

Fish And Shellfish Good Cook

This fabulous visual encyclopedia will guide you through the complexities of handling and preparing all kinds of fish and shellfish, from well-known varieties such as salmon and cod to unusual shellfish and exotic fish. Detailed directory entries include a description and fascinating facts about each seafood, advice on how to choose it at its best, and preparation and cooking methods. Then follows 100 enticing recipes with illustrated step-by-step instructions. Dishes include Salmon Fish Cakes, Oysters Rockefeller, Lobster Thermidor, Scallops with Samphire and Lime, Thai-inspired Piquant Prawn Salad, and Roast Cod with Pancetta and Butter Beans.

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

From Matt Dean Pettit, the beloved author of The Great Lobster

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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

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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. 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.

*The Practical Encyclopedia of Fish and Shellfish
The Cook's Essential Companion*

Good Fish

The Pacific Northwest Seafood Cookbook: Salmon, Crab, Oysters, and More

Inspired New Recipes for Plant-Forward Pescatarian Cooking

The Saltwater Cookbook

Fish & Shellfish, Grilled & Smoked

Covering every aspect of cooking seafood, from the purchasing and

planning a meal to the final presentation, this book offers over 150 recipes with complete cooking instructions, seafood preparation safety instructions and nutrition data.

Essential information on every type of fish and shellfish from salmon to sea urchins. Packed with color photographs and mouth watering recipes that you will love.

Good Fish100 Sustainable Seafood Recipes from the Pacific Coast
Sasquatch Books

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.

The Magic of Tinned Fish

A Comprehensive Visual Identifier to the Seafood of the World with Advice on Selecting, Preparing and Cooking

300 Foolproof Recipes for Everything from Amberjack to Whitefish, Plus Really Good Rubs, Marvelous Marinades, Sassy Sauces, and Sumptuous Sides

A Guide to Making the Best of Foods and Recipes

Field Guide to Seafood

Modern Recipes for Everyone, Everywhere

How to Identify, Select, and Prepare Virtually Every Fish and Shellfish at the Market

2021 IACP Award Winner in the Single Subject Category 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.

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

"95 veggie-loving, globe-trotting recipes for fresh, eco-friendly seafood"--

A requisite countertop companion for all home chefs, Keys to Good Cooking distils the modern scientific understanding of cooking and translates it into immediately useful information. The book provides simple statements of fact and advice, along with brief explanations that help cooks understand why, and apply that understanding to other situations. Not a cookbook, Keys to Good Cooking is, simply put, a book about how to cook well. A work of astounding scholarship and originality, this is a concise and authoritative guide designed to help home cooks navigate the ever-expanding universe of recipes and ingredients and appliances, and arrive at the promised land of a satisfying dish.

Seafood

Foolproof Fish

Keys to Good Cooking

Carolina Catch

365 Ways to Cook Fish & Shellfish

The Great Shellfish Cookbook

Low-Fat Ways to Cook Fish & Shellfish

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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.

Offers healthy ways to prepare fish and shellfish in appetizers and soups, salads and sandwiches, entrees, outdoor specialties, and quick and easy main dishes

If you are allergic to one or more of the eight most common food allergens, Sophie Safe Cooking is the allergy cookbook for you. Every recipe in Sophie Safe Cooking is free of milk, eggs, wheat, soy, tree nuts, peanuts, fish and shellfish. The recipes are easy to follow and call for familiar, easy to find ingredients. All of the recipes have been tested by cooks like you, and loved by tasters with and without allergies. Even with food allergies, you can still have pancakes for breakfast, meatballs at dinner, and cookies or cake for dessert. 12 million people in the United States alone have food allergies, and they find ways to enjoy their food. With more than 100 recipes, including muffins and breads, main dishes, salads, sides and even desserts, this cookbook will help you to enjoy your food as well!

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

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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.

A Collection of Family Friendly Recipes That Are Free of Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish and Shellfish

Veggies & Fish

100 Sustainable Seafood Recipes from the Pacific Coast

Fresh Ideas for American Seafood

Fish and Shellfish of the Middle Atlantic Coast

A Couple Cooks - Pretty Simple Cooking

Delicious Dinners from Fillets and Shellfish

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

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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

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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

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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

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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.

Organized by fish type, Mat's guide to preparing and enjoying fish teaches you how best to cook with all the varieties of this wonderful 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 with fish. Recipes include Cured Salmon Gravavlax; Wasabi-crusted Tuna Steak; Squid Ink Risotto; Mackerel Ceviche; Anchovy & Potato Gratin; Trout en Papillote; Vietnamese Fried Tilapia with Crispy Seaweed; Plaice Goujons with Tartar Sauce Dip; Brill Pho; Halibut Steak with Cider Cream Sauce; Thai Fish Cakes; Goan Fish Curry; Seafood Gumbo; Haddock with Bubble & Squeak and Poached Eggs; Oysters Rockefeller; Moules Mariniere; Spaghetti Vongole; Stuffed Razor Clams; Scallops with Chorizo;

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Crab Thermidor; Kashmir Shrimp Curry and Lobster Bisque; as well as a selection of recipes for basic stocks and sauces. Also includes information on simple drinks matches to enjoy, step-by-steps explaining how to prepare fish for cooking and an at-a-glance reference of the names of fish internationally.

