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Paradise Found: The People, Restaurants And Recipes Of St. Barthélemy



Synopsis

The Ultimate Guide to the Tables of St. Barth's -- Paradise Found tells the stories of eighteen of the most popular restaurants on the island and, in the process, gives you an insider look into St. Barth's, its people and the fantastic culinary scene for which the island is justly renowned. Paradise Found is the ideal resource for any first-time visitor who wants to truly feel like part of the island experience before even setting foot on St. Barth's. You'll learn about the island, its history and read the stories of the very same chefs and restaurant owners that you'll have the opportunity to meet in person when you finally arrive on this tiny island in the French West Indies. For the long-time traveler to St. Barths, Paradise Found captures the beauty of the island and its wonderful restaurants. With over 70 recipes from the kitchens of the island's best restaurants and over 140 full color photographs, Paradise Found is the perfect way to retain and recreate the magic of a trip to St. Barths at home.

Book Information

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Customer Reviews

"Paradise Found helps me reminisce about the beauty of the island, its beaches and the fun of the restaurants." -- Jean-Georges Vongerichten, chef, October 2002
"Paradise Found is the perfect passport to the pleasures of [St. Barthelemy]." -- Dewey Schurman, Editor, ISLANDS, October 2002
"a stunning new book on St. Barthelemy" -- Elizabeth Riely, author of The Chef's Companion and A Feast of Fruits, October 2002

It is said that the world can be divided into two camps: those who live to work and those who work to

live. The residents of St. Barths are definitely of the latter variety, but it would be incorrect to conclude that this means that they are not committed to what they do. To the contrary, creating paradise on a speck of arid rock devoid of any natural resources is no easy task. And yet the people in St. Barths have figured out how to take their work seriously without taking themselves seriously, and they never seem to lose sight of why they chose to live there in the first place and how lucky they are to have succeeded in doing so. To a person, they are determined to live life by rules of their own making. They cherish not only the physical beauty of their surroundings but the cleanliness and safety of their communities and neighborhoods. Nowhere are the special qualities of St. Barths more apparent than in the more than eighty-five restaurants scattered throughout this tiny island and the people who own and work in them. Within no time at all, the visitor feels a personal connection to particular restaurants and the people who own them as well as to the island in general. The enduring magic and allure of St. Barths lies in its people and their stories which follow.

This book is a must-purchase for anyone who loves St Barts, anyone who is curious about St Barts or anyone who just enjoys great food. Handsomely done, this book truly captures the feel and the vibe of this oh-so-chic island through descriptions of not only many of the great restaurants of St Barts, but also the people behind those restaurants. St Barts was settled by rugged people who tenaciously scraped out a living on that small island. Weathering hurricanes, anonymity, lack of fresh water and a variety of obstacles, these islanders have managed to produce a small slice of France in the Caribbean. Subtle yet chic, casual yet refined, sexy yet conservative and exciting yet relaxing, St Barts is a reflection of the gracious people who call it home. And Paradise Found introduces the reader to several of these most interesting people. From longtime restaurateurs shaping the local scene over decades to relative newcomers owning today's hot tables, Paradise Found describes the stories behind the kitchen doors and allows us to look more deeply at the greatest asset of this most magical island, its people. It is well written, beautifully photographed and produced on high quality paper. The book could stand on its own merit as a cookbook as many of the recipes are not only delicious but surprisingly easy and fun to make. Yet, as wonderful as the recipes are, it is the faces and places described and photographed in the book that really transport the reader to this oasis of sensuality and casual luxury. I highly recommend this book to anyone who has ever been to St Barts or to anyone who seeks relaxation in a casual yet refined environment. Probably no other island offers the same experience that St Barts does and no other book makes it seem more real to the reader. Buy a copy today and let these gloriously colorful pages take you away to a place where the trade winds blow across azure waters lapping warm sugary sands and

the smells of flowers, trees and fabulous kitchens perfume the air.

International movie stars and high profile musicians and artists are perennially drawn to St. Barts during the holiday high season for a number of reasons. Besides the fabulous beaches, great French West Indies Caribbean weather, chic shopping, private villas and over 60 French restaurants, the attraction to the island is fundamentally due to the people who live and work on St. Barts, and more specifically those who own the restaurants and bring to one and anyone with a sense of adventure a chance to experience French-Caribbean cuisine on a small island requiring one to arrive on either a small prop plane or boat. Kara and Bob Brooks have recently published a book that details the history of several of the most popular restaurants in St. Barts and the personal history of the owners of these restaurants. In addition to the personal backgrounds on these all star restaurant owners, many recipes are provided of the French and Creole dishes featured in the restaurants as well as color photographs of the dishes offered. The book *Paradise Found* is meant for those who both "live to dine" and those who like to read a good tale of human sacrifice detailing the lives of restaurant owners who have carved out a living on an island known by some to be paradise in the Caribbean. While the stars visiting St. Barts may have inspired the restaurant owners to reach for the heights in their cuisine, the regular St. Barts visitor during any season benefits from the cuisine of these world-class restaurants, and those who desire a taste of what St. Barts offers can read the book in anticipation of their first or next St. Barts trip. A read of the book *Paradise Found* will virtually transport one there at a bargain price far short of the price and ordeal of actually getting there, staying there and dining there. If you want to go to St. Barts read this book. If you read the book *Paradise Found*, you will indeed want to go to St. Barts, especially after you have tried a few of the detailed recipes with color photographs shot by the authors.

St. Barts is very dear to my husband and I, but more so for me. It holds a very special place in my life. It has offered me peace, contentment, a chance to regroup, recharge. We have placed our copy of *Paradise Found* on our coffee table at home. Robert and Kara have produced a book that is both a recipe book and a history of St. Barts. The book takes me back there whenever I look at it, read it. They have captured not only the essence of St. Barts, but the people that make St. Barts what it is. The stories are fascinating. The photographs are breathtaking and when I look at the photo on the front cover, I can smell the ocean, hear the ocean, feel the sun, feel St. Barts. I have tried several of the recipes and so far none have failed. As a "wannabe" gourmet chef, this is quite the accomplishment ! We have been to most of the restaurants featured and have now visited those we

hadn't previously. This is a beautiful, wonderful book and if you love St. Barts, you'll love this book. If you've not been to St. Barts? This will make you go !Debby Best

Paradise Found is a wonderful cookbook that has an added bonus of taking the reader behind the scenes of several St. Barth's restaurants. Bob and Kara Brooks lovingly paint a warm picture of the owners of the restaurants and give a glimpse of these individuals who dared to realize their dream of living in paradise. In doing so the Brooks certainly captured the spirit of St. Barth and it's people. The French and Creole recipes contained in the book are fabulous and the many accompanying photos will make your mouth water. I recognized many of the dishes from enjoying them so many times while on the tiny island so it is so nice to know how to whip them up in my own kitchen. Certainly a captivating and delightful book and cookbook--not only for St. Barth lovers but for lovers of any island, Caribbean or otherwise.

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