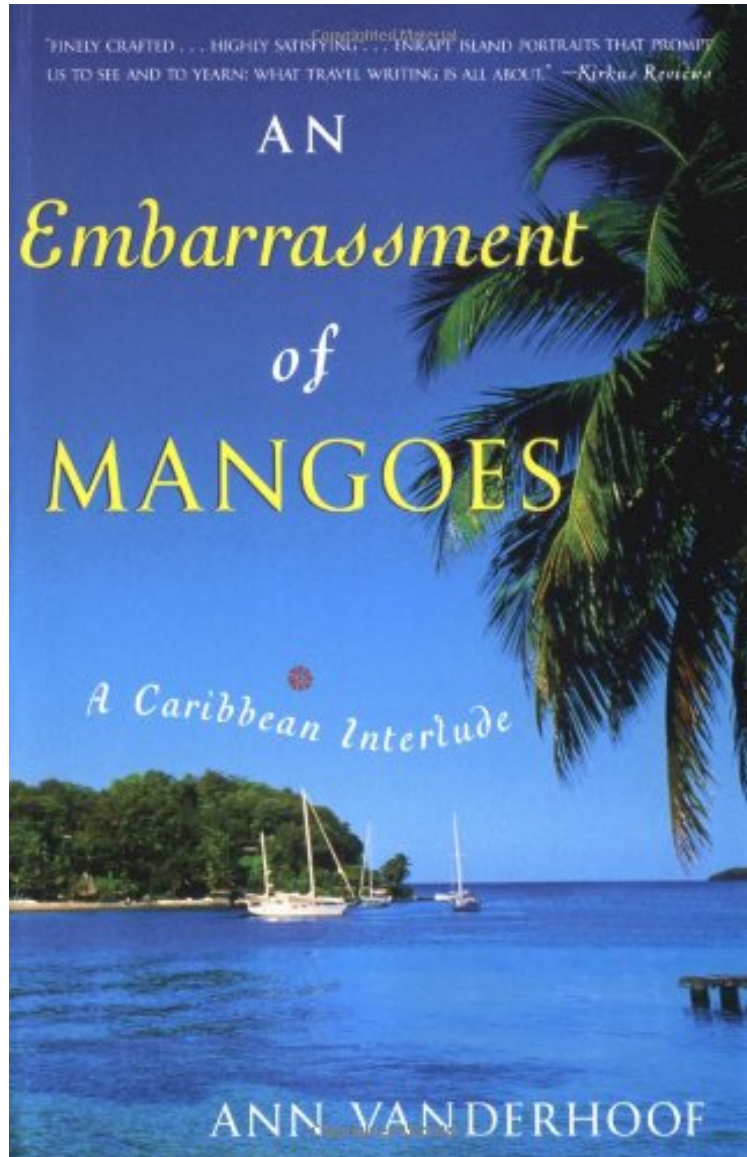


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An Embarrassment of Mangoes: A Caribbean Interlude

Ann Vanderhoof

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#91115 in Books Ann Vanderhoof 2005-02-08 2005-02-08 Original language: English PDF # 1 8.00 x .70 x 5.301, .52 #File Name: 0767914279305 pages An Embarrassment of Mangoes A Caribbean Interlude | File size: 61.Mb

Ann Vanderhoof : An Embarrassment of Mangoes: A Caribbean Interlude before purchasing it in order to gage whether or not it would be worth my time, and all praised An Embarrassment of Mangoes: A Caribbean Interlude:

1 of 1 people found the following review helpful. If you love people and travel especially sailboat island cruising this is the book for you. The stories are real and true. By bpsyz Excellent I just loved this sailing Caribbean Travelogue.

You will also. This a book about sailboat cruising from Canada to Trinidad off Venezuela. It talks about a couple's free spirit living aboard a sailboat along the east coast and the island chain and the culture and food along the way. The story is a true travel story, always the best, about the cruisers and inhabitants they meet and the friendships they form on a two year sailing trip. The trip includes the customs, traditions, history, food, language, and people experiences they find. It is also a real learning experience for the reader including the perils and complications of ocean cruising. This Canadian couple from Toronto is learning as they go and you learn with them. It even includes the recipes for those exotic creole dishes if you are a cook. This is about the dream I had of cruising the Caribbean Islands and never fulfilled.. Oh yes, I owned sailboats and visited the islands by air many times including sailing chartered boats, but never lived there aboard my boat and island hopped as they say. Now I am too old and too ill for the trip. I visited many of the islands and had real experiences including sailing into a Cat. 1 hurricane going to St. Kitts and lost the mast and nearly my life. My misfortune, but this Toronto couple, Ann and Steve, bit the bullet, had their dream and wrote the book, a wonderful story. I envy them. This book was well written and if you also love travel, adventure, sailing and people read this book. 1 of 1 people found the following review helpful. but this book is unique in a very nice and special way By D\dreamdoer I have read all the most popular heroic man versus sea and the technical how to sail books. I have scared myself to nightmares reading Heavy Weather Sailing by Cole. I have read the dramas about the Captain and Admiral relationship trials during ocean voyages, but this book is unique in a very nice and special way. It gives the sense that everything else I have read is real, but, take a breath. Just chill a bit. Where most other books usually say that ocean sailing is comprised of long terms of hum drum monotony interspersed by short periods of terror, Ann brings all the sensational down to what it really is for almost all sailors; life. Sure it is a special life that is wonderful and rich, just like everyone else's life. But Ann brings out the uniqueness of this particular life style, and she does it in a way that allows day sailors like me to relate and dream a little more realistically about becoming a week or maybe a month sailor. One way she roots the reader into the wonderful ordinary, yet extraordinary experiences of sailing to new places is by practically and deliciously sharing her experiences with local foods, recipes and the colorful people who she has met. Food, people, beautiful places and sailing are my ingredients for paradise and Ann has combined them and served up a four star meal that I hope, no I pray will eventually by just an appetizer for my own future voyages. Bravo! 0 of 0 people found the following review helpful. For sailors and foodies alike By Chrissyb I read this book years ago and just finished it a second time for my bookclub. There is so much to take from Ann and Steve's story of their 2 year adventure onboard Receta to the Caribe and back. Travelers will love the vivid descriptions of the islands they visited and the people they met along the way. Boaters will appreciate the excitement and peril of being on the open seas, and the camaraderie that exists between fellow cruisers. Foodies will delight in the abundance of local produce and seafood recipes included in this book, along with the variety of Caribbean spices and cooking techniques which are described in great detail. But most of all, this is a story that will make you think about what is really important in life. I highly recommend. And it makes me want to go cruising, that's for sure!

