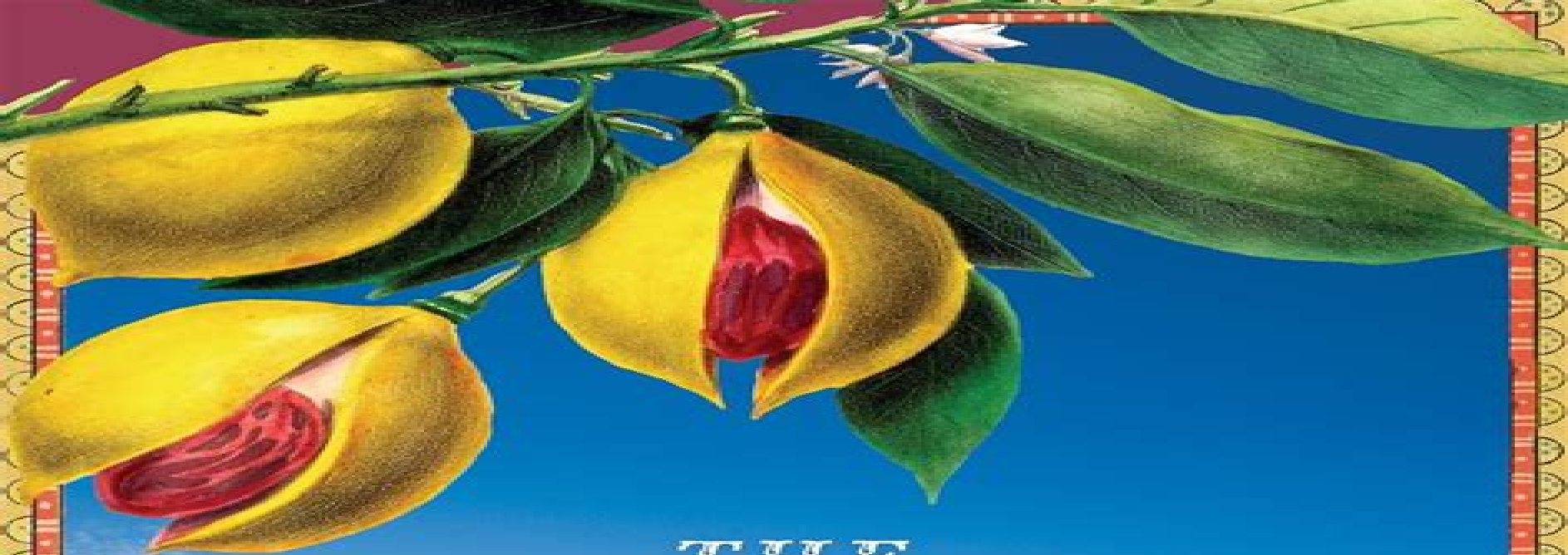




THE
SPICE NECKLACE

A FOOD-LOVER'S CARIBBEAN ADVENTURE

ANN VANDERHOOF

The Spice Necklace A Food Lovers Caribbean Adventure

Helen Willinsky



The Spice Necklace A Food Lovers Caribbean Adventure:

The Spice Necklace Ann Vanderhoof, 2011-02-15 A follow up to the national bestseller *An Embarrassment of Mangoes* Ann Vanderhoof and her husband navigate the Caribbean on a sailboat discovering local culture in each tiny port and collecting sumptuous original recipes along the way Spices and herbs are the heart and soul of Caribbean cooking adding more to the pleasures of the table here than perhaps anywhere else In *The Spice Necklace* award winning food and travel writer Ann Vanderhoof embarks on a voyage of culinary discovery as she follows her nose and her tastebuds into tiny kitchens and fragrant markets through rainforest gardens and to family cookups on the beach linking each food to its traditions folklore and history Meandering from island to island by sailboat Vanderhoof takes readers along as she gathers nutmeg in Grenada hunts crabs and freshwater crayfish in the mountains of Dominica and obsesses about oregano eating goats in the Dominican Republic Along the way she is befriended by a collection of unforgettable island characters who share with her their own delicious recipes making this truly a book to savour

The Spice Necklace Ann Vanderhoof, 2010-06-23 The author of *An Embarrassment of Mangoes* offers a mouthwatering slice of Caribbean culture in this blend of travel memoir and cookbook New York Post While sailing around the Caribbean Ann Vanderhoof and her husband Steve track wild oregano eating goats in the 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 their efforts to cook it Greta who harvests sea moss 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

The Spice Necklace Ann Vanderhoof, 2010-01-05 A follow up to the national bestseller *An Embarrassment of Mangoes* Ann Vanderhoof and her husband navigate the Caribbean on a sailboat discovering local culture in each tiny port and collecting sumptuous original recipes along the way Spices and herbs are the heart and soul of Caribbean cooking adding more to the pleasures of the table here than perhaps anywhere else In *The Spice Necklace* award winning food and travel writer Ann Vanderhoof embarks on a voyage of culinary discovery as she follows her nose and her tastebuds into tiny kitchens and fragrant markets through rainforest gardens and to family cookups on the beach linking each food to its traditions folklore and history Meandering from island to island by sailboat Vanderhoof takes readers along as she gathers nutmeg in Grenada hunts crabs and freshwater crayfish in the mountains of Dominica and

obsesses about oregano eating goats in the Dominican Republic Along the way she is befriended by a collection of unforgettable island characters who share with her their own delicious recipes making this truly a book to savour **Quill & Quire**, 2010 *Latin and Caribbean Grocery Stores Demystified* Linda Bladholm, 2006-09 A food lover's guide to the best ingredients in the traditional foods of Mexico Peru Chile Argentina Brazil Venezuela Colombia and the Caribbean Islands including Cuba Puerto Rico Jamaica *Latin & Caribbean Grocery Stores Demystified* Linda Bladholm, 2001-11-17 With 400 entries and over 200 illustrations plus stories about the ingredients used in every major Latin cuisine this guidebook identifies and tells you how to use the vast array of herbs chilies fruits sauces meats beans and prepared foods at your neighborhood mercado A bonus section of the author's favorite Latin recipes will help you create delicious authentic dishes

