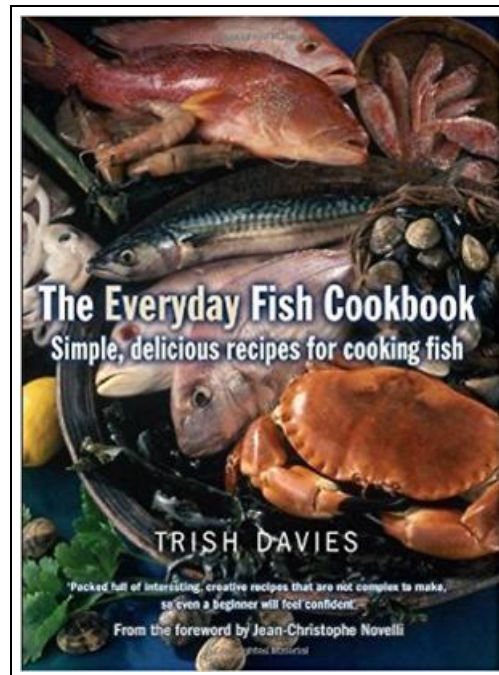


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Reviews

It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).




(Dr. Pat Hegmann)

THE EVERYDAY FISH COOKBOOK: SIMPLE, DELICIOUS RECIPES FOR COOKING FISH (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Foreword by Jean-Christophe Novelli. Fish is high in protein, low in fat - and rich in nutrients. So it is a food we should be eating more of, and including regularly in our meals. The recipes in this book are approachable, flexible and un-complicated, advising on buying, preparation, and freezing as well as cooking. Also included are fish varieties that are often cheaper and less under threat than the most popular fish but offer a delicious alternative, such as pollock, sardines, coley and herring. Contents: Contents; Notes and Conversion Charts; Foreword; Introduction; 1. Soups and Starters; 2. Brunches and Snacks; 3. Cold Lunches and Suppers; 4. Hot Lunches and Suppers; 5. Fish on the Barbecue; 6. Special Occasion Dishes; 7. Accompaniments; Index.

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