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Fish & Shellfish: From Shrimp to Swordfish

Aldo Zilli

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The straightforward approach and accessible recipes in this cookbook put the fun back into fish. Covering everything from how to tell if fish is really fresh to the best cooking methods for each type – from barbecuing to steaming, from roasting to poaching in milk and baking in foil – Fish & Shellfish book includes more than 100 delicious recipes, divided into five sections, that are guaranteed to tempt even the most nervous of fish cooks.

The book also includes a comprehensive guide to the various preparation techniques – each of which is illustrated with clear step by step pictures – from cleaning, gutting and filleting fish, to cutting steaks and stuffing and rolling fish parcels. So whether you are looking for an everyday recipe for lunch or supper or a dish for a special occasion there is something for everyone.

With step-by-step cooking instructions and beautiful photographs, this cookbook makes a wonderful addition to any cook’s kitchen. Fish & Shellfish contains chapters on round fish, flat fish, oily fish, exotic fish, and shellfish, so cooks will find a recipe that appeals to their palette.

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