

TV'S COOLEST KITCHENS! *How to steal their look* p.52

TAKE A BITE OUTTA LIFE!®

EveryDay

with Rachael Ray®

Comfort Food Fast!
27 new weeknight recipes

ONE-POT COOKING SECRETS

FROM FISH & CHIPS TO FRESH-BAKED BREAD p.106

plus
Muffin Mania!
One batter, a dozen fun flavors

Island Getaways
Affordable trips for food lovers



Hit the food isles

If you think island cuisine is just another name for beach BBQs and frozen drinks, meet six gorge-ous getaways where the food culture alone is worth the trip. BY SANDRA RAMANI

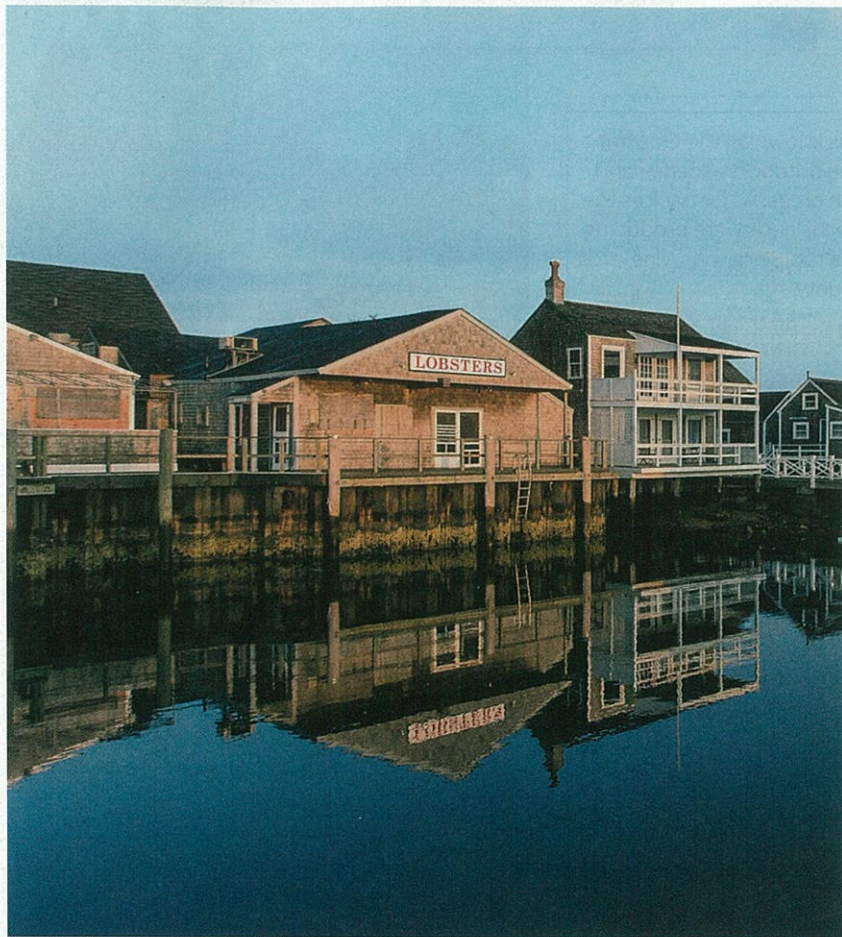


THE CAYMAN ISLANDS

With more than 200 restaurants, several owned by celeb chefs, this trio of islands is always a contender for best foodie bastion in the Caribbean. Adding to that rep? The 100-plus nationalities that make up the population—and cook up melting-pot magic.

MMM-MMM MUST-DOS!

- **Tour and taste:** Blending snacking stops with a history lesson, Cayman Food Tours will set the stage for your stay. Among the many things you'll sample: West Indian street food, spicy pepper jelly and ragin' rum cake (caymanfoodtours.com).
- **Hit a garden party:** At Plantation Organic Gardens, an Edenic complex that grows 400 kinds of fruits, spices and veggies, tour and score fresh produce or sign up for a chef-prepared Gardens to Gatherings dinner (plantationhouse.blogspot.com).
- **Shack up:** Make like a local and swing by a beach or roadside fish fry—you can't go wrong at Capt. Herman East Side Fish Fry (*left*)—for conch soup, cassava cake or fish and flitters (another way of saying fritters in the Cayman Islands).
- **Where to stay:** Grand Cayman's Shangri-La B&B, home to one of the island's best breakfasts (from \$125 per night; shangrilabandb.com).



NANTUCKET, MA

Home to iconic cranberry bogs, farms that date back to the 1800s and perhaps the best lobster rolls you'll ever eat, Nantucket is equal parts surf and turf. And recent initiatives to revive local agricultural roots are inspiring a whole new generation of farmers and chefs.

MMM-MMM MUST-DOS!

- **Get bogged down:** Walk alongside the scarlet spectacle that is the Milestone Cranberry Bog, the island's oldest continuously operating farm (nantucketconservation.org).
- **Make a roll call:** Join the great debate over who makes the best local lobster roll: Start at Straight Wharf Fish Store (*left*), then try the cheffy version on brioche at Cru (crunantucket.com).
- **Raise a glass:** Visit Cisco Brewers and its sister Nantucket Vineyard to taste fab Shark Tracker Light Lager, Whale's Tale Pale Ale and cranberry-infused wine (ciscobrewers.com).
- **Where to stay:** The Wauwinet comes with a major foodie bonus: The in-house restaurant's Ocean to Table experience features oysters cultivated about 300 yards from where you devour them (*from \$225 per night; wauwinet.com*).

MACKINAC ISLAND, MI

Luring generations of summer vacationers to Lake Huron, between Michigan's Upper and Lower Peninsulas, this island became popular in the 19th century, when feasting in grand Victorian hotels was the thing to do. While that tradition continues, there are now rival foodie temptations. First, there's the amazing local whitefish grilled on wood planks. And then the sweet stuff: With a credible claim to being America's fudge capital, Mackinac has a dozen-plus fudgistas who fill the air with the siren scent.

MMM-MMM MUST-DOS!

- **Go choco-loco:** Fudge is such a big draw here, tourists are known as "fudgies." To become one yourself, head to Murdick's, which opened in 1887, or another mainstay, Ryba's (originalmurdicksfudge.com; ryba.com).
- **Do a plank:** Dubbed "the pride of the Great Lakes," local whitefish wows visitors, too. Try the house specialty at Cawthorne's Village Inn: planked whitefish. That's Mackinese for grilling the daily catch on a wooden plank (906-847-3542).
- **Tea up:** Victorian architecture and customs still abound (down to the horse-drawn carriages that replace cars here), and one favorite is the chamber music-accompanied afternoon tea at the Grand Hotel (grandhotel.com).

- **Where to stay:** Mission Point Resort serves great whitefish dishes, starting with an off-menu whitefish Benedict you have to try (*from \$109 per night; missionpoint.com*).

