

Fish



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出版者:

出版时间:

装帧:

isbn:9781905400072

Our appetite for fish is growing, as is our awareness of the importance of eating fish that are low in fat but may be rich in oil. In this important new book, Sara Paston-Williams has not only provided delicious recipes drawn from different parts of the British Isles, but also takes into account the constraints and demands of current fishing and farming practices. She highlights local industries and sustainable practices, working in consultation with the Marine Conservation Society of the United Kingdom. The recipes combine time-honored dishes with modern flavors. Traditional fishcakes are accompanied by Lime Chilli, Fried Mackerel with Rhubarb Sauce, and Roast Turbot with Orange Hollandaise. Freshwater fish are not forgotten; from the Lake District, for instance, comes Ullswater Trout marinated in Lemon and Oil with Tomato and Coriander Sauce. With lists of suppliers and coastal places to visit, "Fish "is the perfect book for the fish and seafood enthusiast.

作者介绍:

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