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## Local



CNN/COURTESY

Anthony Bourdain stands outside B&M Market, which will be featured on his "Parts Unknown" show on Sunday.

## Bourdain visits Miami for 'Parts Unknown'

BY JOHN TANASYCHUK  
Staff writer

For 25 years, Nafeeza and Sheir Ali have sold roti and curry chicken, oxtail and a delicacy called cow-foot stew at their B&M Market.

At 9 p.m. Sunday, however, their modest Miami restaurant and grocery store at 219 NE 79th St. will get a big moment in the spotlight when B&M appears on CNN's "Anthony Bourdain: Parts Unknown."

The episode features a visit from host Bourdain and chef Michelle Bernstein, who sample some of Nafeeza Ali's home cooking.

"It was very exciting," Nafeeza Ali says of the filming process, which took place earlier this year. "We had quite a bit of fuss made here."

Bernstein became familiar with the market after a guest on her WPBT-Ch. 2 series, "Check, Please! South Florida," raved about B&M's roti. Roti is an Indo-Caribbean flatbread that's often filled with meat or vegetables.

Ali says Bernstein has visited the restaurants a couple of times since the "Check, Please!" episode aired, and every time the

show reruns, the store gets new customers.

"I was thrilled to take Anthony to B&M," Bernstein says. "Everyone knows about the Latin culture here, but most don't understand how heavily influenced our food is by the Caribbean. At B&M, you have Trinidad, Jamaica, Guyana. So much wonderful stuff, and it's in Little Haiti, which doesn't get enough exposure. It seemed to me if he wanted a real 'Miami experience,' he needed to go there."

When the Alis bought the store, the neighborhood was mostly populated with people from Jamaica. "Then, everyone moved to Miramar," Nafeeza Ali recalls. "I still have customers who come back."

The Alis are originally from Guyana, the South American country that shares many of the same food traditions as Caribbean island nations such as Trinidad and Jamaica.

Because the restaurant has only three small tables, much of the food ordered here is for takeout, with the average check being about \$10. "It's home-cooked food," Sheir Ali says. "[Nafeeza] does everything the

way she does it at home."

Sheir Ali, who once managed supermarkets in New York, butchers all the halal meat on the premises. Along with the restaurant, the store stocks Caribbean spices, Jamaican-style hard-dough bread and over-the-counter supplements such as Sanatogen and Dr. Chase Nerve and Blood Tonic. It's the kind of store commonly found in Lauderhill or Lauderdale Lakes, instead of mostly Hispanic Miami.

Along with B&M Market, Bourdain's Miami episode includes interviews with punk singer Iggy Pop, a 100-year-old bartender and a house-boat owner. Foodwise, Bourdain samples Cuban sandwiches, chicken and waffles and Nafeeza Ali's cow-foot stew. She hopes to be making much more come Monday.

"We've been told by a lot of people that we need to be prepared," she says.

*jtanasychuk@SouthFlorida.com or 954-356-4632. Read his blog at SouthFlorida.com/sup and follow him at Twitter.com/FloridaEats.*