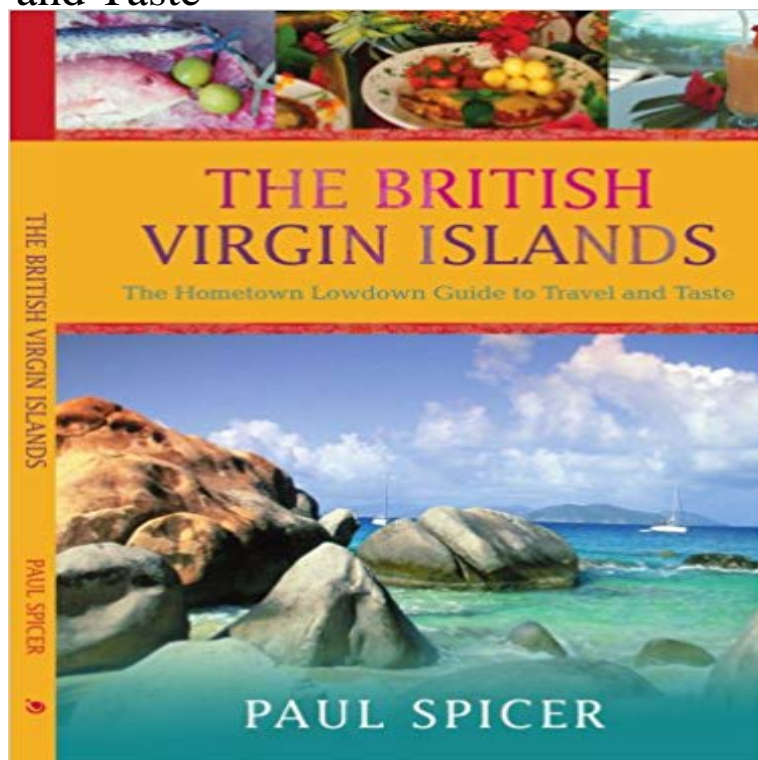


The British Virgin Islands: The Hometown Lowdown Guide to Travel and Taste



Mention the British Virgin Islands, and people immediately think of the yachting capital of the world. However, with Anegada lobster, local conch, fresh papaya, mangos, and passion fruit galore, the British Virgin Islands are home to much more than brilliant sun and tranquil waters. In fact, the islands are brimming with the best local ingredients, recipes, and chefs in all of the Caribbean. In this mouthwatering guide, Paul Spicer takes you on a tour of the region and shares the delectable secrets of its cooking. Visit the Sage Mountain National Park on Tortola, where you'll find fruit in every direction and encounter the sweet-and-sour tang of local mango chutneys—the perfect complement to a roti, an East Indian crepe-like wrap filled with meat or vegetables. Discover the best places to get callaloo, a Caribbean version of gumbo. Get an insider's recommendations for the most romantic dining destinations and for hidden beachside pubs. Part cookbook and part travel guide, *The British Virgin Islands: The Hometown Lowdown Guide to Travel and Taste* introduces you to the finest seaside restaurants and recipes, offers a peek inside island kitchens, and provides a colorful evocation of life in the British Virgin Islands.

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