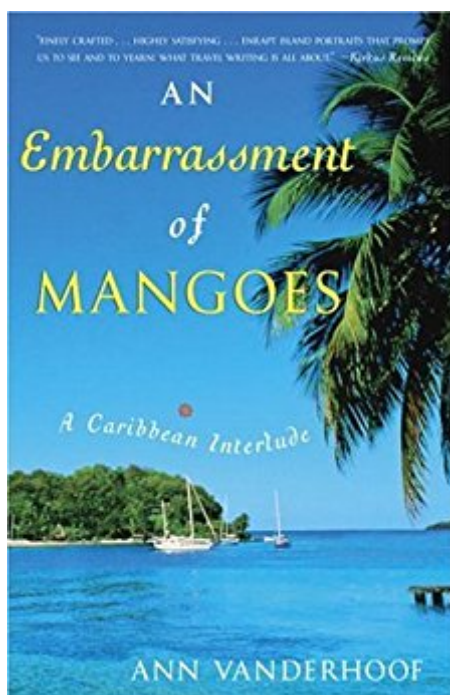


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# An Embarrassment Of Mangoes: A Caribbean Interlude



## Synopsis

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 (the "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.

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## Customer Reviews

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.

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 be just an appetizer for my own future voyages. Bravo!

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!

I read this while on a two-week trip to Spain, and finished the day after we returned. Though I have no desire to become a sailor (cruiser), I loved this book, reading about Ann and Steve's nautical adventures. And I totally empathized with their difficult end-of-trip feelings. It's really great, and I can't wait to try some of the recipes she included. Wonderful!

Ann Vanderhoof wrote with a flair that made me wish I was on the boat with them. Having been in some of the areas that she visited I could identify with what they experienced. Having a desire to do something similar made me wish I'd been invited. What a neat experience.

I found "An Embarrassment of Mangoes" very interesting and it made me want to through caution to the wind and take off myself. I loved the many recipes and interesting sites she mentioned on each island. She gave great detail and I envied the relationship she forged with the people as well as

other cruisers. It's not easy spending 24/7 with your man but she and Steve seemed to have found the key and worked together very well. Can't wait to try something with rum or conch.

Vanderhoof's book caught me at just the right time. I had been glued to books on the Middle East, ancient and current conflicts, and after another forbidding book, I put that down and opened *An Embarrassment of Mangoes*. Well done Ann! Thank you for taking me aboard with you. It was my pleasure being a silent observer. My wish is for everyone that needs a break, that they pick up his book and sit back with a drink in one hand and the book in the other. I've only ever given five-stars to any other author, twice. Ann, this is well deserved for the smile I've had on my face since the first chapter. It was only eclipsed by the tear in my eye at the ending. Keep sailing!

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