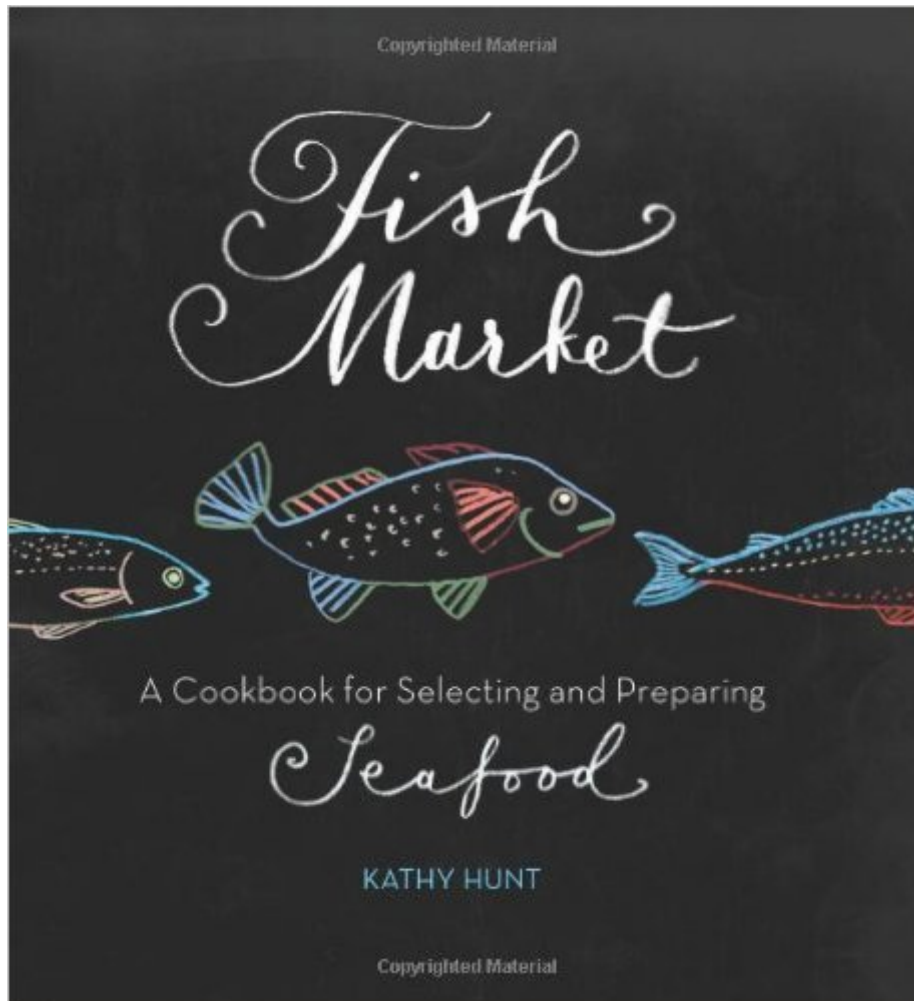


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# Fish Market: A Cookbook For Selecting And Preparing Seafood



## Synopsis

Fish Market provides readers with everything they need to know about selecting, cleaning, preparing, and cooking healthful fish and shellfish. Featuring 120 creative yet manageable recipes, flavor affinities, and a bit of history for each dish, Fish Market takes the mystery out of seafood. Complete with an array of helpful detailed illustrations on how to select, clean, skin, bone, cut, and cook all types of fish and shellfish, this approachable cookbook shows the reader how to create luxurious specialty seafood dishes with confidence. Fish Market explains which fish taste rich and beefy or mild and delicate and explains how to please picky diners while providing them with a healthy dose of omega-3 fatty acids and other nutrients. Sharing insights into what textures and tastes go well with each fish, complementing side dish offerings provide the reader with the perfect accompaniments to round off their meal.