Under the Tuscan Sun meets the wide-open sea . . . An Embarrassment of Mangoes is a delicious chronicle of leaving the type-A lifestyle behind -- and discovering the seductive secrets of life in the Caribbean. Who hasn't fantasized about chucking the job, saying goodbye to the rat race, and escaping to some exotic destination in search of sun, sand, and a different way of life? Canadians Ann Vanderhoof and her husband, Steve did just that. In the mid 1990s, they were driven, forty-something professionals who were desperate for a break from their deadline-dominated, career-defined lives. So they quit their jobs, rented out their house, moved onto a 42-foot sailboat called Receta (recipe, in Spanish), and set sail for the Caribbean on a two-year voyage of culinary and cultural discovery. In lavish detail that will have you packing your swimsuit and dashing for the airport, Vanderhoof describes the sun-drenched landscapes, enchanting characters and mouthwatering tastes that season their new lifestyle. Come along for the ride and be seduced by Caribbean rhythms as she and Steve sip rum with their island neighbors, hike lush rain forests, pull their supper out of the sea, and adapt to life on island time. Exchanging business clothes for bare feet, they drop anchor in 16 countries -- 47 individual islands -- where they explore secluded beaches and shop lively local markets. Along the way, Ann records the delectable dishes they encounter -- from cracked conch in the Bahamas to curried lobster in Grenada, from Dominican papaya salsa to classic West Indian rum punch -- and incorporates these enticing recipes into the text so that readers can participate in the adventure. Almost as good as making the journey itself, An Embarrassment of Mangoes is an intimate account that conjures all the irresistible beauty and bounty from the Bahamas to Trinidad -- and just may compel you to make a rash decision that will land you in paradise. From the Hardcover edition.

From Publishers Weekly With wit and candor, Vanderhoof, who's worked as a magazine and book editor, recounts her sometimes complicated but always enlightening two-year voyage from Toronto to the West Indies and beyond with her husband in their 42-foot sailboat, Receta. As they escape the restraints that have bound them to their desks for years, the pair undergo not just a change in physical appearance (the noticeable weight loss is an unexpected bonus) but also a change in attitude. And although their trip may sound terrific, it's no three-hour tour. Along with sunset cruises and afternoons spent on untouched beaches (where "you can sit and stare at the ocean for hours scarcely seeing

another soul"), they encounter "blinding forks of lightning" during a big squall, hailstones during an unpredicted hurricane and other tumultuous events. The book's strength undoubtedly lies in the way local cuisine and agriculture seep into Vanderhoof's tiny galley. While island hopping, she hunts for the freshest mangoes, conch and papayas even if it involves trekking miles through uncharted territory. These long trips are always worth it, as the author befriends Grenadian and Bequian natives, learning how to reproduce scrumptious local fare. Vanderhoof excels in painting a perfect picture of every island as well as filling in the gaps with historic explanations and authentic recipes, saving the book from becoming merely a flashback and steering it in the direction of a potential reference for those wishing to exchange their Bud Lights for a case of Presidentes. Map not seen by PW. Copyright 2003 Reed Business Information, Inc. From Booklist What could be better than dropping all of life's mundane day-to-day activities and setting course for the adventure of a lifetime? In the mid-1990s, Steve and Ann Vanderhoof did just that when they packed up their belongings, put their careers on hold, rented out their home, and set sail for a two-year tour of the Caribbean. At the helm of a 42-foot sailboat, Ann and Steve travel more than 7,000 nautical miles and visit 16 countries, taking readers on a lively tour of the flavors, sights, and sounds of the Caribbean. Whether it's enjoying a meal with the locals, participating in festivities, or discovering the secrets of the islands, Ann writes of the rewards of living an uncharted life under the stars. Beautifully written passages transport readers to pristine beaches under azure skies. A detailed travelogue and an intimate portrait of self-discovery, this is a refreshing, soulful journey about rediscovering the things that really matter. Elsa Gaztambide Copyright American Library Association. All rights reserved. Finely crafted portraits that prompt us to see and to yearn: what travel writing is all about.-- Kirkus s