



Fish & Shellfish

Rick Stein

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Rick Stein's lifelong passion for cooking fish and shellfish has formed the foundation of his award-winning restaurants and taken him around the world, discovering innovative new recipes, exciting ingredients and the best preparation techniques.

In this completely revised, updated and re-designed edition – including brand new recipes – of his classic *Seafood*, Rick offers comprehensive and inspirational how-to's for choosing, cooking and enjoying fish, shellfish and more.

It includes a step-by-step guide to over 60 essential techniques to prepare all types of seafood: from poaching and salting fish to cleaning mussels and cooking lobster. Based on the methods taught at his Padstow seafood school, every step of Rick's advice is illustrated with full-colour photographs for perfect results.

Over 120 recipes from across the world include light salads, delicious starters and spectacular main courses – from Monkfish Vindaloo and Rick's own version of Salt and Pepper Squid to deliciously simple classics like Grilled Sardines and Clams with Garlic and Nut Picada.

Complete with tips on buying, storing and sourcing sustainable fish, *Rick Stein's Fish and Shellfish* is the essential companion for any fish-lover's kitchen.

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