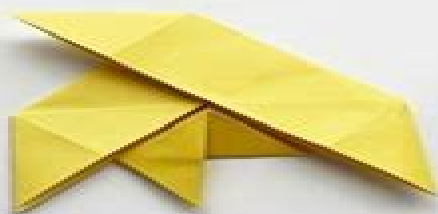
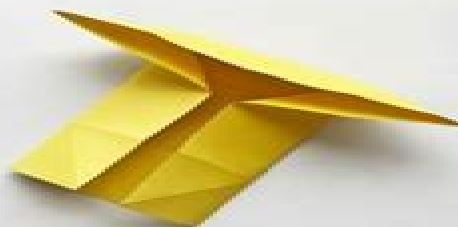
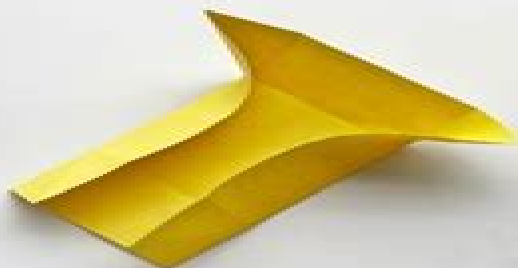


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Fish Editors of Phaidon Press,2012-02-27 Fish Recipes from the Sea features over 200 authentic Italian home cooking recipes for preparing fish and seafood carefully collected from the Silver Spoon kitchen From traditional seafood groups to simple grilled fish with herbs the recipes in Fish are simple and authentic explained with clear step by step instructions and vivid colour photography The chapters in Fish are divided by fish variety and include White Oily Flat Freshwater Fish and Seafood The cookbook offers tips on how to take an Italian approach to cooking with seafood including how to choose prepare and cook local sustainable fish and produce as well as offering ideas for substituting varieties Fish also contains an illustrated guide on how to recognize different categories of fish how to choose fresh fish and even describes marine life and mannerisms for the different varieties Fish contains delicious authentic home recipes for all food occasions

Knack Fish & Seafood Cookbook Doug Ducap,Linda Beaulieu,2010-07-13 Seafood can be intimidating to today s consumer A well stocked fish market might carry dozens of species resulting in confusion That s one reason most people buy fish in supermarkets Knack Fish SeafoodCookbook provides step by step recipes helpful photographs and practical techniques for making outstanding meals from the fish and seafood most commonly found in supermarkets Step by Step

Liz Trigg,1995-04 *Step by Step Cooking: Fish* Godfrey Cave Associates,1994-02 **Fish, the Basics** Shirley King,1999-09 Fish The Basics has received praise from all quarters for its breadth clarity and for the flexibility it gives the seafood cook Every one of the more than 100 recipes suggests as many as a dozen choices of fish and shellfish that work equally well with precise cooking times for each The second part of the book contains more than 200 illustrated profiles of fish and shellfish including many of the lesser known varieties that are increasingly common in the marketplace with a list of recipes that are appropriate for each one Dozens of step by step illustrations of technique in Fish The Basics ensure that the seafood cook whether beginner or expert will never be caught short and forced to choose something less than fresh

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