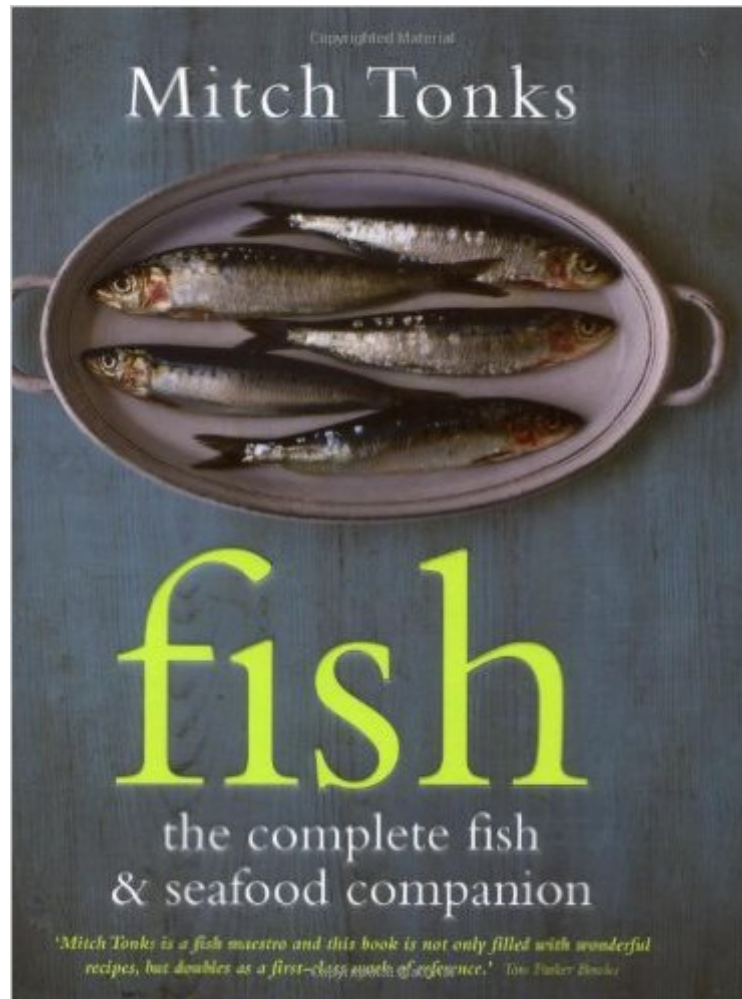


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# Fish: The Complete Fish & Seafood Companion



## Synopsis

Global in outlook, this comprehensive guide offers a species-by-species breakdown that details how to buy fish, where and when it is in season, and how best to harness its flavor and health benefits. Ecologically sound fishing methods are discussed along with the issues surrounding depleted stocks in order to provide a modern look at the fish industry. Finally more than 100 delicious recipes are included and accompanied by stunning food photography, making this an all-inclusive guide to every aspect of fish consumption that will tempt food lovers the world over.

## Book Information

Hardcover: 320 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #665,234 in Books (See Top 100 in Books) #207 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood](#)

## Customer Reviews

As usual I received this book for free in exchange for a review. This time it was from NetGalley. Also as usual I give my scrupulously honest opinions below. The structure of the book is fairly binary. The first 40 pages out of the 200 center on the general bits you would want to know about fish. How to buy it, how to know it's fresh, how to make sure it's sustainably harvested, etc. It also includes a few interviews with key movers in the fishing industry in Europe. The other 160 pages contain a species by species "fishopedia" of how various species taste, where they're found, any local names for them, environmental issues they may be facing, what season they should be bought in and specific cooking instructions. All things considered the book is a treasure trove of intimate fishy cookery details. The only down side I see as a user is that I'm not sure I can even get most of this fish in the state required to execute these recipes. Your mileage will vary wildly with since I live in a land-locked state in the U.S. that tends to prefer all-beef patties over a more piscatorial bill of fare. To help you determine if you can get the fish described in a shoppe near you, I give you below a complete list of the various fishes described in this book. If you can buy them where you are, then

buy the book because it really is a treasure.

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