



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

Ann Vanderhoof

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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 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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