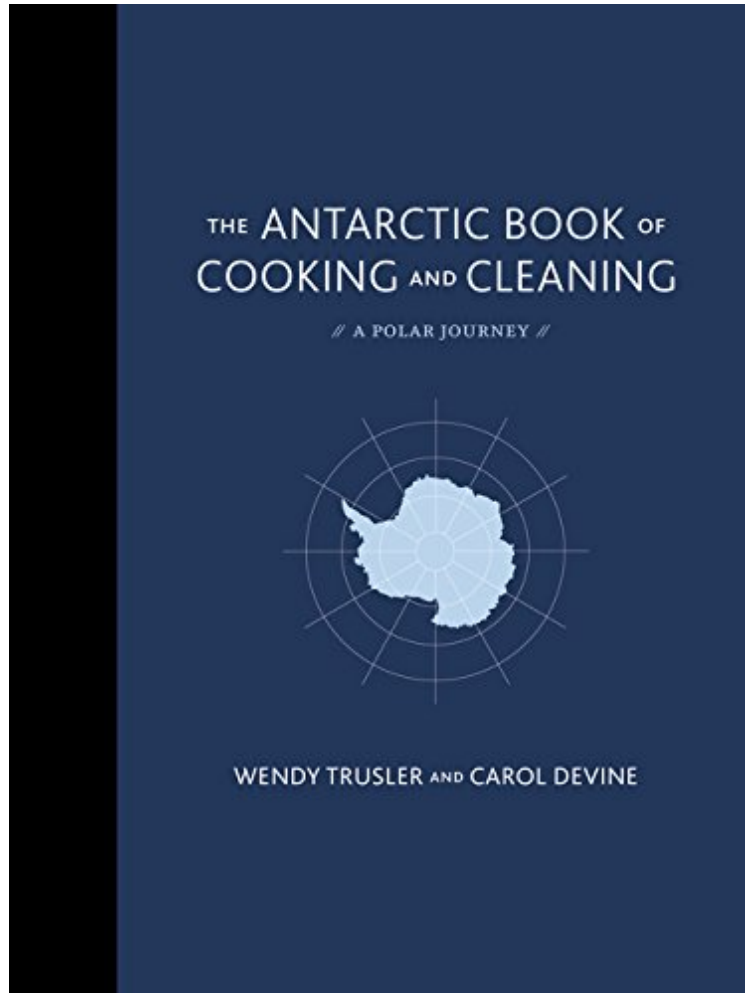


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The Antarctic Book of Cooking and Cleaning: A Polar Journey

Wendy Trusler, Carol Devine

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Wendy Trusler, Carol Devine : The Antarctic Book of Cooking and Cleaning: A Polar Journey before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Antarctic Book of Cooking and Cleaning: A Polar Journey:

13 of 15 people found the following review helpful. Terrific book filled with stories, photos, recipes, and history By JenniferB Having just read Alfred Lansing's account of Shackleton's Endurance journey - which featured detailed descriptions of food along with Hurley's famous photographs - I was very curious about this book after a friend recently told me about it. It arrived today, and I already love it. It's a combination of diary entries, recipes, history, and photographs, all from the perspective of two women who journey to the bottom of the earth and "reflect on their experience in a male-dominated fishbowl." The focus on environmentalism, respect for the planet, and responsible stewardship is already inspiring, and I've only read the introduction and first few pages! I love the way it's printed, too.

It's clothbound with no dust jacket; the pages aren't glossy. It has that slightly pulpy (but durable) feel you find in, well, travel journals. And while I haven't tried any of the recipes yet, they seem simple and yet interesting - and not at all daunting. (I'm not a great cook, so I tend to avoid cookbooks because it's just not my thing; so far this makes me want to cook.) I can't wait to spend more time with this book. I just showed it to my husband and he too was impressed. One last note of appreciation. Our cat Shackleton (yes, named after Sir Ernest) passed away last month. On the "About the Authors" page, the writer of the recipes, Wendy Trusler, is described as having a cat... named Shackleton. 0 of 0 people found the following review helpful. Great read By Retireesmith What fun! Love learning about life in the Antarctic from this perspective. The recipes are interesting, given the setting and ingredients available. A great read. My husband even read part of it and agreed it was unique and interesting. 0 of 0 people found the following review helpful. Beautiful, with tasty recipes fun adventure By Calimari Gave as a gift and the recipient who is professionally-trained avid cook who loves to read adventure non-fiction books thoroughly enjoyed this one. The book itself is beautiful and makes a great coffee table book, regardless of the recipes but we tried a few recipes from the book as she read through the adventures and found recipes were quite tasty.

A visually captivating, novelistic travelogue that chronicles the first civilian environmental cleanup expedition in Antarctica an engaging true story told through anecdotes, journal entries, vignettes, recipes, and archival and contemporary photography. The first thing that comes to mind about Antarctica is not likely the food. But if you are going there, it is the second. Wendy Trusler and Carol Devine The Antarctic Book of Cooking and Cleaning is a unique journey through an austral summer, when a group of dedicated individuals fifty-four people from five countries picked up nearly three decades worth of garbage during a three-month period in Antarctica. In this visually captivating polar journal, Wendy Trusler and Carol Devine transport readers back twenty years and thousands of miles to Bellingshausen, the Russian research station that became their temporary home. Devine, a humanitarian who piloted the project, and Trusler, a visual artist and cook, use journal entries, letters, provision lists, recipes, and menus to document their voyage. They share pithy, insightful observations on life, food, science, politics, and the environment. Showcased throughout are modern and vintage photos and vignettes from Antarctica's short history all of which add delightful color and warm detail to this unique book. Trusler reveals the challenges of cooking in a makeshift kitchen during long, white nights at the bottom of the world. While the dozens of eco-tourists strive to help preserve the continent, she must figure out how to cook for all of them in the small camp kitchen, using limited ingredients. The Antarctic Book of Cooking and Cleaning includes forty-two eclectic, tasty, and hearty recipes tinged with Russian, Chinese, and South American influences, such as Honey Oatmeal Bread, Cheese Fondue, Great Wall Dumplings, Roasted Pepper Goulash with Smoked Paprika, Roast Leg of Pork, and Frozen Chocolate Cream. All beautifully photographed, these dishes reflect the expeditions colorful cultural fabric and the astonishing raw beauty of their surroundings a continent uniquely devoted to peace, cooperation, and science.

What a lovely, beautiful, wonderful book. Am immersing myself in it. (Michael Ondaatje) [This] account . . . is nourishing in all sorts of ways. Not just for the sumptuous recipes they include - good enough to make one take up litter-picking or penguin counting just to fit them all in - but for the day to day detail of deep-frozen existence. (Bella Bathurst, for British Airway's High Life magazine) Sometimes a book is just a book and sometimes a book is an entire experience in itself; it can cross several different senses before even being consumed by the mind. The Antarctic Book of Cooking and Cleaning is one such book. (Cat Croteau, Women's Adventure magazine). . . should be of interest to everyone from armchair travelers, to adventurers, to environmentalists, and to foodies who will want to know how to re-create Antarctic cuisine at home (first, set yourself atop several miles of ice). (Bob Payne, travel writer, former contributing editor, Cond Nast Traveler) From the Back Cover This stunning chronicle of the first civilian Antarctic clean-up project, with contemporary and historic anecdotes and photographs, journal entries, and more than forty delicious recipes, is an intricately woven ode to the last wilderness. With more than 130 full-color photographs About the Author Wendy Trusler is an interdisciplinary artist, designer, writer, and food stylist. The expedition cook in Antarctica, she is the author and stylist of the forty-two recipes in this book. For more than twenty years she has balanced her work as a cook and artist, cooking and catering, styling food for film and television, and developing her art practice driven by ideas related to ecology, continuity, and regeneration. She lives with her husband, son, and Shackleton the cat in Peterborough, Canada. Carol Devine is a researcher, writer, activist, and humanitarian professional. She is strategic advisor to the Museum of AIDS that aims to open in 2017 in South Africa. She has also worked for Mdecins Sans Frontiers (MSF) in Rwanda, Southern Sudan, and East Timor and was MSF Canada's Access to Essential Medicines Campaigner, fighting for accessible, effective, and affordable medicines for developing countries. Carol created the Antarctic civilian clean-up expedition on which this book is based. She lives in Toronto.