Taste the Islands Hugh Sinclair, Cynthia Verna, Calibe Thompson, 2020 Enjoy a fun and delicious journey through the Caribbean in this vibrant collection of gourmet and home style recipes Hugh Sinclair and Cynthia Verna known as Chef Irie and Chef Thia on their television show Taste the Islands introduce ingredients and flavors that open windows into the region's many cultures Sinclair and Verna share their own recipes as well as traditional island favorites Starting with stop gap snacks like fritters made from malanga root and continuing through desserts and cocktails they include refreshing salads like pineapple pepper slaw soups with a healthy dose of soul made with bases such as calabaza pumpkin or black beans and main dishes such as curried goat or mussels chorizo in mango coconut sauce From the authors home nations of Jamaica and Haiti to St Lucia Barbados and Trinidad and Tobago the communities represented in these dishes have deep histories The recipes feature both native and colonial food traditions that have been passed down for generations and showcase African European Middle Eastern and Asian influences Sinclair and Verna also incorporate tastes and techniques from their international travels capturing the eclectic variety of Caribbean cuisine today Filled with colorful photographs and infused with the joy of two expert chefs celebrating the foods that are closest to their hearts Taste the Islands brings the places histories and rhythms of the Caribbean into your home kitchen *Jerk from Jamaica* Helen Willinsky, 2007-04-01 When Helen Willinsky first published her classic Jamaican barbecue cookbook jerk was a fightin word to most people outside the Caribbean Islands Not anymore In love with fire and spice barbecue fans and food lovers of all stripes have discovered the addictive flavors of Jamaican jerk seasoning and Caribbean cooking in general Newly revised and bursting with island color Helen's book provides a friendly introduction to this increasingly popular way to season and prepare meat chicken and fish Rounded off with simple and authentic recipes for sides drinks and desserts JERK FROM JAMAICA is a complete backyard guide to grilling and eating island style An updated expanded and repackaged version of the only authentic Jamaican jerk barbecue book featuring chicken pork beef lamb goat seafood and more Includes more than 100 recipes with a dozen new ones from the author and other Jamaican food mavens like Enid Donaldson and the Busha Browne Company plus a new foreword from Jamaican cookbook author Virginia Burke Contains 50 full color photos both styled food and on location shots from the

markets and jerk pits of Jamaica Previous edition sold more than 75 000 copies Reviews Get this first rate cookbook in your hands and see if you can stop Houston Chronicle Helen Willinsky makes a passionate case for the tropical taste with Jerk from Jamaica Boston Herald

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Table of Contents The Spice Necklace A Food Lovers Caribbean Adventure

1. Understanding the eBook The Spice Necklace A Food Lovers Caribbean Adventure
 - The Rise of Digital Reading The Spice Necklace A Food Lovers Caribbean Adventure
 - Advantages of eBooks Over Traditional Books
2. Identifying The Spice Necklace A Food Lovers Caribbean Adventure
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Spice Necklace A Food Lovers Caribbean Adventure
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Spice Necklace A Food Lovers Caribbean Adventure

- Personalized Recommendations
 - The Spice Necklace A Food Lovers Caribbean Adventure User Reviews and Ratings
 - The Spice Necklace A Food Lovers Caribbean Adventure and Bestseller Lists
5. Accessing The Spice Necklace A Food Lovers Caribbean Adventure Free and Paid eBooks
 - The Spice Necklace A Food Lovers Caribbean Adventure Public Domain eBooks
 - The Spice Necklace A Food Lovers Caribbean Adventure eBook Subscription Services
 - The Spice Necklace A Food Lovers Caribbean Adventure Budget-Friendly Options
 6. Navigating The Spice Necklace A Food Lovers Caribbean Adventure eBook Formats
 - ePub, PDF, MOBI, and More
 - The Spice Necklace A Food Lovers Caribbean Adventure Compatibility with Devices
 - The Spice Necklace A Food Lovers Caribbean Adventure Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Spice Necklace A Food Lovers Caribbean Adventure
 - Highlighting and Note-Taking The Spice Necklace A Food Lovers Caribbean Adventure
 - Interactive Elements The Spice Necklace A Food Lovers Caribbean Adventure
 8. Staying Engaged with The Spice Necklace A Food Lovers Caribbean Adventure
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Spice Necklace A Food Lovers Caribbean Adventure
 9. Balancing eBooks and Physical Books The Spice Necklace A Food Lovers Caribbean Adventure
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Spice Necklace A Food Lovers Caribbean Adventure
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine The Spice Necklace A Food Lovers Caribbean Adventure
 - Setting Reading Goals The Spice Necklace A Food Lovers Caribbean Adventure
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of The Spice Necklace A Food Lovers Caribbean Adventure

- Fact-Checking eBook Content of The Spice Necklace A Food Lovers Caribbean Adventure
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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