## Book Information

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## Customer Reviews

I enjoy not only the recipes in this cookbook, but also the tone: it's relaxed and conversational, yet clear and direct. There's plenty of advice, from how to hone a knife to the shucking of oysters and cleaning of crabs. And there are a range of recipes from simple everyday standbys to dinner party fare for all sorts of seafood. Want to try whelk? There's a recipe for whelk crepes, pasta with whelk, and a whelk salad. Plus there are a wide variety of recipes for more common seafood; the seven-spice salmon is dead simple, and amazingly delicious. I've not yet tried the flounder and mahi-mahi preparations, but I soon will. All these choices free me up to cook fish in a way that I really enjoy: finding out what is freshest, buying it, and then building dinner around that initial selection. I also like that the book has several recipes for side dishes that don't take a lot of extra

workbut which are sophisticated and delicious nonetheless. I recommend the roasted chestnut garlic brussels sprouts, for example -- aromatic, sweet, and after the initial prep is done they're out of your way roasting while you're working on the main course. One last thing; I admire the eco-rating chart in the back, as a way to be aware of the larger impact of what I'm eating. I took a picture of it with my phone for use in the store. I've only had the book a short while, but it is already changing the way that I shop for seafood and the ease with which I prepare it. So I don't feel as daunted by the wide array of choices at either my local supermarket or the seafood shop. It may take me a while to work up to stir-fried squid, but I'm planning on a bouillabaisse for this weekend!

This is not my favorite recipe book by a long shot. There are no pictures (a few illustrations) to show you how it should look. There are few recipes for the more popular and common fish. This would work well for someone who wants to be adventurous. I got the book because of the rave reviews I saw. But I haven't prepared any of the recipes--I'm not that adventurous.

I recently decided to stop eating meat (for the most part) and eat mostly fish and shellfish. I was raised eating a lot of fish, but really only learned to cook chicken and pork chops and things like that. Fish Market has helped me to learn how to cook fish, which is exactly what I've been wanting to do. I like to be able to go into a super or local market, select the "right" or best fish for that season or occasion or my mood, and then actually prepare it! I really feel like I know what I'm doing now. The fish dishes tasted great and most importantly, are pretty easy and quick. My brother and sister-in-law have also been trying to eat more fish. I sent them a copy of the book and they've only made one recipe so far but they liked the cookbook and said they will keep using it. Actually they have lost a total of 20 pounds since they started eating more fish!! which was great news. Hope you enjoy Fish Market!-Jennifer

This book was quite a surprise to me. My wife had purchased it as part of her unceasing efforts to get me to eat a healthier diet. Frankly I was quite skeptical that I would end up enjoying more fish. I couldn't have been more wrong. The Fish Market features so many different types of seafood, and the recipes are so tasty, that even my finicky fish palate has been easily satisfied. My distaste for sardines, for example, has always been second to none -- until the book's Sardine Spread did the impossible: make me wish we had doubled the recipe. An added bonus is the clever, witty writing and timely inserts that really do give information that is both useful and interesting. My wife loved the fact that there is actually a separate chapter exclusively devoted to

seafood-friendly side dishes, while I was impressed with the fact that the author sprinkled the book's pages with comments regarding sustainability and ecological impact. This is an exceptionally comprehensive book. It's a great addition to our cookbook library and to my taste buds.....Mike D

If you are a meat & potatoes person that has just been told by your doctor to eat more fish or a seafood aficionado this book covers it all. Not only great seafood recipes with a global and eco perspective but also a resource for shopping for, history/description, and cleaning about everything that can be caught in our oceans, lakes, and streams. We frequently see Whelks on our Kayaking adventures in Florida but never thought of eating them. And of course, Whelks are covered in Fish Market along with a few recipes. Written like a journey in seafood consumption it gives the reader such a clear visual it seems you are watching the recipe unfold on the food channel. Covers everything from Bouillabaisse to Fish Tacos. A must have for any kitchen or angler that wonders "how the heck do I cook this?" on a recent catch.

I've always loved fish and always order it when I go out to eat, but I've always been afraid to cook it myself. Fish Market is the first cookbook that I've used that not only explains how to cook the fish in simple, easy steps; but also how to find good fish in the stores and seafood markets. The recipes are not only easy to follow, but are interesting and from many different countries. I love the way the book is organized and that the author has included personal anecdotes about the different types of fish. This is one cookbook that I am looking forward to following and cooking as many recipes as possible. I may even try the exotic ones like eel and anchovies!!!

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