



## Seafood Basics.Buying, Storing, Cleaning, Cooking Fish and Shellfish

By Julie V Watson

Pollywog Desktop Designs, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A basic how-to guide to buying, storing, cleaning and preparation of fish and shellfish common to the Eastern seaboard. People have a great interest in getting back to fresh and local foods but are so used to buy processed food that they feel intimidated. The benefits in both flavour and nutrition of fresh-from-the-sea choices cannot be denied so award-winning food writer, Julie V. Watson, of Prince Edward Island, Canada, created this guide. Tips can be applied to seafood which can be used in recipes of your choice. The author shares the knowledge of generations through a fictional Auntie Seagull character ensuring a fun, informative handbook containing pertinent information about haddock, halibut, trout, salmon, mackerel, and many more fin fish as well as lobster, oysters, mussels, crab and more.

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