



Likuliku  
LAGOON

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F I J I

## INDIAN CUISINE

The migration of Indians to Fiji started in 1879. They initially came as labourers to aid in the sugarcane industry. With their migration a new and exciting variety of ingredients and cuisine arrived in the country. Over the years and with the natural merging of cultures and integration of local produce, a very distinctive “Fijian-Indo” style of cooking has evolved.

Curries using fresh ginger, curry leaves and fragrant masalas all melded together with fish, coconut and root crops such as cassava and dalo to create a unique Pacific-Indo cuisine. The farming of vegetables such as tomatoes, eggplant, beans, okra and jackfruit have also contributed to this unique cuisine.

Freshly caught reef fish, mud crab and river prawns are common due to the geography and it is not uncommon for families to farm goats, chicken and ducks for celebrations and festivals.

A more common Fijian Indian feast would consist of:

dhalo/roti  
yellow split pea dahl soup  
mud crab and coconut curry  
palau masala with chicken  
curry of goat and green paw paw  
dry curry of jackfruit and tomato  
steamed basmati rice and garlic roti bread  
tamarind chutney, coconut chutney and banana relish

Understanding the current Fiji-Indian cuisine is slightly different to that of mainland India, we can adopt a more specific approach to Indian cooking.

An example of some specific dishes we can produce with notice and subject to the availability of ingredients are:

khadi soup  
matter paneer  
aloo gobi  
malai kofta  
masala dosa

**PLEASE NOTE:** We do cater for various dietary and religious needs including vegetarian and Jainism. However, due to our remote location, it is a requirement that specific information and dietary requests are advised at the time of booking. This will enable us to evaluate if we are able to cater for the guests thus avoiding disappointment and confusion on arrival at the resort. We regret that some or all special dietary requests/items may not be available especially for short notice/last minute bookings.