


[DOWNLOAD](#)


Fish: The Complete Guide to Buying and Cooking

By Mark Bittman

Houghton Mifflin. Paperback. Book Condition: New. Paperback. 544 pages. Dimensions: 9.0in. x 8.0in. x 0.9in. Fish: The Complete Guide to Buying and Cooking is a book that simplifies, once and for all, the process of preparing fish. Organized in an easy-reference, A-Z format, Fish gives you the culinary lowdown on seventy kinds of fish and shellfish commonly found in American supermarkets and fish stores. Each entry describes how the fish is sold (fillets, steaks, whole, salted), other names it goes by, how the fish should look, and buying tips. Fish begins with general guidelines on how to store, prepare, and cook fish, whether sauteing, frying, grilling, or smoking, and you will find easy-to-follow illustrations of such important basics as how to gut and fillet a fish. Fish also includes up-to-the-minute information on the health benefits of fish in our diet. In addition, there are more than five hundred recipes and variations, all of which use low-fat, high-flavor ingredients to accent the intrinsic natures of the individual fish rather than mask them. And the vast majority of the recipes are ready in less than thirty minutes. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE
[8.15 MB]

Reviews

If you need to adding benefit, a must buy book. I could comprehended every thing out of this composed e pdf. I am just very happy to tell you that this is the greatest pdf i have study inside my individual existence and could be he finest publication for at any time.

-- Miss Laurie Waters IV

Most of these publication is the greatest publication offered. It is actually rally intriguing through reading period of time. You can expect to like just how the article writer create this publication.

-- Eddie Schuppe

Other PDFs



The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's cameo pin collection.the cartoon-character lunch boxes you...



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



The Complete Idiots Guide Complete Idiots Guide to Baby Sign Language by Diane Ryan 2006 Paperback

Book Condition: Brand New. Book Condition: Brand New.



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...