

# Bahamas out-island pleasure oriented

By SUE ROSEK

**TREASURE CAY, Bahamas**—This 1,400-acre resort town is lavish. It offers just about everything you can think of—it's warm, quiet but exciting, and altogether pleasure oriented.

Treasure Cay is on the island of Abaco, the second largest of the 700 Bahama out-islands.

Even the trip to the cay, via Air Jamaica from Detroit to Nassau, and then Bahamasair to Treasure Cay, is delicious. The food and drink served during the Air Jamaica flight is fantastic, and the view of the clear blue, island-dotted Atlantic from the Bahamasair plane is breathtaking.

Accommodations in Treasure Cay, which is about a 50-minute flight from Nassau and directly east of Florida, are plentiful and very appealing. Visitors have a choice of staying in either the Treasure Cay Beach Hotel (the only one on the island) or in one of 50 villas.

THE VILLAS are all within walking distance of the hotel. In fact everything on Treasure Cay is within walking distance. There are few modern distractions such as telephone, television or radio. Instead the lush trop-

ical vegetation simply entices people to stroll around the resort, soak in its beauty and relax.

Treasure Cay has something for every type of vacationer, from the sports enthusiast to those seeking a quiet, sunny holiday.

For the active vacationer the resort has four clay tennis courts and a year-round tennis pro to help smooth out the rough edges to your game. Facilities for shuffleboard, volleyball, badminton and croquet also are available.

Water sports include sailing, water-skiing, scuba diving and swimming, in the ocean or in the hotel's olympic size pool.

THE REEFS make snorkeling an interesting possibility and the variety of sea life and crystal waters are great for underwater photography.

All of the Bahamas, and in particular Treasure Cay, offer some of the world's finest deep-sea fishing. The bone-fishing is so fantastic it can make you extend your vacation, my fisherman friends tell me.

For the vacation duffer there's a championship 18-hole golf course, tagged the best in the Bahamas.

If you're not in the mood for any of these there's always a walk on some 3 1/2 miles of white-sand beaches, sampling goombay smashes or yellow birds on the shaded terrace at the hotel, or birdwatching.

DAY-LONG and afternoon excursions to other nearby cays are available through the hotel.

Our tour group of six, took an afternoon cruise to the nearby Guana Cay. With the cay's thatched roofs and circular paths shaded by palms it looked like a scene out of a Humphrey Bogart film. This old world charm is just another interesting aspect of a Bahamian holiday.

Shopping is limited on Treasure Cay, souvenir hunters can purchase items in either the marina or hotel gift shops.

Two restaurants on Treasure Cay, in the hotel and the Spinaker feature a delicious assortment of Bahamian dishes.

It's not any one of these that make Treasure Cay (pronounced key) a perfect vacation destination but a combination that make it everything a vacation should be.

TRAVEL ACCOMMODATIONS PROVIDED BY THE BAHAMAS TOURIST OFFICE



Garden path leads to pool at Treasure Cay Beach Hotel on Abaco, the beach is nearby (Staff photo by Sue Rosek)

Observed *The Good Life*

6A\*\* (F.L.P. BAR 4A.W.G. 6A)

Monday, April 21, 1975

## Continental menu featured

# Atrium chef's Beef Wellington a specialty

By ETHEL SIMMONS

Beef Wellington for two at \$23 is the most expensive dinner on the menu at Sam Jarrus' elegant Atrium in Birmingham. But, ah, it's worth it.

Executive chef John Etchart is a Basque who describes himself as "a classic French cook."

Using the lines of a fork, he draws a map of France on a flour-covered workboard in the Atrium kitchen. Etchart explains he does not specialize in the cooking of any one area.

He has worked in France, Spain,

Canada, Switzerland and Egypt and has served the Queen of England in Canada and the late King Farouk in Biarritz.

ETCHART was head chef at the five-star restaurant Le Dome in Fort Lauderdale when the Atrium's Jarrus spirited him away.

A working chef, Etchart is the kind of man who likes to do it himself instead of showing others. Nothing seems beneath him; he was seen dashing through the kitchen with a green

trash bag—taking out the garbage?—when we came to offer our compliments, after dining.

The Atrium is host Jarrus' third restaurant, and the only one he presently owns. He pays attention to every detail, including asking a bus boy whose hair had grown just a bit too long, to "get a haircut tomorrow."

The response was a respectful, "Yes, sir."

"I HAVE the same trouble with my boy," Jarrus said with a smile, afterward.

Jarrus came to the United States from Israel where all his family had been in the butcher business. He learned the art at age 12 and every once in a while Jarrus still likes to carve the rack of lamb.

"I like to cut meat," he explains.

corporation and is a more casual spot for drinks and dining.

Chief Etchart's recipe for Beef Wellington is given below. He says it's easy to do, and if you want to save time, buy frozen puff pastry dough. Or you can make your own dough ahead of time and freeze, then thaw when needed. For the pale, you can find canned goose liver on supermarket gourmet shelves.

**BEUF WELLINGTON**

Take out the center of a 20-ounce tenderloin.

Saute for 14 minutes till rare, then leave to cool for 15 minutes. During this time roll one pound puff pastry. When dough is ready to use, take 8-

ounce goose liver and mix it with chopped mushrooms. Add one ounce of cognac and one ounce port. Mix them together and spread on top of the Wellington. Cover it with pastry dough.

Brush it with egg-wash. Put decoration on top, if desired.

Cook for a half hour at 250 degrees Fahrenheit.

Serve with truffle sauce accompanied by garnish.

**PUFF PASTRY DOUGH**

2 pounds flour  
1 quart water  
2 ounces salt

Put flour in a bowl. Mix with water and two ounces salt. Mix them together. Let it rest for 20 minutes. After

that, roll into a sheet mixed with puff pastry margarine.

Roll puff crisscross six times, that is, fold it and roll it six times giving 15-minute intervals between rolling. Finally, roll it into one sheet, and it is now ready to use.

**TRUFFLE SAUCE**

Chop two or three pieces of truffle and 14 ounces gravy and four ounces chopped goose liver and one ounce cognac. Mix them together and boil for 15 minutes.

**GARNISH**

Small bouquet of garden vegetables, such as asparagus, cauliflower, carrots, nut potatoes, broccoli and broiled tomatoes.



Executive chef John Etchart applies decoration to pastry and pate-covered beef tenderloin.



Beef Wellington is ready to serve, rimmed with duchesse potatoes and garden vegetables (Staff photos by Barbara McClellan)

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