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

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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.

Provides information on identifying, selecting, and cooking various types of seafood. Each entry contains a list of alternate names, characteristics, and suggested preparation, including directions on when to remove or leave the skin. Step-by-step instructions explain how to identify, store, and cook the item.

The Fish Book

The World Encyclopedia of Fish and Shellfish

Everyday Seafood

The California Seafood Cookbook

Fish and Seafood from Ocean to Table

Great Fish, Quick

Go Fish

Rick Stein's lifelong passion for cooking fish and shellfish has formed the foundation of his award-winning restaurants and taken him

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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.

Aimed at home chefs, especially those not used to cooking seafood, this guide shows how to choose, fillet, skin, trim, prepare, marinade, flavour and freeze all kinds of fish and shellfish. There are 100 recipes, from simple Fish Pie to Crab Ravioli with Lemongrass Vinaigrette.

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Ricky Moore was born and reared in the North Carolina coastal town of New Bern, where catching and eating fresh fish and shellfish is what people do. Today, Moore is one of the most widely admired chefs to come out of the region. In this cookbook, he tells the story of how he started his wildly popular Saltbox Seafood Joint® restaurants and food truck in Durham, North Carolina. Moore, a formally trained chef, was led by a culinary epiphany in the famous wet markets of Singapore to start a restaurant focused purely on the food inspired by the Carolina coast and its traditional roadside fish shacks and camps. Saltbox Seafood Joint's success is a testament to Moore's devotion to selecting the freshest seasonal ingredients every day and preparing them perfectly. In sixty recipes that celebrate his coastal culinary heritage, Moore instructs cooks how to prepare Saltbox Seafood Joint dishes. This cookbook, written with K. C. Hysmith, explains how to pan-fry and deep-fry, grill and smoke, and cook up soups, chowders, stews, and grits and seafood. Moore has taken pity on us and even included the recipe for his famous Hush-Honeys®, an especially addictive hushpuppy. Charts and illustrations in the book explain the featured types, availability, and cuts of fish and shellfish used in the recipes.

An innovative cooking volume that offers 120 recipes for protein, vitamin, and mineral-enriched fish and shellfish. Each recipe is

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accompanied by a full-color photograph and calorie, sodium, and cholesterol counts.

Passion for Seafood

The Great Fish & Shellfish Cookbook

The Ultimate Book of Fish & Shellfish

Fish on a First-Name Basis

The Definitive Guide to Sourcing and Cooking Sustainable Fish and Shellfish [A Cookbook]

Cooking North Carolina Fish and Shellfish from Mountains to Coast

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

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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.

More than a hundred quick, simple recipes for salmon, red snapper, swordfish, and other fish and shellfish include dishes for grilling, instructions on special techniques, comments on flavor and information on health-related issues.

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

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place on the bookshelf of any chef.

A 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 appetizers, soups, salads, and entrees

How to choose, prepare and cook fresh fish and seafood

Seafood Basics.....Buying, Storing, Cleaning, Cooking Fish and Shellfish

The River Cottage Fish Book

Jane Brody's Good Seafood Book

Fresh Ways with Fish & Shellfish

Elevate Your Cooking with Canned Anchovies, Sardines, Mackerel, Crab, and Other Amazing Seafood

The Definitive Cook's Collection with Over 200 Fabulous Recipes

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.

"I don't cook or fish. This wonderful cookbook makes me regret both those decisions." - Alan Richman "With the publication of Go Fish, we can all learn [Laurent Tourondel's] secrets and gain inspiration from his recipes.

This book is essential reading." - Robert Mondavi From swordfish to littleneck clams, exotic sea urchin to succulent monkfish, America's waters are home to a stunningly diverse array of fish and shellfish that are ideal for home cooking. And, as celebrated chef Laurent Tourondel of New York's BLT Steak reveals in Go Fish, creating elegant, mouthwatering seafood at home can be marvelously easy???and faster than you might think. An acknowledged fish fanatic, Tourondel offers a beautiful and easy-to-follow guide to the fine art of preparing restaurant-quality seafood at home. From Salt-Crusted Salmon to Spicy Moroccan Swordfish, Go Fish shows how the mild but nuanced flavors of fish, married with a chef???'s palette of herbs and spices, can yield a wide range of dinner-table masterpieces. Go Fish delivers more than 100 seafood recipes infused with flavor, style, and simplicity. Melt-in-your-mouth appetizers, hearty chowders, perfect pastas and risottos, and aromatic main courses are

matched with sides and desserts that complete the seafood-centered feast. Whether presenting vibrant adaptations of time-honored classics like New England Clam Chowder or bold signature dishes like Salmon Steak with Ginger Chili Glaze, Tourondel reveals how sophisticated seafood cuisine can be prepared with accessible ingredients and uncomplicated techniques. Along with each main course, Tourondel provides a wine recommendation that perfectly accents the flavors and textures of the meal. Complete with an overview of more than fifty varieties of American fish and shellfish, plus helpful shopping and preparation tips, Go Fish gives home cooks all the tools they need to create memorable meals for family and friends. Featuring a foreword by the legendary Daniel Boulud and two dozen tantalizing photographs, Go Fish is a stylish yet down-to-earth blueprint for exquisite seafood cookery at home. With a bare minimum of hard-to-find ingredients, complex stocks, or painstaking boning chores, these contemporary recipes will become an integral part of your own culinary repertoire.

