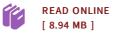


## Basic Fish Cooking Methods: A No Frills Guide for Preparing Fresh Fish (Paperback)

## By Renee T Shelton

Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There are many varieties of fish out there to choose from, whether you catch your own or purchase it from your favorite market. But no matter where it s caught, all fish and seafood are cooked by the same basic methods and techniques. Everyone knows incorporating fish and seafood in the diet is good for health reasons, but using the proper techniques will make it easier to eat fish and seafood on a regular basis. Why? Because fish and seafood tastes better when prepared properly. You II learn: dry heat and moist cooking methods, guidelines for purchasing fish, and basic procedures for baking, oven broiling, sauteing, pan frying and searing, deep fat frying, simmering, and poaching. This is a no-frills guide for purchasing, preparing, and cooking fresh fish and seafood. You II learn what to look for when purchasing fish, the basic differences between dry and moist heat methods, and all the step by step methods for the procedures needed to prepare any catch. This handy book is perfect for taking with you to the fish market, or reading while cooking in the...



## Reviews

Undoubtedly, this is the best function by any writer. It usually will not charge too much. I am just very easily can get a pleasure of looking at a written ebook.

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The book is great and fantastic. I could comprehended almost everything using this published e publication. I am just very happy to explain how here is the very best ebook i have study inside my very own existence and could be he greatest book for ever. -- Mekhi Marvin DVM