

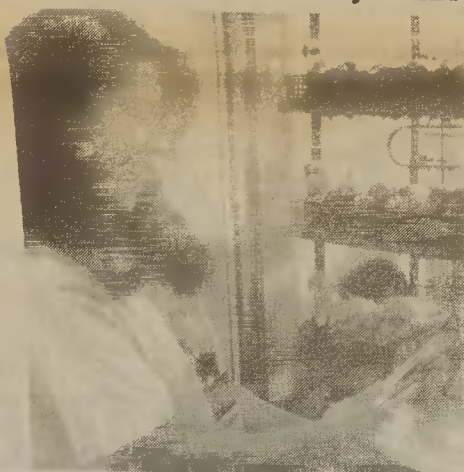
CARIBBEAN COOKING

Artwork/CHERYL BEAUTY BUNN

Anntony's Caribbean Cafe



Anntony's Caribbean Cafe



Manager Maggie Fernandez is shown above taking the chicken from the rotisserie.



Owner Tony Martin presents two plates which are ready to be served.

By LORA VANDERHALL
Lifestyles Editor

Spicy food, which is normally considered bad for your health, need not be, says Tony Martin, owner of Anntony's Caribbean Cafe.

He should know because he's a doctor of preventive medicine and sports medicine.

Caribbean food is one of the newest cuisines to be added to the endless list of restaurants in the Charlotte area.

And it seems to be catching on.

Initially, Martin formulated the recipes for personal use. Soon his friends began to ask for it.

After experimenting with the recipes for about three years, Anntony's opened in November 1987.

The concept for the restaurant is based on the myth that spices cause irritation to the stomach. "People don't realize that the proper combination of spices can be very beneficial to the body, as well as tasty," he said.

Martin's son, Dean, was instrumental in getting the restaurant started.

"Dean was working at a pizza parlor in Statesville when he convinced his boss to try some of my chicken. He liked it and wanted to market it. But instead we began selling chicken out of the pizza parlor.

"We soon started selling more chicken than pizza, so he asked us to leave," said Martin.

They moved to a different location for about eight months before moving to Charlotte.

"After catering an affair for the Afro-American Cultural Center

and WestFest, lots of people encouraged us to open in Charlotte," he added.

The initial response to the restaurant, which is located at 2001 East 7th Street, was good. They had to be expanded after about six months of operation.

"We went from 750 square feet to 2300 square feet," Martin said.

On any given day there is usually a line waiting to enter Anntony's.

On Monday, by 11:15 a.m. the first customer showed up. By the time he opened 15 minutes later, the line had stretched to about 30. After making all of the preliminary checks Martin said, "Let's do it."

He opened the door and the crowd moved quickly to claim tables.

"Technically, we're open for lunch from 11:30 until 2:30 and dinner is served from 5:30 until 10 but on both accounts, we serve until the food runs out," he added.

With take out orders and eat-ins they usually serve about 300 people each day.

The lunch menu consist of chicken, beef, Jamaican curries and pork chops. The meats are roasted rotisserie style with a specially formulated, all natural sauce.

The menu is moderately priced with lunch items at a lower price.

Some of the items include chicken from \$3.25, Trinidad's special beef spareribs, \$5.50 and Barbados delight pork chops, \$4.50. The side dishes include: calypso rice, cole slaw, potato salad, callaloo and des-

serts.

"We prepare everything by hand and we cook the meats fresh three times a day. We usually cook about 600 pounds of chicken each day. Our food is formulated with health attributes. It has natural enzymes and its excellent for a lot of medicinal purposes," said Martin.

Manager Maggie Fernandez says they usually start cooking at about 7 a.m. daily. Fernandez, a native of Venezuela, says the food is similar to that of her homeland.

"I had never had fried chicken until I move to the United States nine years ago. The food at Anntony's is very good and its good for you because it is naturally prepared," she said.

Martin, a native of Georgetown, Guyana, came to the United States at age 19.

"I came here to attend New York University."

As a child, he had an interest in experimenting.

"My mother was a good cook and she allowed me to experiment with food and new ideas. She was a big inspiration to me," he said.

Other than the restaurant on Seventh street, he has a location in Lake Norman off of Knox Road.

Having been trained as a doctor, Martin practices medicine in addition to owning the restaurants.

"I have a clinic in Statesville and I work there on Fridays and Saturdays. I'm usually in the restaurants 40 to 50 hours a week," he said.

In the future he hopes to franchise the restaurant.

Photos by Calvin Ferguson

Caribbean Eatables

By LORA VANDERHALL
Lifestyles Editor

Caribbean Eatables, located at 901 S. Kings Drive, is the newest Caribbean restaurant in Charlotte.

African, European and Oriental influences make up the Caribbean cuisine.

The Reid family, owners of Caribbean Eatables, are natives of Jamaica.

They moved to the United States in 1967.

After having lived in New York, co-owner Leslie Reid moved to Charlotte in 1983. He attended St. John University, Queens, New York.

In addition to the restaurant, he is a pharmacist at Charlotte Memorial Hospital.

Pharmacy and owning a restaurant may seem diverse but there are similarities.

"The two are closely related because in the restaurant I mix the spices," he said.

Reid said he wanted to do something that would bring him closer to people.

"My mother, Freida Reid and my sister, Pamela Reid Green also operate the business and they do most of the cooking."

Freida Reid is retired and Pamela is a practicing nurse at Presbyterian Hospital.

Having been in business for only three months, the Reids are encouraged about their new business venture.

"We didn't expect to do as well as we have because we're in a new shopping center and this is a new cuisine," he said.

The menu at Caribbean Eatables is moderately priced.

"We try to give the people something a little different," he

said.

The fastest selling items are the jerk and fricasseed chicken. Both items sell for \$4.75 and are served with rice and peas and a vegetable.

Jerk chicken is marinated in special herbs and spices and oven grilled to a golden brown color.

"The jerk chicken is time consuming because it has to cook for almost three hours," said Freida Reid.

The fricasseed chicken is also marinated in special herbs and spices, slightly pan fried to a golden brown color then its simmers in its own juices.

The Jamaican beef patties also sell well.

"We are the only restaurant in Charlotte that makes the beef patties. My mother makes them from scratch.

"All of the food is made here," he added.

Reid says the food is unique because of the seasonings.

"It's a family recipe. But some of the dishes are toned down," he said.

Other menu items include: curry chicken, \$4.75, escoveitched fish (season price) and roti, \$3.50.

They have red pea, split pea, chicken and vegetable soups for \$1.25 and a variety of baked items.

"We also offer ginger root beer and we make it here. It's non-alcoholic and good for digestion," he added.

Caribbean Eatables is located in the Kings Court Shopping Center and its hours are from 11:30 a.m. until 7:30 p.m. Monday through Friday and from 12 noon until 8 p.m. on Saturdays.



The owners of Caribbean Eatables are pictured above (l-r) Pamela Reid Green, Lealie Reid and Freida Reid.



Freida Reid prepares Jamaican beef patties from scratch.



The meat patties will cook until they're flaky and golden brown.