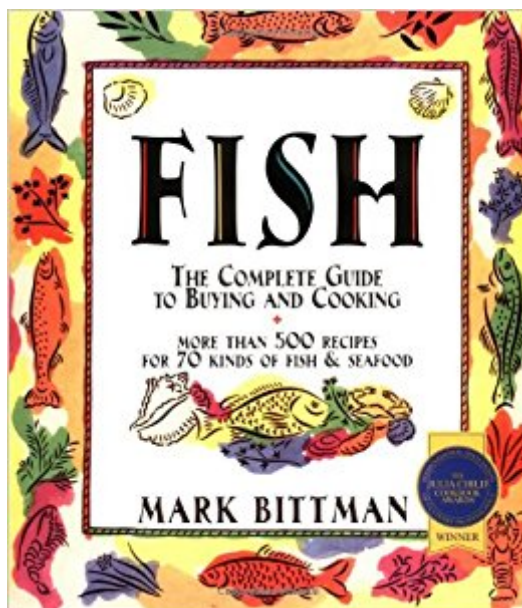


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# Fish: The Complete Guide To Buying And Cooking



## Synopsis

Fish: The Complete Guide to Buying and Cooking is a book that simplifies, once and for all, the process of preparing fish. Organized in an easy-reference, A-Z format, Fish gives you the culinary lowdown on seventy kinds of fish and shellfish commonly found in American supermarkets and fish stores. Each entry describes how the fish is sold (fillets, steaks, whole, salted), other names it goes by, how the fish should look, and buying tips. Fish begins with general guidelines on how to store, prepare, and cook fish, whether sauteing, frying, grilling, or smoking, and you will find easy-to-follow illustrations of such important basics as how to gut and fillet a fish. Fish also includes up-to-the-minute information on the health benefits of fish in our diet. In addition, there are more than five hundred recipes and variations, all of which use low-fat, high-flavor ingredients to accent the intrinsic natures of the individual fish rather than mask them. And the vast majority of the recipes are ready in less than thirty minutes.

## Book Information

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## Customer Reviews

From anchovy to wolffish, Mark Bittman, the executive editor of Cook's Illustrated magazine, presents fish and shellfish by name, offering discussions on preparation and presentation along with sumptuous recipes. Bittman proposes everything from traditional fare--Dungeness crab salad and marinated grilled salmon--to more complex dishes like curried mussels and raw sea bass salad. The more than 500 recipes are tried-and-true, and any cook with access to a decent fish market is advised to take full advantage of Bittman's expert and substantial overview. The book won the 1995 Julia Child Cookbook Award in the Single Subject Category. --This text refers to an out of print or

unavailable edition of this title.

Bittman organizes this more than ample book into short sections devoted to individual fish: technical information on how to handle a lobster, for instance, is combined with consumer buying tips, then followed by nine recipes. Usefully, the author, executive editor of *Cook's Illustrated*, holds his commentary down to a sober minimum--he doesn't often opt for chat or reader entertainment. Instead, unveiling the basics about 70 fish, he provides tried-and-true fare for the table--Dungeness crab salad, marinated grilled salmon--interspersed with more unusual offerings: raw sea bass salad; curried mussels; salmon scallops with garlic confit. Anyone with decent access to a fish market will appreciate (and come to rely on) this substantial overview. Photos not seen by PW . BOMC HomeStyle Book Club alternate; Food and Wine Books selection; first serial to *Self* magazine. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Perfectly fine cookbook, and I always love Mark Bittman. That said, the flaw in this cookbook is comprehensiveness versus excellence. There are hundreds of recipes for any seafood you can think of, but most or all are pedestrian recipes. And seafood can be surprisingly hard to cook perfectly! So instead of tips for how to avoid toughness in calamari, or how to make the perfect bouillabaise, or most of all how to cook various seafoods a pointe and not overdone, we get endless variations on every fish and dish known to man. Recipes, not techniques are the main content here. And that's fine, if that's what you need. Personally, I was a little disappointed. Seafood is delicate, therefore tricky, and more expert tips would have been welcome.

I have tried a number of fish cookbooks, both in English and Chinese, and was not satisfied with any of them. The two main problems: (1) the dishes are too \*heavy\* - e.g. they use too much butter or heavy cream, or involve deep frying, which I avoid; and (2) they rely too much on the same sets of stereotyped ingredients, e.g. tomato-, cream- or soy sauce-based sauces. Mark Bittman tends towards light and healthy cooking, which is much more to my taste, and he offers incredible variety from cuisines all over the world. My very favorite salmon recipe is on p. 235, Salmon Roasted with Cilantro "Pesto". Even those not crazy about cilantro may like this one - it's light, delicious, fast and easy to make in a toaster oven, and likely very \*different\* from any style of salmon you've had before. Fish cookbooks occupy a crucial niche for me - I don't eat meat and general cookbooks tend to concentrate very heavily on meat and sweets, neither of which interests me. And vegetarian

cookbooks by definition include no animal food, but I eat and like fish. So the easiest way to bridge this gap is to get a fish cookbook. The problem was finding a good one. Well, this is definitely the best one I've found. I recommend it highly.

My wife and I have been using this book for many years and have given it as gifts to family and friends. Mr. Bittman presents hundreds of recipes, and lists different types of fish that can be substituted if you are not able to get the primary one in the recipe.

This is a very informative book about selecting, preparing, and cooking about every fish that's edible. It has many recipes that don't require exotic ingredients. Bittman must be one of the most impatient cooks around. He fries and sautees his fish like my wife fries an egg -- on High. Before I got a handle on it and turned down the heat some, I had scorched my salmon and had whiting jumping around in my skillet like pop corn. There was smoke all over the kitchen. So, my advise is to turn down the heat a little. About 8 on a scale of 1-10 works well with my stove. Also, he's prejudiced against talapia -- just saying it's not a fish worth writing about. I guess because it's cheap. I've used talapia in stews and found it very satisfactory. Otherwise, I've already used this book several times for good fish recipes.

I like Mark Bittman's vegetarian cook book and was looking for something similar for fish. This covers a much wider variety of seafood than I'm ever likely to cook but the recipes that I have used have been good, easy to follow, and open to adaptation.

If there ever was a complete and encyclopedic work on cooking fish this is it. When staying at a condo on Maui I discovered this book in the owner's library. Market fresh fish is more available there than most other places and many varieties of fish are available there. Fish species in Pacific and Atlantic waters are different but from a culinary point of view they will share some of the same attributes. For example, Rockfish or Ocean Perch as it's known on the East Coast is Red Snapper in the West. The recipes are arranged by fish type and extensively cross referenced so you can look to similar fish for preparation and seasoning ideas. Moroccan Style Roast Monkfish appears once but, by cross referencing, can be applied to many other types of fish. My copy is almost 20 years old and is in need of some updating. As more people come to appreciate the local Hawaiian Fish it, would be helpful to know that Opah can be prepared in the same way as Rockfish, Monchong like Monkfish. Ahi, Mahimahi, Ono, and Tombo all have equivalent culinary interpretations in the fish

world but correlating them with this edition is difficult at best.

Excellent

Every single recipe has been excellent. Directions are very clear. He compares fish, so if you're looking up cod, he also directs you to recipes for similar fish.

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