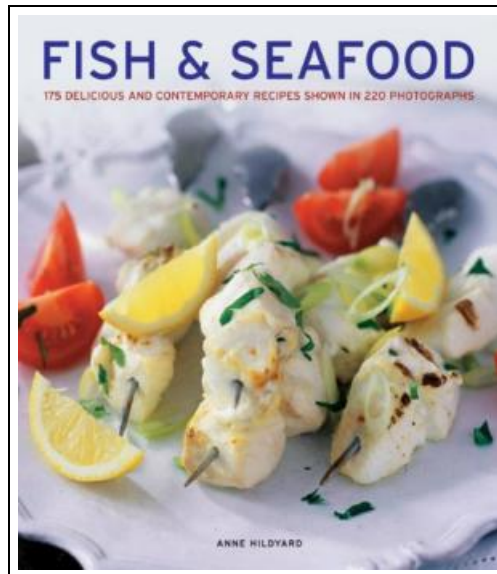


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FISH & SEAFOOD: 175 DELICIOUS AND CONTEMPORARY RECIPES SHOWN IN 220 PHOTOGRAPHS



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Fish & seafood: 175 Delicious and Contemporary Recipes Shown in 220 Photographs, Anne Hildyard, This title features 175 delicious and contemporary recipes that are shown in 220 photographs. It includes recipes for salmon, trout, tuna, sole, sardines, crab, lobster, squid and much more. It features exciting international cuisine, from succulent grilled Italian and Greek fish, to tangy Asian curries, creamy northern European fish pies and Japanese sushi. The inspiring ideas for every occasion include soups; appetizers and light snacks; mousses, pates and terrines; salads; pasta, noodles and rice dishes; fried and grilled dishes; pies and baked dishes; casseroles and stews. Each recipe has an enticing photograph of the finished dish, is explained with step-by-step instructions and comes with a complete nutritional breakdown. Low in fat and rich in protein, minerals and vitamins, fish and shellfish make a great contribution to a healthy diet. This collection of vibrant, taste-packed dishes is the perfect cookbook for any occasion - from a formal dinner party to a quick and easy supper for two. Here are all the popular classics such as Scallops with Bacon, Poached Salmon with Hollandaise Sauce, Crab Cakes, Moroccan Fish Tagine, and Seared Tuna Steaks with Red Onion Salsa. Contemporary dishes include Eels in Green Herb Sauce, Octopus Pasta Bake and Cockle Pie. In this book you will find something to please every palate, for every meal, in every season.



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