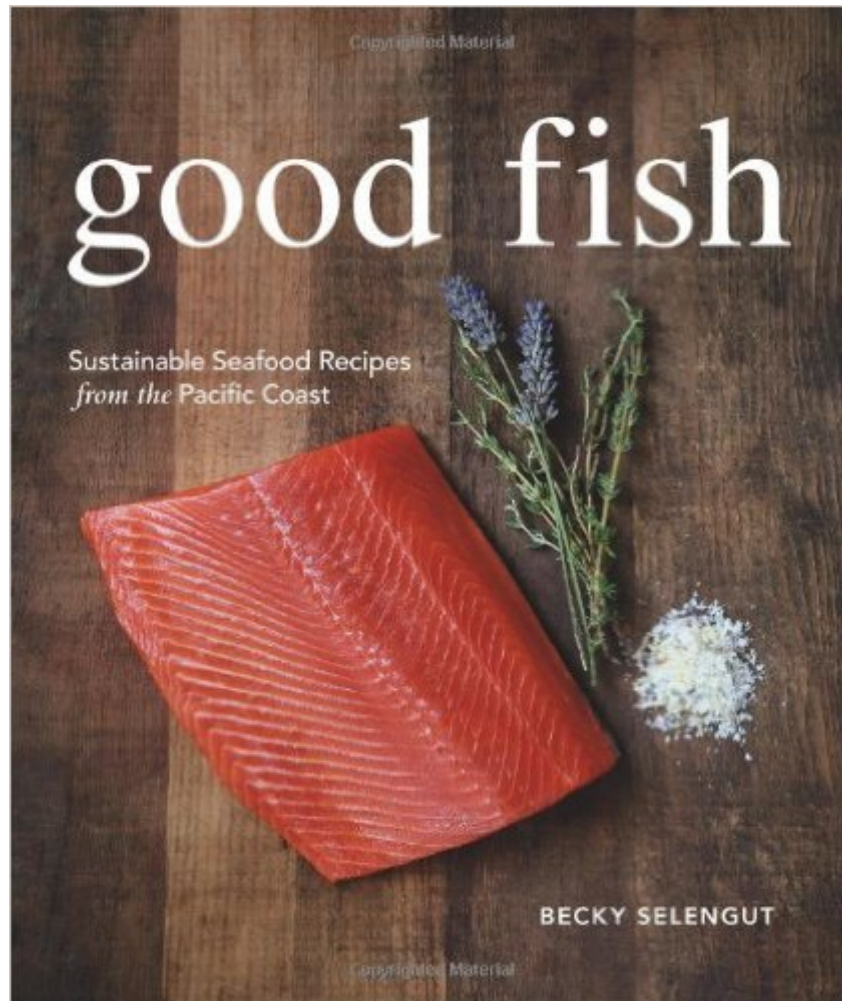


The book was found

# Good Fish: Sustainable Seafood Recipes From The Pacific Coast



## Synopsis

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.

## Book Information

Paperback: 288 pages

Publisher: Sasquatch Books (March 29, 2011)

Language: English

ISBN-10: 1570616620

ISBN-13: 978-1570616624

Product Dimensions: 8.6 x 0.8 x 10 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #180,316 in Books (See Top 100 in Books) #29 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > West](#) #43 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood](#)

## Customer Reviews

I've had the great fortune of taking a class from the chef and author, Becky Selengut, so I was excited and a bit nervous about getting this book. Excited because I've found her straight-forward, witty teaching manner to be very helpful (and fun). Nervous, because I was worried that her personality wouldn't come through in the book. But she nailed it. The book is educational - I love fish but hardly ever cook it because I don't know what kind to buy and, I'm not the best cook. Selengut easily explains what fish to buy, what to look for on the label and what questions to ask at the store.

The recipes are fantastic. Following her instructions, we prepared the most amazing scallops - cooked to perfection. This from "Good Fish" on cooking scallops: "Heat your pan over high heat. (Now many of you will read that, defy me, and turn your heat down to medium high. Trust me, and get your hand off that dial.)" ...she was so right! As a reluctant cook, it is a real treat for me to read a book that is straight-forward, educational, creative and entertaining. Good Fish is a great addition to any cook's collection.

I just received this book yesterday, and decided to make a recipe from it for my anniversary dinner tonight. I was nervous, because I wanted the anniversary dinner to be a success, and you never know how a new recipe will turn out...but it turns out that "Wok-seared squid with lemongrass, chile, and basil" is absolutely delicious, with tender squid and a great blend of Thai flavors. It was definitely a hit for dinner tonight, and I know that I will be making it again, along with many other recipes from this book. Overall, the book is beautiful, with lovely and enticing photos of the recipes. And Selengut's engaging narrative throughout the book about the best way to prepare fish and seafood, as well as how to select and purchase seafood in a sustainable way, makes the book a five-star purchase for me, as well as a book that I could see giving as a gift to others who enjoy cooking and eating seafood. You won't regret purchasing this item! Happy cooking and eating...

