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The Seafood Cookbook

Adam Starchild

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The Seafood Cookbook

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The Seafood Cookbook Adam Starchild
This isn't just another book on how to cook fish and shellfish - it's a total seafood experience! The many moods of seafood are reflected in the information-packed sections on cooking seafood and the suggestions for storing, cleaning, dressing, brining, smoking, and pickling. With over 500 mouth-watering recipes - from yummy appetizers and zesty soups, chowders, and stews to tantalizing entrees, casseroles, souffles, and omelets (there's even a section on outdoor cooking and recipes for groups of 25!) - Starchild offers an ocean of low calorie, protein-complete ideas to satisfy your seafood cravings. He even suggests substitutions for seafood you can't always find, and tasty solutions to the leftovers dilemma. Whether you're at the beach or in a formal dining setting, "The Seafood Cookbook" is a must for your seafood cooking pleasure.

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