into a ball at the bottom. Stir till the sugar dissolves and the kandhi is slightly thick. If you like it more thicker add the remaining tablespoon of rice flour , keeping in mind that it will thicken even after you finish cooking.
5. Taste and add more sugar to your liking. Stir in coconut milk. Cook another 2 minutes on low heat. Finally, add rose water and then stir.
6. Switch off heat and cool.
7. Serve warm.

NOTES:

To make rice flour, soak some basmati rice in water for 2-3 hours, drain and leave to sun in a sunny spot. Or place in the oven on a very low heat till it dries but not brown. Grind and store. Will keep for a few days.

Rihaakuru

Rihaakuru can also be prepared from Garudhiya. Cook Garudhiya in low heat until it forms a semi thick paste. If starting from scratch follow the instructions below.

Ingredients

500g tuna fish
1.5 liters water
little salt (do not put too much salt as
it will be too salty when it get thick)

Method:

Add water, fish and Salt into a large pot.
Cook in low heat until reduced to semi thick paste.
The color of it now would be dark brown.

Serve with Ionumirus, lemon, and onion



