{rokbox title=|Jardín de la Reina lobsters in the restaurant La Regatta /Photo Carlos Sueskún.|}images/stories/turistainternacional/Adondeir/sanandres/ampliacion/sanandres-langostinosdelareina.jpg{/rokbox}

Jardín de la Reina lobsters in the restaurant La Regatta /Photo Carlos Sueskún.

It´s no surprise that different preparations of fish and seafood should be the specialty of this colorful island. Snails, lobster, shrimp, red snapper, black crabs and trout are only some of the ingredients in the exquisite dishes you can try

The seasoning makes great use of coconut and similar. And, as part of the English heritage of the island, there are aromatic plants such as cloves, cinnamon and ginger, for a delicious variety of flavors. Many dishes are accompanied by the simple rice and coconut, fried plantain, yucca and yams.

Here are some of the favorites:

- **Rondón:** Perhaps the most favorite of all. Until a short time ago it was only prepared by men for men to eat, but today the women join in both activities. It´s a fish fillet with snails, yam, yucca, pork scratching, plantain and dumplings, prepared and cooked in coconut milk with pepper.
- **Fish Ball:** Any kind of fish can be buses to make this dish, including the parrot-fish, snapper, mojarra or even black crab. The secret is no remove the bones and season the fish thoroughly with tomato, onion, garlic and salt, with any preferred spices, and then fry it all.

- One specialty is breadfruit served **fried or boiled**, to accompany a Wide range of dishes. It is eaten when still green, when it has a stronger taste than when ripe..

- **Desserts:** After lunch, look around you, and you Hill see the women of the island offering sweet dishes made of coconuts – a delicious experiment. They also have fruit juices and cakes of yam, sweetcorn and bananas.

Los Langostinos *Jardines de la Reina* son un plato del restaurante La Regatta . Aquí una descripción del plato en audio, por Gloria Basmagi del Restaurante La Regata en San Andrés: