

Fish And Shellfish Good Cook

“Excellent. . . . Thanks to McDade’s assured guidance, those curious about this understated pantry staple will have no trouble diving in. Salty and satisfying, these recipes hit the spot.” —Publishers Weekly **TINNED FISH IS ONE OF THE WORLD’S GREAT INGREDIENTS:** brilliantly versatile, harvested and preserved at the peak of its quality and flavor, more economical than fresh seafood will ever be, as healthy and nutrient-packed as food gets. Focusing on sustainable and easy-to-find anchovies, sardines, mackerel, shellfish, and more, here are 75 recipes that will change the way we think about and cook with tinned fish. Whether it’s creating an addictively delicious Spaghetti con le Sarde, transforming a pork roast with a mackerel-based “tonnato” sauce, elevating mac and cheese with crab, or digging into the simplest and best snack ever—anchovies, bread, and butter—cooking with tinned fish is pure magic.

Fish & Shellfish The Definitive Cook’s Companion Harper Collins

A virtual sea of cooking possibilities for the 10 most essential fish. A surplus of options with lower saturated fat content than beef or chicken. Bursting with heart-healthy omega-3 fatty acids, seafood is one of the best protein sources you can add to your diet. Yet, most people are intimidated by experimenting outside of their favorite one or two fish cookbook recipes. The Big 10 Fish & Seafood Cookbook will give you the know-how to expand a lackluster seafood repertoire into 80 creative and delicious recipes, with additional variations for up to 240. From Spicy Tuna Poke to Fire Roasted Salmon with Herbs, break free of the usual fish cookbook worries, like knowing how to buy sustainably, or when it is appropriate to use fresh, frozen, and canned. You’ll be amazed at how quick, inexpensive, and delicious it can be to incorporate more fish into your diet with this convenient fish cookbook. This fish cookbook is packed with useful information like: Variety on tap--Follow these 80 fish cookbook recipes or with a small change, such as new aromatic herb or flavoring, create an all-new dish. Sustainable and budget-friendly--Recipes that embrace fresh, frozen, even canned fish to fit a wide range of budget needs. Built in convenience--This fish cookbook contains ingredients that are easy to find in most grocery stores. If you are looking to enrich your diet with a bounty of new, healthy, delicious seafood, this fish cookbook should be on your countertop.

In *Everyday Seafood*, top chef Nathan Outlaw offers brand-new recipes for all kinds of fish and shellfish. Good-quality fresh seafood is now within the reach of most people - both economically and in terms of easy availability. Plus it’s incredibly healthy and fast to cook. Nathan’s recipes range from soups and big bowlfuls (Prawn noodle soup, Monkfish, bean and bacon stew), through seafood salads like Cold dressed lobster salad with verjus, oven-baked fish dishes including Crab and saffron pasta bake and Baked smoked haddock, curried lentils and lime yoghurt, and ideas for barbecued and grilled fish, such as Whole grilled lemon sole with green sauce butter. There are suggestions for light snacks, dips and nibbles like Cornish smoked brandade and everyone’s favourite, Fish finger sandwich, as well as the ultimate in fresh fish with tasty cures, pickles and ceviche. And for those with a sweet tooth, there are even dessert suggestions to round off the meal, including the delectable Raspberry trifle mess and Passionfruit and coconut ice cream sandwich. With simple tips on what to look out for when buying seafood, which fish are sustainable, simple cooking techniques and how to plan seafood menus, Nathan’s fabulous recipe ideas will ensure that you make seafood part of your everyday cooking.

“Tenney Flynn is the grand master of Gulf Coast seafood. This book, full of his delicious recipes and deep sea wisdom, can lead you to mastery as well” (Lolis Eric Elie, author of *Treme: Stories and Recipes from the Heart of New Orleans*). More than 100 delicious recipes and

tips to help home cooks master cooking all kinds of seafood from the owner of GW Fins restaurant and two-time winner of the New Orleans Magazine “Chef of the Year” Award. Tenney Flynn’s easygoing, engaging style gives readers a tour of his hometown along with a toolkit for cooking seafood, from testing freshness at the market to pairing delicious fish recipes with sides and wines to create a finished menu. From classic Barbecued Shrimp and simple Sautéed Fillets with Brown Butter and Lemon to adventurous Pompano en Papillote with Oysters, Rockefeller Spinach, and Melted Tomatoes and sophisticated Lionfish Ceviche with Satsumas, Limes, and Chiles, Chef Flynn makes cooking fish “as easy as frying an egg.” “Tenney Flynn talked trash (fish) early on. He championed fresh Gulf seafood when most chefs crushed on frozen Atlantic salmon. Now, it’s time to learn how smoked sizzling oysters came to be, how to do redfish on the half shell right, and how GW Fins helped lead the modern seafood revolution.” —John T. Edge, author of *The Potlikker Papers: A Food History of the Modern South* “I love that Chef Tenney shares so much how-to and comprehensive info on seafood selection. Recipes are clear and concise, photos excellent.” —Frank Brigsten, James Beard Award-winning chef-owner of Brigsten’s in New Orleans

Early in life, North Carolinian Debbie Moose encountered fish primarily in stick form, but once she experienced her first raw oyster and first fried soft-shell crab, their pure flavors switched her on to shellfish and fish forever. Moose has now written the cookbook that unlocks for everyone the fresh tastes of North Carolina grilled tuna, steamed shrimp, pan-seared mountain trout, fried catfish, and baked littleneck clams, to name just a few of the culinary treasures sourced from the waters of a state that stretches from the mountains to the sea. In ninety-six dishes, Moose shows how to prepare North Carolina fish and shellfish—freshwater, saltwater, wild-caught, and farmed—in both classic southern and inventive, contemporary ways. The book’s Best Basics section provides a much needed one-stop resource for confident selection, preparation, and storage, and the Think Seasonal section offers a comprehensive list with descriptions and peak availability of North Carolina fish and shellfish. Recipes include suggestions for appropriate alternate fish or shellfish—the idea is to try new varieties in season and support local fisheries. And, as Moose explains, dock-to-door services and local seafood organizations are making sourcing easier for home cooks.

This book will give you the knowledge and confidence to choose, prepare, cook and enjoy fresh food and seafood. It explains simply how to gut, clean and fillet fish and how to deal with shellfish and crustaceans such as crab and lobster, and what knives and tools you’ll need for the job. The numerous recipes take into consideration sustainable fishing and advise on which fish can be used instead of those at risk. The book also encourages the use of locally caught produce rather than those shipped around the world. As well as recipes for cooking sea and river fish, shellfish, crustaceans you’ll discover how to preserve fish.

Featuring 320 recipes from around the world, this book includes tempting recipes for a number of fish and shellfish dishes, including clam chowder, glazed garlic shrimp, Thai fishcakes and other soups and appetizers.

Seattle’s Pike Place Fish Market—the country’s top fish market—reels in the world’s best seafood recipes in this cookbook with friendly tips and a sustainability approach that every home cook can master Forget the Space Needle. The true thrill of Seattle lies in Pike Place Market, where the world-famous, must-see, salmon-tossing Fish Guys have been enthralling and educating hordes of fans since 1965. The Fish Guys even inspired the bestselling business book *FISH!*, which has sold more than 1.4 million copies. In the Kitchen with the Pike Place Fish Guys serves up more than 100 savory seafood recipes and tips answering the most popular question the Fish Guys get: “How do you cook that?” It

features a unique primer on sustainability, with inspiring words from the fishmongers who made Pike Place Fish entirely sustainable in 2011. Located in the nation's oldest continually operating farmers' market, which draws ten million visitors each year, Pike Place Fish revives the lost art of selecting and preparing seafood. Home cooks will learn how to cook fish and seafood from the pros, including storage and easy cooking techniques, in addition to mouthwatering recipes like Thai Curry Mussels, Anders's Dungeness Crab and Bacon Quiche, Cajun BBQ Shrimp Skewers, and Coconut Maple Salmon. Ideas for entertaining friends (who will clamor for the Fish Guys' clambakes and paella parties) are showcased as well. Readers will easily discover why Pike Place Fish has become America's most recognizable name in the industry, selling 1.5 million pounds of spectacularly perfect seafood each year. Capturing the fun, free-spirited yet seriously knowledgeable essence of these ambassadors of the sea, *In the Kitchen with the Pike Place Fish Guys* is the seafood cookbook that will bring a fresh feast of environmentally friendly, chef-quality meals to every home cook. More than 680 recipes, ranging from the classic seafood repertoire to light, easily prepared dishes, cover the full range of fish varieties available in the United States

A collection of delicious fish and shellfish recipes for the home cook from MasterChef winner Mat Follas. Organized by fish type, Mat's guide to preparing and enjoying fish and seafood teaches you how best to cook with all the varieties of this healthy ingredient. Whether you are cooking with pink, white, raw, smoked, grilled fish; trying clams, mussels, crab or lobster for the first time, he demystifies the art of preparing and cooking your quality ingredients perfectly with minimum effort. Recipes range from bistro-classics Moules Meuniere and Spaghetti Vongole, to modern dishes with an Asian twist, such as Roast Cod with Miso & Nori, and traditional comforting plates like Seafood Gumbo. Also included are fool-proof recipes for basic stocks and soups, making this the perfect book for anyone looking to build their confidence when it comes to cooking fish at home.

Explains how to choose the very best fish and shellfish, with essential cooking and preparation techniques, and information about the most useful equipment

The definitive fish and seafood recipe collection: how to prepare and make the most of every kind of fish from salmon, trout, sea bass, sole, plaice, and mullet to crab, lobster, shrimp., mussels, squid and clams. Includes 200 mouthwatering recipes and 600 photos.

An guide to cooking with fish introduces more than 250 recipes that encompass all the techniques of fish and seafood cookery for appetizers, soups and salads, pastas, and main courses.

Healthy meals made the slow cooker way America's Test Kitchen had a simple goal: Create quick and easy foolproof slow cooker recipes that taste as good as meals prepared on the stovetop or in the oven. They had one more stipulation:

They wanted their selections to be healthy, not the fat-heavy main courses featured in many slow cooker cookbooks. It took nearly a year of testing, 1,500 recipes, and \$20,000 spent on groceries to find the finalists: 200 new, easy-to-make slow cooker recipes. True to its trusted source, the winning recipes collected here include delicious weekday and holiday meals; snacks, sides, and desserts.

Rick Stein's lifelong passion for cooking fish and shellfish has formed the foundation of his award-winning restaurants and taken him around the world, discovering innovative new recipes, exciting ingredients and the best preparation techniques. In this completely revised, updated and re-designed edition – including brand new recipes – of his classic *Seafood*, Rick offers comprehensive and inspirational how-to's for choosing, cooking and enjoying fish, shellfish and more. It includes a step-by-step guide to over 60 essential techniques to prepare all types of seafood: from poaching and salting fish to cleaning mussels and cooking lobster. Based on the methods taught at his Padstow seafood school, every step of Rick's advice is illustrated with full-colour photographs for perfect results. Over 120 recipes from across the world include light salads, delicious starters and spectacular main courses – from Monkfish Vindaloo and Rick's own version of Salt and Pepper Squid to deliciously simple classics like Grilled Sardines and Clams with Garlic and Nut Picada. Complete with tips on buying, storing and sourcing sustainable fish, Rick Stein's *Fish and Shellfish* is the essential companion for any fish-lover's kitchen.

An innovative cooking volume that offers 120 recipes for protein, vitamin, and mineral-enriched fish and shellfish. Each recipe is accompanied by a full-color photograph and calorie, sodium, and cholesterol counts.

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. *A Couple Cooks | Pretty Simple Cooking* is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Fish is currently THE rockstar ingredient - prized for its healthy benefits - but there is still a lot of fear surrounding its preparation and cooking. Mitch Tonks' book breaks down that barrier by being a modern, approachable and comprehensive guide to buying, preparing and cooking fish and seafood. Global in outlook, a species-by-species breakdown will detail how to buy fish, where it is in season (including the different names fish are given globally to aid sourcing), how to prepare it and offer a selection of delicious recipe ideas. There is also a section on fish

logistics, so readers understand what is good to buy frozen and how this fits the global resource message. With fishing methods and the issue of depleted stocks in sharp focus, Mitch also explains the paramount importance of eating fish in season. With reportage photography documenting Mitch's daily life on the docks of Brixham fishing port and peppered with stories and anecdotes from fishing communities, this book is a delight to read as well as an essential manual. Packed with over 100 delicious recipes and stunning food photography, it will tempt fish lovers the world over. Author Information Mitch Tonks is the founder of the restaurant and fishmonger chain FishWorks. There are 12 shops and restaurants, 3 cookery schools, 3 books, a range in the supermarkets and is currently working with Youngs as a consultant. He has also appeared on Saturday Kitchen and the BBC's BAFTA nominated Get Cooking broadband initiative. He contributes to magazines including Delicious and Fresh and demonstrates at major food shows around the UK.

Explains how to select, prepare, and cook over sixty-five kinds of fish and shellfish, with recipes for appetizers, soups, salads, entrees, and more

More than 250 seafood recipes are complemented by instructions for selecting, preparing, and cooking fish; a lexicon describing hundreds of sea creatures; and interesting digressions about fish and those who harvest them

It can be intimidating to shop for seafood. You wonder if it's healthy for you, you worry about whether it's overfished and whether it's caught in ways that harm other species or the environment. Making smart seafood choices has never been more confusing or more important for the planet and our health. Chef and seafood advocate Becky Selengut knows from good fish, and in a voice that's informed but down-to-earth, she untangles the morass surrounding seafood today. From shellfish to finfish to littlefish, fifteen good fish are featured, and the accompanying seventy-five recipes will appeal to a wide range of home cooks: from beginners, to busy parents trying to put a healthy weeknight meal on the table, to the more adventurous who want to create special-occasion dishes. Sommelier April Pogue provides wine pairings for each recipe. Good Fish is an invaluable resource for anyone living on the Pacific Coast. Chef Becky Selengut is an advocate for seafood sustainability and seasonal, regional cuisine. Her writing has been featured in Seattle Homes and Lifestyles and Edible Seattle magazines. She lives in Seattle.

From Matt Dean Pettit, the beloved author of The Great Lobster Cookbook and the chef behind Matty's Seafood, comes a new collection of delicious recipes for shellfish of all kinds! Matt Dean Pettit, chef, co-owner and founder of Rock Lobster restaurants and Matty's Seafood Brands, is back with a new book to delight your taste buds. Whether you've been to one of his restaurants, picked up some of his food from your local supermarket, experimented in the kitchen with lobster recipes from his first book, The Great Lobster Cookbook, or are looking for a fresh, go-to resource, Matt's enthusiasm is contagious. As you can probably guess, seafood is one of his true loves and The Great Shellfish Cookbook brings that love to life. The Great Shellfish Cookbook takes any level of home cook on a delicious food tour that focuses on Matt's favorite kinds of shellfish. In much the same way as he demystified lobster in his first book, Matt is back to teach you shellfish 101, show you how and where to buy fresh shellfish, how to store it, and, of course, how to cook it. Inside, you'll find both fun and approachable dishes for every meal, featuring crab, oysters, mussels, scallops, squid, octopus, clams, prawns, and, of course, lobster. If you're a home cook ready to expand your horizons, you'll love the chapter on exotic shellfish like periwinkles, conch, crawfish and sea urchin. And with a focus on sustainability and protecting our oceans, you'll learn how to enjoy your favorite shellfish dishes while balancing a respect for our environment. A new cookbook classic for all seafood lovers, The Great Shellfish Cookbook will have you running to the kitchen to prepare new and exciting recipes for your family and friends.

Fish: The Complete Guide to Buying and Cooking is a book that simplifies, once and for all, the process of preparing fish. Organized in an easy-reference, A-Z format, Fish gives you the culinary lowdown on seventy kinds of fish and shellfish commonly found in American supermarkets and fish stores. Each entry describes how the fish is sold (fillets, steaks, whole, salted), other names it goes by, how the fish should look, and buying tips. Fish begins with general guidelines on how to store, prepare, and cook fish, whether sauteing, frying, grilling, or smoking, and you will find easy-to-follow illustrations of such important basics as how to gut and fillet a fish. Fish also includes up-to-the-minute information on the health benefits of fish in our diet. In addition, there are more than five hundred recipes and variations, all of which use low-fat, high-flavor ingredients to accent the intrinsic natures of the individual fish rather than mask them. And the vast majority of the recipes are ready in less than thirty minutes.

Every few decades a chef or a teacher writes a cookbook that is so comprehensive and offers such depth of subject matter and cooking inspiration that it becomes a virtual bible for amateur and professional alike. Author James Peterson, who wrote the book *Sauces*, a James Beard Cookbook of the Year winner, and the incomparable *Splendid Soups*, once again demonstrates his connoisseurship with *Fish & Shellfish*, a monumental cookbook that will take its rightful place as the first and last word on seafood preparation and cooking. *Fish & Shellfish* demonstrates every conceivable method for preparing sumptuous meals of fish and shellfish, from baking, braising, deep-frying, grilling and broiling to poaching, panfrying, marinating, curing and smoking, steaming, and microwaving. Whether your taste runs strictly to shellfish or to everything seafood, *Fish & Shellfish* offers the equivalent of a complete cookbook on each subject. Within the chapters on finfish you'll learn how to prepare enticing recipes remarkable for their ease of preparation, their versatility, and their originality. Here Peterson offers such splendid flavors and textures as succulent Stuffed Striped Bass with Spinach, Shrimp, and Mushrooms; crunchy Halibut Fillets with Curry, Herbs, and Almond Crust; delicate Salmon Fillets A la Nage with Julienned Vegetables; savory Braised Tuna with Vegetables; and fiery Thai-Style Swordfish Satay. If it's shellfish you prefer, there are pages and pages of recipes for baking, frying, steaming, or serving raw everything in a shell, including mussels, clams, oysters, scallops, lobster, shrimp, crab, and crayfish. Peterson explains how to judge freshness and how to prepare shellfish delights, including lemony-flavored Steamed Mussels with Thai Green Curry; aromatic Littleneck Clams in Black Bean Scented Broth; a simple and comforting Linguine with Clam Sauce; elegant Hot Oysters with Leeks and White Wine Sauce; rich and savory Braised Scallops with Tomatoes and Fresh Basil; Steamed Lobster with Coconut Milk and Thai Spices; Shrimp with Tomato Sauce, Saffron Aioli, and Pesto; hit-the-spot Sautéed Crab Cakes; and Japanese Style Grilled Squid, to name but a few of the brilliant and vast array of wonderful seafood selections. *Fish & Shellfish* also offers techniques for preparing raw, marinated, cured, and smoked fish. As you explore *Fish & Shellfish*, you'll learn not only the essentials of seafood preparation but everything in between, including how to make a curry sauce, which red wines to cook with, how to fry parsley, and how to make Vietnamese dipping sauces. You'll learn the secrets of a variety of coatings, how to blacken fish, add stuffings, and deglaze the pan for sauces, as well as discover the delights of salsas, chutneys, relishes, mayonnaises, and butters. Here is seafood in every incarnation, from soups, stews, and pastas to mousses, soufflés, and salads. Try everything from pureed Marseilles-Style Fish Soup and Moroccan Swordfish Tagine with Olives and Saffron to Homemade Cuttlefish-Ink Linguine, and Crayfish Stew with Tomatoes, Sorrel, and Vegetables. Jim Peterson has traveled the world and brought back the best international seafood flavors, textures, and techniques. Now you can improvise on your own with Thai marinades, Indian spices and condiments, and Japanese grilling methods, all of which play off more familiar ingredients to produce memorable dishes. At the end of *Fish & Shellfish* you'll find a complete Finfish Dictionary, where you'll learn all you need to know about more than sixty species of saltwater and

freshwater fish. There's also a 32-page section of color photographs that pictures many of the mouthwatering recipes in the book. And the step-by-step pictorials in the color section will show you how to prepare fish and shellfish for cooking. James Peterson's books have been hailed as the most companionable and dependable of cooking guides. Replete with tables, timing charts, advice about equipment, safety preparations, a glossary of foreign ingredients, and an exhaustive index, *Fish & Shellfish* will give you the power of flexibility and spontaneity as it transforms you into an accomplished seafood cook. Here is a fundamental cookbook that you will come to depend on every time you think seafood—and now you'll be thinking seafood all the time.

Grill experts Karen Adler and Judith Fertig demonstrate just how easy it is for anyone to make delicious, perfectly grilled or smoked fish and shellfish.

This text is more than just a collection of Hugh's recipes. It's also a friendly, practical guide to the River Cottage lifestyle, with advice on rearing your own meat, growing your own vegetables, and tapping into the free wild harvest.

The formidable River Cottage team turns their attention to all matters aquatic in this definitive guide to freshwater fish, saltwater fish, and shellfish. Hugh Fearnley-Whittingstall and Nick Fisher examine the ecological and moral issues of fishing, teach individual skills such as catching and descaling, and offer a comprehensive (and fascinating) species reference section. They also demystify the cooking of fish with 135 recipes for preparing fish and shellfish in diverse ways, from pickling to frying to smoking. This ambitious reference-cookbook appeals to both intellect and appetite by focusing on the pleasures of catching, cooking, and eating fish while grounding those actions in a philosophy and practice of sustainability. The authors help us understand the human impact on the seafood population, while their infectious enthusiasm for all manner of fish and shellfish—from the mighty salmon to the humble mackerel to the unsung cockle—inspires us to explore different and unfamiliar species. Fish is superlative food, but it's also a precious resource. The River Cottage Fish Book delivers a complete education alongside a wealth of recipes, and is the most opinionated and passionate fish book around.

Seafood is the most comprehensive, fully illustrated cookbook on seafood and freshwater fish available. It features all widely available fish and shellfish, explaining how to prepare them, how to use them in recipes inspired by the world's great cooking traditions, and the best way to cook them to bring out their flavor. Seafood also includes 300 recipes: one hundred of these are world classics, such as Coquilles St. Jacques, Thai Fish Cakes, or New England Clam Chowder, that are kept true to their roots with authentic ingredients, preparation, and cooking methods. A further 200 recipes are written with today's time-pressed cook in mind, using readily available ingredients and quick, simple methods. No other book photographs as many species of fish, has as many illustrated techniques, or explains as clearly the complex issues of ethical commercial fishing and buying responsibly. This encyclopedic guide to cooking the edible fishes of the world will have a place on the bookshelf of any chef.

First published in 1983, *The California Seafood Cookbook* has sold 128,000 copies—and counting! This beautiful encyclopedic guide to seafood cooking is complete with 150 recipes emphasizing simplicity, fresh ingredients, and ethnic and regional tastes, as well as an innovative approach to the infinite possibilities of this popular cuisine. The seventy-five species portraits and the illustrated techniques will prove useful to cooks and seafood lovers. Fully half of the featured species are found in Gulf, Pacific, and Atlantic waters, and each recipe suggests appropriate alternative fish and shellfish from other regions. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods,

and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

-- THE DEFINITIVE GUIDE TO THE FISH AND SHELLFISH OF THE WORLD -- FEATURES A FULL-COLOUR PHOTOGRAPHIC IDENTIFICATION GUIDE, WITH FASCINATING FACTS ABOUT HABITAT AND NUTRITIONAL BENEFITS, AND ESSENTIAL INFORMATION ABOUT BUYING, PREPARING AND COOKING -- INCLUDES ALL THE WELL-KNOWN FISH AND SHELLFISH, SUCH AS TUNA, SALMON AND HADDOCK, PRAWNS AND OYSTERS, AS WELL AS A WHOLE HOST OF INTERESTING VARIETIES, FROM ABALONE, TILAPIA AND ZANDER, TO THE DEADLY -- BUT DELICIOUS -- FUGU FISH -- OVER 100 INSPIRATIONAL RECIPES, EACH PHOTOGRAPHED IN COLOUR, WITH EASY-TO-FOLLOW, STEP-BY-STEP INSTRUCTIONS -- INCLUDES SOUPS, STARTERS, MOUSSES, PATES AND TERRINES, SALADS, EVERYDAY MAIN COURSES, LIGHT AND HEALTHY DISHES, AND ELEGANT DISHES FOR ENTERTAINING

A collection of recipes for fish features recipes that use every method of cooking--grilling, baking, frying, broiling, poaching--and includes recipes for the microwave. 50,000 first printing. \$25,000 ad/promo.

