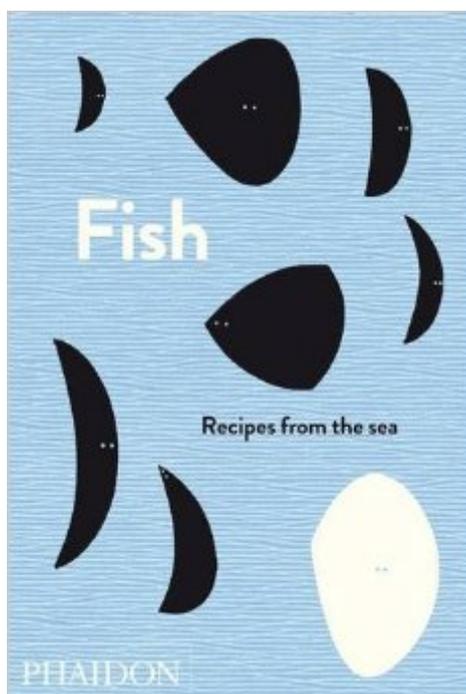


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# Fish: Recipes From The Sea (The Silver Spoon)



## Synopsis

*Fish: Recipes from the Sea* features over 200 authentic Italian home cooking recipes for preparing fish and seafood, carefully collected from the Silver Spoon kitchen. From traditional seafood groups to simple grilled fish with herbs, the recipes in *Fish* are simple and authentic, explained with clear step-by-step instructions and vivid colour photography. The chapters in *Fish* are divided by fish variety and include White, Oily, Flat, Freshwater Fish, and Seafood. The cookbook offers tips on how to take an Italian approach to cooking with seafood including how to choose, prepare, and cook local, sustainable fish and produce, as well as offering ideas for substituting varieties. *Fish* also contains an illustrated guide on how to recognize different categories of fish, how to choose fresh fish, and even describes marine life, and mannerisms for the different varieties. *Fish* contains delicious, authentic home recipes for all food occasions.

## Book Information

Series: The Silver Spoon

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## Customer Reviews

This book says it has more than 200 recipes from the sea that are authentically Italian, however many of them are ones you will find in 'ordinary' cookbooks, that do not seem very regional - fish fried with butter and capers or dusted with cornflour and fried, or baked in a salted crust. There is an excellent introduction to different species of fish before each chapter; with an illustration of the fish, average weight and length, what the fish is like, how it is usually cooked and what some alternatives are if you cannot find that particular variety. Temperatures are in Fahrenheit, centigrade and gas mark. Techniques for preparation are described and illustrated, but crab is left out and that is one seafood that most need help with some instructions on how to clean it. Recipes are divided into

round white fish, flat white fish, oily fish, freshwater fish, and seafood. There is a small glossary and an index. Some pictures of the final dishes are included. Information is generally complete, with the exception of no mention of blue crabs in that variety. A couple of the recipes were not very successful. The crab cakes tasted little of crab, with almost twice as much potato flour and bread crumbs called for than crab; and in a seafood lasagna recipe 7 oz. of crab never even shows up in taste and the 7 oz. of scallops is not too prevalent with 2 canned tomatoes (no oz. size given) pesto, wine and cream cheese. It's sort of a waste of good crab and scallops. Other recipes like trout with saffron and pistachios was more successful. This is a book for very determined seafood lovers. It will give you a lot of information on fish, the recipes are not extremely hard to prepare.

Have tried alot of the recipes most ingredients simple but they are more about the process. Bought the cook book because we were in lent and didnt want to eat the same old fish every Friday. Was a total hit with my Husband and 2 young children the recipes come out looking very fancy pants.

Fish is a great reference for seafood lovers! I rarely cook meat at home; there are so many wonderful varieties of fish, so many of which are light and healthy. I also happen to have two great fishmongers in my neighborhood. I feel more confident, with this book at home, to buy a fish I've never cooked before and experiment with it. The information in Fish is very thorough about each type of fish and how to prepare it. Some of the info, including some recipes, is pretty obvious for an experienced cook, but it never hurts to have something to refer back to. Overall, I think it's a convenient and attractive book, loaded with information, and mouth-wateringly beautiful pictures.

Good recipes! And the book is a very nice pice to decorate your kitchen/ dinning room.

It covers pretty much all kinds of fishes and seafoods you can buy. However, none of this is much of a week night cooking. so be prepared to spend a lot of time on these delicious meals.

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