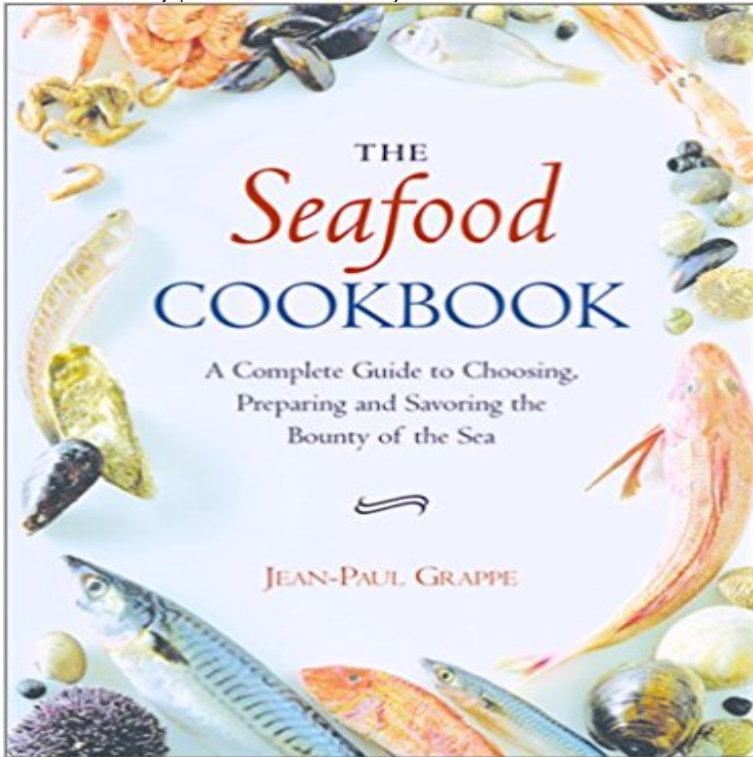


The Seafood Cookbook: A Complete Guide to Choosing, Preparing and Savoring the Bounty of the Sea



This eminently useful volume offers valuable tips on how to purchase and store fresh and frozen seafood, optimal methods of preserving seafood, various cooking methods, and a complete chapter on how to make over 40 sauces and other essential ingredients commonly used in seafood dishes, such as Court-bouillon and beurre blanc. Chef Grappe discusses the various kitchen utensils and equipment that make cooking seafood enjoyable. In step-by-step color photographs, he also shows the basic techniques, including how to fillet sole, prepare halibut and salmon, butterfly lobster, and clean and open shellfish and mollusks. Chapters in The Seafood Cookbook are divided into types of seafood, which include: Flatfish (turbot, flounder, halibut and more) Gadidae (cod, haddock and whiting) Salmonidae (salmon, char and trout) Sea bass and other families (grouper, perch and more) Scombridae and Clupoeids (mackerel, tuna, herring) Freshwater fish (yellow perch, pickerel, pike and more) Crustaceans (crab, shrimp and lobster) Shellfish (oysters, mussels, clams) Seaweed (sea lettuce, arame, nori) An additional chapter lists the best choices of wines to accompany seafood. Some of the over 150 creative, simple yet daring recipes found in The Seafood Cookbook include: Tea-Steamed Weakfish with Almond Milk Butter Poached American Shad with Aromatic Garden Herb Cream Avocado with Snow Crab Stuffing Atlantic Cod Fillets with Red Peppers and Capers Haddock Steaks with Cucumber Coho Salmon Mousseline with Smoked Eel Rilletes Yellowfin Tuna Fillets with Minot Cider Hot Oysters in White Wine with Mushrooms

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