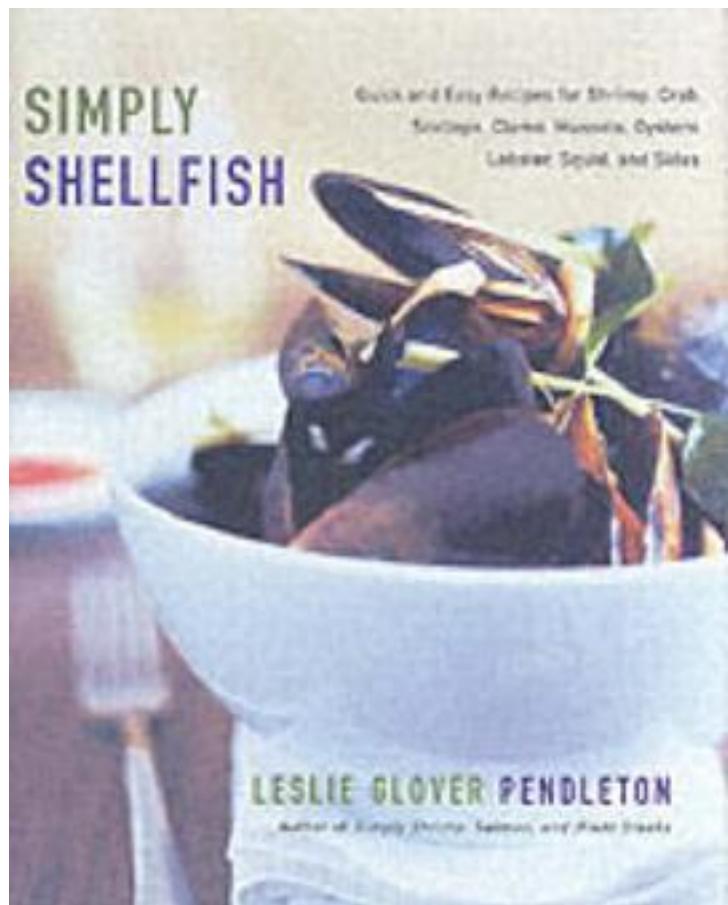


Simply Shellfish



[Simply Shellfish 下载链接1](#)

著者:Pendleton, Leslie Glover

出版者:Harpercollins

出版时间:2006-3

装帧:HRD

isbn:9780060735005

In Simply Shellfish seafood expert and acclaimed cookbook author Leslie Pendleton offers up 125 recipes for shrimp, crab, scallops, clams, mussels, oysters, lobster, and squid. All the dishes are fresh, healthful, and a (sea) breeze to prepare. Shellfish is a near perfect food: packed with good-for-you protein, low in fat and calories, and

exceeding quick and easy to prepare. Not to mention flavor—it's doesn't get much better than creamy clam chowder, tender crab cakes, or succulent lobster rolls. In Simply Shellfish Leslie Pendleton shares her best recipes for these favorites. There's Roasted Shrimp on Asparagus Skewers with Brie, Curried Coconut Scallops, Mussels Steamed in Carrot Ginger Broth, and BLLTs (bacon, lobster, lettuce, and tomato sandwiches). Unlike fish fillets or whole fish, shellfish requires minimal prep time and can be on the table in minutes. Leslie's recipes are at once sophisticated and approachable, with supermarket-friendly ingredients, easy instructions, and outstanding results.

作者介绍:

目录:

[Simply Shellfish 下载链接1](#)

标签

评论

[Simply Shellfish 下载链接1](#)

书评

[Simply Shellfish 下载链接1](#)