



# An Embarrassment of Mangoes: A Caribbean Interlude

By Ann Vanderhoof

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**An Embarrassment of Mangoes: A Caribbean Interlude** By Ann Vanderhoof

**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.*

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### Editorial Review

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.

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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*  
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Review

"Finely crafted...portraits that prompt us to see and to yearn: what travel writing is all about."-- *Kirkus Reviews*

### Users Review

**From reader reviews:**

**Melvin Wilhelm:**

This *An Embarrassment of Mangoes: A Caribbean Interlude* is great guide for you because the content and that is full of information for you who always deal with world and possess to make decision every minute. This particular book reveal it info accurately using great coordinate word or we can point out no rambling sentences included. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only

provides you with straight forward sentences but challenging core information with attractive delivering sentences. Having An Embarrassment of Mangoes: A Caribbean Interlude in your hand like having the world in your arm, facts in it is not ridiculous a single. We can say that no guide that offer you world throughout ten or fifteen second right but this publication already do that. So , this really is good reading book. Hey there Mr. and Mrs. occupied do you still doubt this?

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**Bettie Hentges:**

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