I think this is just what this seafood loving world needs. Becky does a great job of describing what type of fish you should look for, if you are interested in sustainable seafood. The recipes within are delicious. I made the grilled sockeye salmon with fennel two ways, and it was fantastic! The book is highly informative without being snooty, and Clare Barboza's photography is absolutely beautiful.

Length: 2:59 Mins

I am a Seattle Chef and Father and try to inspire other parents to cook real food for their families with my website [...]. Little did I know my girls would take over the kitchen and use another Seattle chef's cookbook to make me dinner!! I have learned a lot from Becky's book (and apparently so have my girls) and I hope you will too. Highly recommend a purchase of this great book!! Chef and father, Greg Johnson

I picked this book because the author has selected several specific fish and shellfish based on sustainability. We use the Monterey Bay Aquarium's seafood guide but get kind of lost sometimes.

The introduction is really excellent for someone like me who had NEVER cooked a piece of fish before, she includes pictures and descriptions of concepts like "flaking" and "just flaking" to help you cook it right. I haven't used many of the recipes but they are beautiful, what really sold me on this book was the selection of seafood and the really helpful instructions on cooking it properly.

Our family made a commitment long ago to cooking seafood 3-4 times a week -- it's an excellent source of high-quality, low-fat protein, and (hello!) we live in Seattle, where wonderful seafood is available all year round. Two problems keeping that commitment: the seafoods whose stocks I knew were well-managed (salmon, halibut, black cod, crab, oysters, clams) can be expensive; also, most cookbooks and most seafood recipes seem skewed to East Coast and Atlantic species. Becky's recipes, besides being inventive and delicious and do-able, solve both problems. She explains how some very inexpensive seafood (rainbow trout, squid, sardines) is sustainably raised/managed and why it's good for you. And she focuses on Pacific species. Our battery of seafood recipes has expanded exponentially with the arrival of this wonderful book. (Two caveats: Becky is allergic to garlic, so you might want to add it to, say, the Jerk-Spiced Coho with Kale. And she has a very, very light hand with the hot peppers -- I'm no pepper fiend, but I've doubled the amounts called for.)

Terrific seafood cookbook! I read a lot of cookbooks, and prepare seafood often. Becky Selungut's writing style is humorous and helpful. The pictures are excellent and so far everything I have tried in this book has really pleased my toughest critics - my family. Hope she writes more cookbooks and ventures out into other cooking genres!

An avid home cook I found the recipes and pairings of the wine simply wonderful. My family is excited to see this cookbook out when I'm in the kitchen. They know an amazing meal will be on the table come dinner time.

[Download to continue reading...](#)

Good Fish: Sustainable Seafood Recipes from the Pacific Coast Pacific Coast Tree Finder: A Pocket Manual for Identifying Pacific Coast Trees (Nature Study Guides) Roy's Fish and Seafood: Recipes from the Pacific Rim One Fish Two Fish Red Fish Blue Fish One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself) Betta Fish or Siamese Fighting Fish. Betta Fish Owners Manual. Betta fish care, health, tank, costs and feeding. One Fish, Two Fish, Red Fish, Blue Fish Book & CD (Book and CD) One Fish Two Fish Red Fish Blue Fish (Beginner Books(R)) Poisson Un

Poisson Deux Poisson Rouge Poisson Bleu: The French Edition of One Fish Two Fish Red Fish Blue Fish (I Can Read It All by Myself Beginner Books (Hardcover)) What Pet Should I Get? and One Fish Two Fish Red Fish Blue Fish Fish Cookery/Cooking, Cleaning, and Care of over 100 Species of Fish and Seafood Fish: The Complete Fish & Seafood Companion Wow Canada!: Exploring This Land from Coast to Coast to Coast (Wow Canada! Collection) Kayak Routes of the Pacific Northwest Coast: From Northern Oregon to British Columbia's North Coast Inside Out: Literature, Cultural Politics, and Identity in the New Pacific (Pacific Formations: Global Relations in Asian and Pacific Perspectives) Two If By Sea: Delicious Sustainable Seafood The Ocean Wise Cookbook 2: More Seafood Recipes That Are Good for the Planet One Fish, Two Fish, Three, Four, Five Fish (Dr. Seuss Nursery Collection) The Pout-Pout Fish Tank: A Book and Fish Set (A Pout-Pout Fish Adventure) Fresh Fish: A Fearless Guide to Grilling, Shucking, Searing, Poaching, and Roasting Seafood

[Dmca](#)