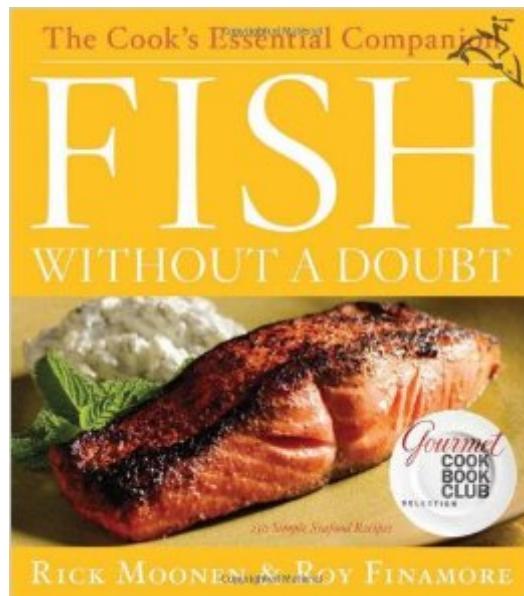


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# Fish Without A Doubt: The Cook's Essential Companion



## Synopsis

Comprehensive. Friendly. Indispensable. With more than 250 simple and delicious recipes. No doubt about it, fish is a cook's dream. Fast. Low in fat, versatile, and healthful, it's even brain food. No other fish cookbook contains such a comprehensive selection of approachable, contemporary recipes. It's written by a pair of experts: a nationally known three-star seafood chef whose true passion is teaching home cooks, and an award-winning writer and sought-after food authority. Arranged for the cook's complete convenience, *Fish without a Doubt* encompasses chapters on all the techniques of fish cookery—from poaching to grilling to sautéing—as well as on all the most popular seafood dishes—from appetizers, to soups and salads, to burgers and pasta. The recipes range from updated versions of classics (Trout Almondine, Linguine with Clams, Jumbo Lump Crab Cakes) to the latest favorites (Steamed Black Bass with Sizzling Ginger, Tuna Burgers with Cucumber Relish, Thai-Style Mussels). It includes slews of quickies for weeknight specials (Broiled Fillets with Butter and Herbs) and centerpieces for splashier occasions (A Big Poached Char). Featuring only seafood that is not overfished, *Fish without a Doubt* provides the latest information for the eco-conscious cook about our last wild frontier.

## Book Information

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## Customer Reviews

This hefty book has all you need to know to cook fish and shellfish. The recipes are clear and descriptive. I like that the authors help you "see" with their words, as in this advice from Oyster Stew: "Cook just until the edges of the oysters curl; they'll look like ruffled petticoats." As a relatively inexperienced fish cook, I appreciated the section up front called Preparing Fish and Shellfish for Cooking and Serving. It's a step-by-step guide, fully illustrated with black and white photos, showing

how to clean and filet a round fish, shell and devein shrimp, prep scallops, clean squid, shuck clams and oysters and prepare lobster. The cookbook missed the fifth star because of the lack of nutritional information for each recipe, and for too few photos. The 41 color images included are luscious. Under the dust jacket is a cover that has the same art except for the reviews on the back cover. Some other good new cookbooks: Hungry Girl, Deceptively Delicious and The Most Decadent Diet Ever!. Here's the chapter list: INTRODUCTION 1. Fish and Health 2. Sustainable Seafood THE BASICS 3. Is It Cooked? 4. The Fish Cook's Kitchen 5. Preparing Fish and Shellfish for Cooking and Serving 6. Shopping for Fish 7.

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