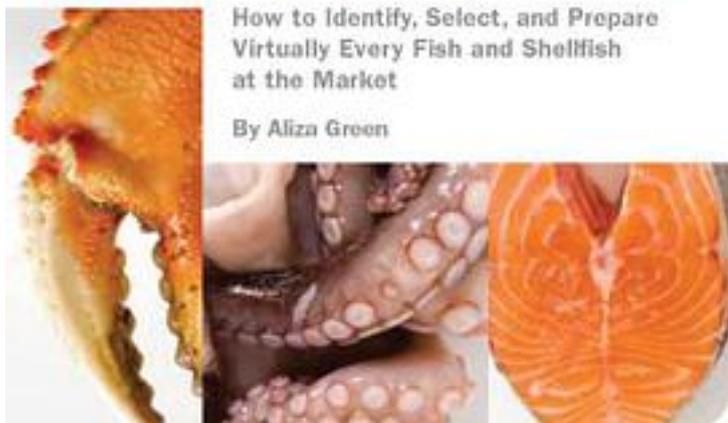


# Field Guide to Seafood



## Field Guide to **SEAFOOD**



How to Identify, Select, and Prepare  
Virtually Every Fish and Shellfish  
at the Market

By Aliza Green

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Doctors now recommend eating fish or shellfish two to three days a week, to reap the plentiful health benefits. For many, however, this is a daunting suggestion - the variety and number of different kinds of fish and shellfish is overwhelming. "Field Guide to

Seafood" has come to the rescue. Continuing Quirk's successful line of food-related Field Guides, this book explains in detail everything you need to know about different kinds of seafood, from how it's sold to how to select it, how to cook it, and what flavours it goes with best. Full-colour photos aid in identification at the fishmonger. Don't go shopping without it!

作者介绍:

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