"A book about fish that's as fun as it is informative, and as easy to read as it is hard to put down."--Alton Brown, creator and host of the hit Food Network show Good Eats and author of I'm Just Here for the Food The

ultimate guide to fish and shellfish, from deep to dock to dinner plate
*What's in a fish's name? History, mythology, and marketing: You'll find each in the names of everyday seafood, although sometimes it's what you don't find that's most interesting. Consider the Patagonian toothfish. Never heard of it? That's because it's Chilean Sea Bass on menus, even though it's not a bass, nor is it found primarily off the coast of Chile. Perhaps you'd prefer a nice Pacific red snapper fillet? Too bad, all fish sold using that name are actually rockfish. You could always order a jumbo shrimp . . . or would that be a colossal prawn? And if the menu says "dolphin," what are you eating, really? Of course, knowing the name of a fish is just what comes before eating it, and *Fish on a First-Name Basis* contains more than a hundred mouthwatering recipes, from classic fish-and-chips, lobster rolls, and crab fritters to Scalloped Ceviche and Cinnamon Crunch Tilapia. With *Fish on a First-Name Basis*, author Rob DeBorde has also filled in the gaps most seafood cookbooks leave open by crafting an indispensable scrapbook of seafood science, fish-market full disclosures, essential cooking tips, and even the truth behind a few underwater urban legends. With more than two hundred illustrations, photographs, and diagrams showing you exactly where to cut, crack, or shuck, *Fish on a First-Name**

Basis is a treat for the eyes as well as the stomach. Informative, witty, and easy to read, Fish on a First-Name Basis is a must-read whether you're a seafood fanatic or a fish-phobic first-timer. "Terror struck the undersea community when Rob DeBorde wrote this book. Thanks to this grand fishing expedition, sea creatures everywhere will be forced to come out of their shells and onto our tables. A delight to read and cook from, Fish will cause a great many fish to be eaten."--Steven A. Shaw, author of Turning the Tables

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.

A Complete Guide to Types, Their Preparation and Cooking Techniques

Delicious recipes for fish and shellfish

Cook's Illustrated Guide to Fish and Shellfish

From Sea to Table: More than 100 Recipes to Cook at Home

Saltbox Seafood Joint Cookbook

***100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food
The Cook's Definitive Guide to the Fish and Shellfish of the World***

A cookbook for the ultimate pantry staple, suddenly a major food trend—tinned fish. In 75 inventive recipes, readers will learn how rewarding, economical, and versatile cooking with tinned fish can be.

Comprehensive. Friendly. Indispensable. With more than 250 simple and delicious recipes. No doubt about it, fish is a cook's dream. Fast. Low in fat, versatile, and healthful, it's even brain food. No other fish cookbook contains such a comprehensive selection of approachable, contemporary recipes. It's written by a pair of experts: a nationally known three-star seafood chef whose true passion is teaching home cooks, and an award-winning writer and sought-after food authority. Arranged for the cook's complete convenience, *Fish without a Doubt* encompasses chapters on all the techniques of fish cookery—from poaching to grilling to sautéing—as well as on all the most popular seafood dishes—from appetizers, to soups and salads, to burgers and pasta. The recipes range from updated versions of classics (Trout Almondine, Linguine with Clams, Jumbo Lump Crab Cakes) to the latest favorites (Steamed Black Bass with Sizzling Ginger, Tuna Burgers with Cucumber Relish, Thai-Style Mussels). It includes slews of quickies for weeknight specials (Broiled Fillets

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with Butter and Herbs) and centerpieces for splashier occasions (A Big Poached Char). Featuring only seafood that is not overfished, *Fish without a Doubt* provides the latest information for the eco-conscious cook about our last wild frontier.

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

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cooking techniques and how to plan seafood menus, Nathan's fabulous recipe ideas will ensure that you make seafood part of your everyday cooking.

The complete fish and seafood cooking collection with recipes for a large variety of fish, from salmon, trout, sea bass, sole, plaice and red snapper, to crab, lobster, mussels, squid and clams.

A Comprehensive Cooking Encyclopedia and Guide, Including 300 Fantastic Step-By-Step Recipes and Over 1500 Fabulous Photographs

Fish Without A Doubt

Sophie-Safe Cooking

A Cook's Guide to the Fish and Shellfish of California, the Pacific Coast, and Beyond

Fish

The Definitive Cook's Companion

How to Buy, Prepare, and Cook the Best Sustainable Fish and Seafood from Around the World

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

Fish and shellfish are delicious and nutritious and this authoritative guide

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includes information about every type as well as enticing ways to cook them. Explains how to choose the very best fish and shellfish, with essential cooking and preparation techniques, and information about the most useful equipment.

*How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten
Fish & Shellfish*