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Modern Seafood

Nathan Outlaw

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Modern Seafood Nathan Outlaw
Seafood is Nathan Outlaw's passion and he is renowned for his unique style of cooking which encourages the individual flavors of the fish and shellfish to shine through.Sourcing only sustainable fish and local produce in season, Outlaw uses his considerable talents to take cooking seafood to extraordinary heights. In this impressive debut, he shares the secrets of his unique approach to cooking and provides a glorious collection of original recipes.

In the book, Nathan Outlaw offers helpful advice and tips on buying the freshest fish and shellfish in a sustainably responsible way.He then guides you through various cooking techniques including how to pan-fry, grill, roast, steam and deep-fry fish to perfection. The core of the book takes you through the individual fish and shellfish--brill, bream, sea bass, salmon, scallops, squid and so on... For each type of fish or shellfish, Outlaw suggests the best cooking method and how to match the fish with sauces and accompaniments to create your own exquisite dishes. The recipes range from everyday quick meals to make at home for friends and family, to his signature restaurant dishes perfect for elegant dinner parties. Also included is a helpful photographic guide to preparing different types of fish and shellfish that details how to clean, bone and fillet seafood.

Photographed on location in Cornwall, England, this sumptuous cookbook is a feast for ones eyes as well as ones palate.

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