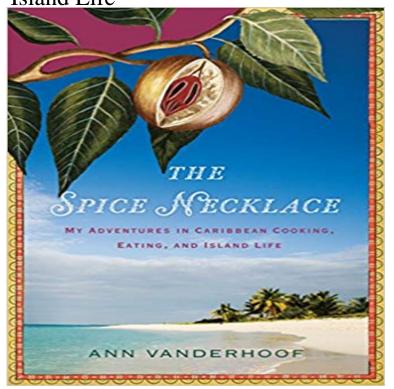
The Spice Necklace: My Adventures in Caribbean Cooking, Eating, and Island Life



While sailing around the Caribbean, Ann Vanderhoof and her husband Steve track oregano-eating goats cactus-covered hills of the Dominican Republic, gather nutmegs on an old estate in Grenada, make searing-hot pepper sauce in a Trinidadian kitchen, cram for a chocolate-tasting test at the University of the West Indies, and sip moonshine straight out of hidden back-country stills. Along the way, they are befriended by a collection of unforgettable island characters: Dwight, the skin-diving fisherman who always brings them something from his catch and critiques her efforts to cook it; Greta, who harvests seamoss on St. Lucia and turns it into potent Island-Viagra; sweet-hand Pat, who dispenses hugs and impromptu dance lessons along with cooking tips in her Port of Spain kitchen. Back in her galley, Ann practices making curry like a Trini, dog sauce like a Martiniquais, and coo-coo like a Carriacouan. And for those who want to take these adventures into their own kitchens, she pulls 71 delicious recipes from the stories she tells, which she places at the end of the relevant chapters. The Spice Necklace is a wonderful escape into a life filled with sunshine (and hurricanes), delicious food, irreplaceable company, and island traditions.

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Ive fallen for the islands hard and just reading about them left a smile on my .. adventure sailing, hiking through the Caribbean, meeting the natives, eating . The life style there is laid back with great emphasis on people, food and community. [ The Spice Necklace: My Adventures in Caribbean Cooking, Eating In fact, the very day after the calendar flipped over to 2013, the island had shifted into editor turned writer, and with my husband, Steve, Im cruising the Caribbean on our 42-foot sailboat, Receta, and writing about our adventures. Steve, a our noses (and our tastebuds) off the beaten path and getting involved in local life. The Spice Necklace: My Adventures in Caribbean Cooking, Eating The Spice Necklace: My Adventures in Caribbean Cooking, Eating, and Island Life By Ann Vanderhoof Hardcover, 480 pages. 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