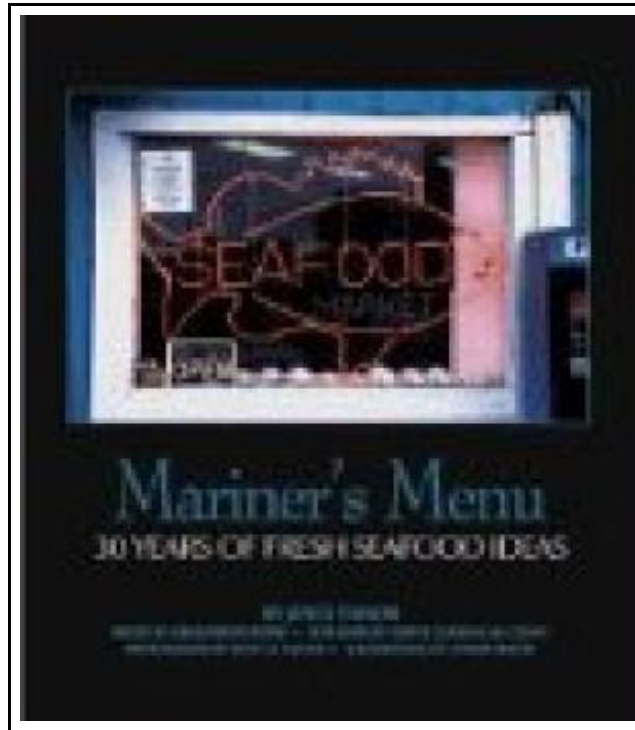


## Mariner's Menu: 30 Years of Fresh Seafood Ideas



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The University of North Carolina Press. Paperback. Book Condition: new. BRAND NEW, Mariner's Menu: 30 Years of Fresh Seafood Ideas, Joyce Taylor, Connie Mason, Scott D. Taylor, Sarah Friday Peters, Since 1973, representatives from home extension clubs in Carteret County, North Carolina, have met each month in a Morehead City kitchen to test new ways of handling, storing, and preparing fish and shellfish caught off the North Carolina coast. Their thirty years of seafood wisdom are now gathered in this comprehensive cookbook and guide for cooks who want to know more than just how to bake or fry fish."Mariner's Menu" contains more than 160 original seafood recipes developed by the dedicated testers and tasters of the Seafood Lab kitchen. Many of these recipes, such as broiled tuna Provencal and steamed clams in wine broth, use easily available ingredients and require little preparation. Separate chapters instruct cooks on broiling, grilling, frying, and steaming. Important preparation techniques such as deboning fish, deveining shrimp, and cracking crab are illustrated in detailed drawings by Morehead City artist Connie Mason. Photographs by Scott D. Taylor of Beaufort reflect seafood's vital role in coastal communities. Packed with images, safety tips, helpful hints, and mouth-watering recipes, "Mariner's Menu" is more than a cookbook. It's a complete resource for handling, storing, preparing, cooking, and enjoying fresh seafood.

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