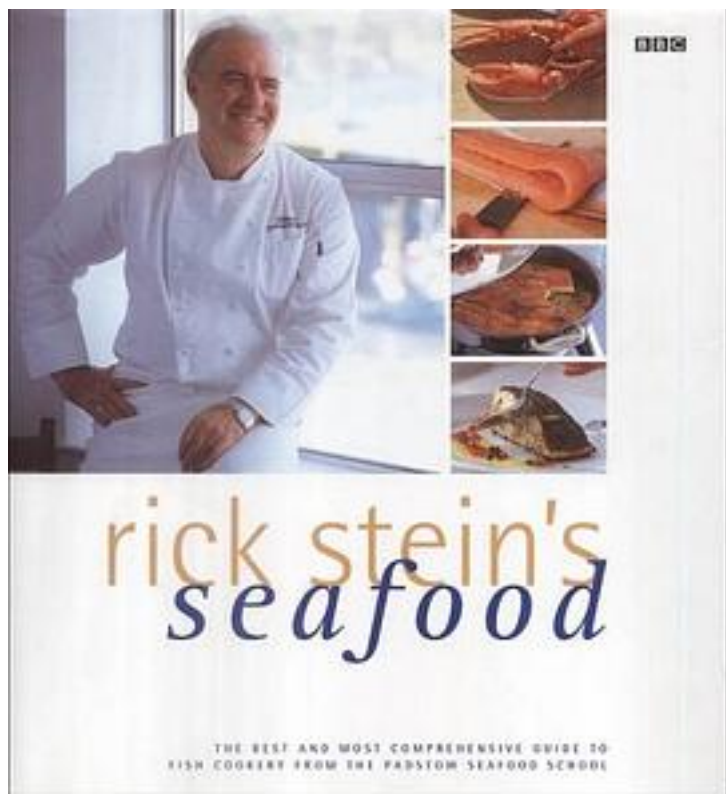


# Rick Stein's Seafood



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著者:Stein, Rick

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Over the years, through his television programmes and cookbooks, Rick Stein has done much to inform us about fish and to encourage us to cook it for ourselves, however, many of us still feel nervous about cooking it at home. Rick Stein's Seafood brings together his knowledge and expertise, and includes 200 of his tried-and-tested recipes. The book is divided into three separate sections: Techniques; Recipes and, finally, an A to Z of Fish. The techniques section covers all the main preparation methods - including how to fillet, scale and gut fish - as well as the cooking methods for each type

of fish (round, flat, shellfish etc), while the A-Z of fish is a comprehensive encyclopedia of fish and seafood including US, Australian and European fish. The recipe section includes all the essential basic recipes, such as stocks, sauces, batters etc. Useful cross references link all sections. Rick Stein's Seafood has been an international bestseller and was awarded the highly coveted James Beard Foundation Cookbook of the Year Award in 2005.

作者介绍:

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## 标签

cooking

## 评论

喜欢他的cooking节目，从文化、地理、农业等多个角度解读一个地方的饮食习惯。有深度但不装逼不矫情。

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## 书评

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