



Easy Fish and Seafood (Hachette Cooking)

Delphine de Montalier, Delphine de Montalier

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This is the ultimate fish cookery book - the only one you will ever need to create tasty fish dishes and healthy, delicious meals. Learn how to identify fish and shellfish, buy and prepare them, experiment with the recipes and plenty of suggested accompaniments. Find out how to fillet, freeze and defrost fish properly, how much to serve per person, and how to spot the best and freshest product. The author explains a variety of different cooking and serving methods and includes every kind of fish you can possibly imagine - from the humble sardine to the luxurious lobster!

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