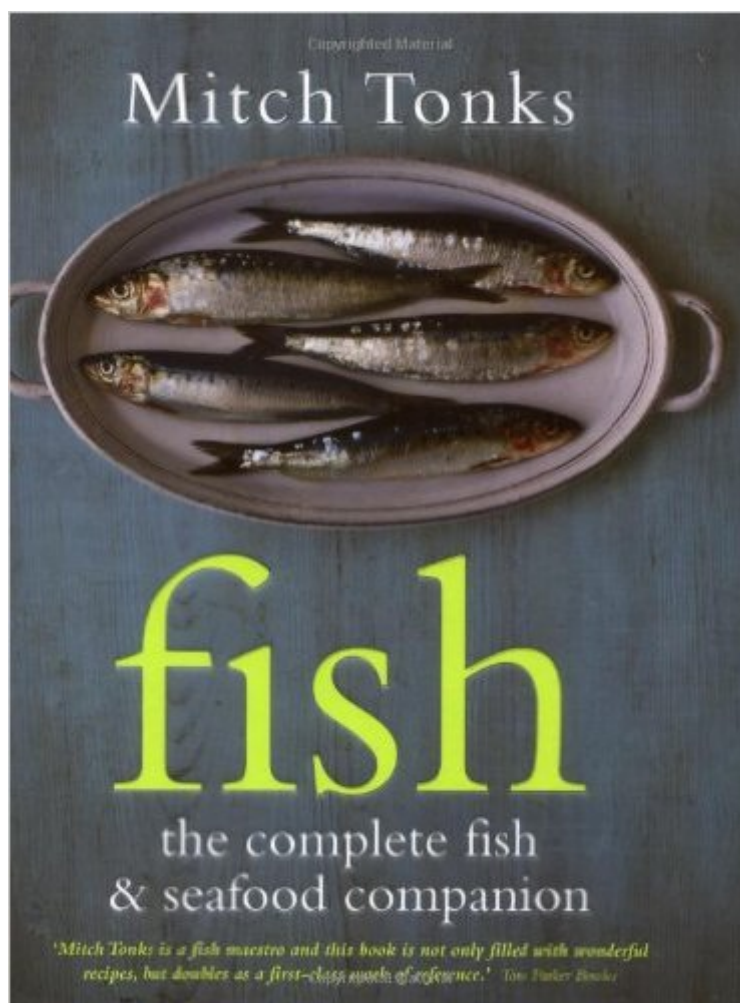


The book was found

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

Publisher: Pavilion (April 1, 2009)

Language: English

ISBN-10: 1862058334

ISBN-13: 978-1862058330

Product Dimensions: 7.5 x 1.2 x 9.8 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #665,234 in Books (See Top 100 in Books) #207 inÂ 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.

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

Fish: The Complete Fish & Seafood Companion Fish Cookery/Cooking, Cleaning, and Care of over 100 Species of Fish and Seafood 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 Fresh Fish: A Fearless Guide to Grilling, Shucking, Searing, Poaching, and Roasting Seafood Good Fish: Sustainable Seafood Recipes from the Pacific Coast Fish Market: A Cookbook for Selecting and Preparing Seafood Roy's Fish and Seafood: Recipes from the Pacific Rim Ivar's Seafood Cookbook: The O-fish-al Guide to Cooking the Northwest Catch 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) The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food Two If By Sea: Delicious Sustainable Seafood Charlie Trotter's Seafood The Ocean Wise Cookbook 2: More Seafood Recipes That Are Good for the Planet

[Dmca](#)