A comprehensive cook's guide to identifying, preparing and serving seafish, freshwater fish, shellfish, crustaceans and molluscs Over 300 recipes from all around the world for inspiring dishes including soups, appetizers, main courses, rice and pasta, and special ideas for entertaining Shown in 1500 full-colour step-by-step photographs

A New York City chef who is also a novelist recounts his experiences in the restaurant business, and exposes abuses of power, sexual promiscuity, drug use, and other secrets of life behind kitchen doors.

A well-known nutritionist offers a seafood primer and cookbook, explaining all the rudiments of selecting, cleaning, and storing fish and collecting recipes for a wide variety of hors d'oeuvres, appetizers, soups, salads, and entrees. Tour.

Dive into seafood with confidence and get inspired by 198 recipes for multiple kinds of fish--featuring fresh, modern flavors and plenty of fish facts For many home cooks, preparing seafood is a bit of mystery. But I'm going to let you in on a little secret: Cooking great-tasting seafood is easy and anyone, anywhere can do it. (That means you!) Our newest cookbook provides you with everything you need to create satisfying and healthy seafood meals at home. We explore how to buy quality fish and dive deep into all the varieties of fish available, from light and flaky to rich and meaty. You'll get answers to all of your seafood related questions and practical tips and tricks for handling fish. But the recipes are where things get really exciting. From sumptuous appetizers and savory soups and stews to easy weeknight dinners and company-worthy fare (and a lot more), you'll learn just how rewarding it is to prepare seafood at home. We've also included substitution information for each recipe. So if you can't find a certain kind of fish or if you don't like the type used in the recipe, you can use any of the listed substitutions and still achieve great results. Clever, right? Having delicious, healthy (and easy) recipes to cook at home is more important than ever. We hope you'll give seafood cookery a chance. You won't regret it.

Fish and seafood are used in a variety of the world's cuisine, in stews, rice dishes, pasta, and salads, to create a wealth of flavors and textures. Fish and Seafood has combined 120 of the world's favorite recipes to tempt every fish lover. Rich on color and flavor, the dishes will please any guest and suit any palate.

From Coho and sockeye to Dungeness and Kumamoto For thousands of years, the abundance of fish and shellfish in the Pacific Northwest created a seafood paradise for the Indigenous peoples hunting and gathering along the region's pristine waterways, and, later, for the Chinese, Scandinavian, Filipino, and Japanese immigrants (along with many others), who have made this region home. Drawing on these diverse influences, the region fostered a cuisine that is as varied as its people, yet which remains specifically Northwestern. Here, food writer Naomi Tomky leads readers through an exploration of this cuisine. She starts with the basics of buying great-tasting and sustainable seafood, surveys the variety of seafood on offer—from stars like halibut and oysters to unsung heroes like lingcod and smelt—and shares 75 delicious recipes reflecting the people who live in the region today, including Red Curry Mussels, IPA-Battered Cod, Dungeness Crab Deviled Eggs, and Pink Scallop Ceviche. From the first cut of salmon, prized for its rich flavor and versatility, to the last crack of the sweet Dungeness crab, Tomky covers grilling, curing, and baking, and shares secrets for tricky tasks like removing pin bones and mussel beards. She explains how flavor-packed spot prawns put other shrimp to shame and why the region's razor clams are unparalleled. For curious seafood rookies in search of the perfect fool-proof salmon and barnacled fish-cooking veterans looking for a new way to enjoy their favorite catch, The Pacific Northwest Seafood Cookbook is a must-have guide to cooking, and eating, the region. Including recipes from Tom Douglas, Shiro Kashiba, Bonnie Morales, Mutsuko Soma, Ethan Stowell, Jason Stratton, John Sundstrom, and more.

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