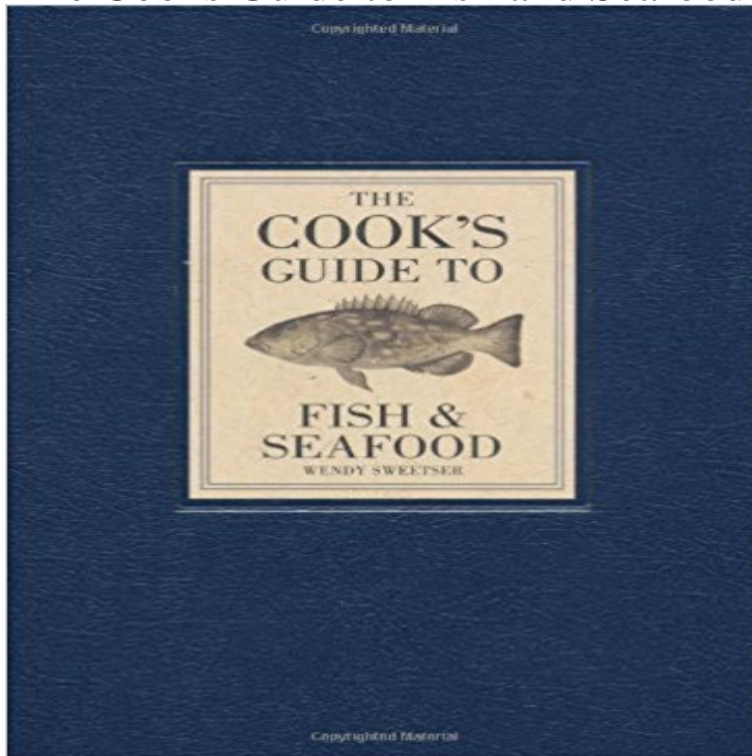


The Cooks Guide to Fish and Seafood



The sea is a treasure chest filled with some of the planets most delicious and nutritious foods. Properly prepared and cooked, these fruits of the sea not only look and taste superb but are packed with health-giving minerals, vitamins, proteins and oils. Fresh seafood takes almost no time to cook and needs no complicated preparation or sauces to enhance its flavour. We know now that fish is the healthiest alternative to meat and we are encouraged to eat it at least twice a week. But are there still plenty more fish in the sea? As fishermen illegally take fish from the rivers and vast trawlers scoop up the marine bounty from the deep seas, they are depleting the worlds stocks of seafood so severely that there will soon be almost nothing left. By ensuring that we only buy fish from sustainable stocks and well-managed fisheries, we can avoid this worst-case scenario. This book provides a comprehensive guide to the worlds sustainable fish and seafood, steering you towards guilt-free enjoyment of the glorious fruits of the sea. About the author Wendy Sweetser trained at the Cordon Bleu cookery schools in London and Paris. She is the author of fifteen food- and drink-related books, including Asian Sauces & Marinades, 500 Cocktails, Asian Flavors, The Ultimate Frying Cookbook, and The Tofu for Health Cookbook. She is food editor and features writer for OK!, The London Magazine, and Period Living, and works as a recipe developer for several international brands. Wendy is also a food stylist with credits on numerous cookbooks.

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