

Le Barthélemy Launches Zero-Waste Cooking Class

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Travelers staying at Le Barthélemy Hotel & Spa, a luxury boutique hotel on St. Barth's, can take a zero-waste cooking class at the hotel's new restaurant Amis St. Barth, which serves island-inspired French Mediterranean cuisine with a zero-waste approach to cooking.

After time spent relaxing by the pool or a day spent at the private beach, guests will get the chance to cook alongside the head chef of Amis St. Barth, Vincent Gomis, while learning about cooking zero-waste using fresh, local ingredients.

First, guests will visit Ti Marché, the only market in St. Barth's that offers fresh fruits and vegetables from the West Indies. There, guests can pick their favorite ingredients for cooking their zero-waste meal. Diners will cook their meal in the kitchen of Amis

using a Caribbean recipe with help from Chef Gomis while learning and applying zero waste tips, such as using vegetable peels to make juices or dressings and meat trimmings for sauces and meatballs.

Guests will also learn how to shop and cook seasonally and how to prioritize those ingredients in their everyday meals. The meal can be customized to any dietary preferences and restrictions from plant-based to pescatarian. After cooking their meal, guests can try their creations alongside breathtaking sunset views over St. Barth's Crescent Bay.

At Le Barthélemy, there are 44 rooms and suites and two luxury villas. Composed of natural materials and bathed in light, the interiors reflect the sea and natural beauty of St. Barth. The hotel is fully arranged for disabled people and designed by Sybille de Margerie.

See more about Le Barthelemy and Amis St. Barth's journey towards zero waste dining at www.lebarthelemyhotel.com.