



# **Fish and Seafood: From Caviar to Grouper, Mussels, Salmon and Shrimp from Filleting to Poaching and Portioning**

*Patrik Jaros, Gunter Beer*

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Saltwater fish, freshwater fish, and shellfish — all the culinary delights of the sea are represented in this richly illustrated cookbook. The special component of this book is that the varying methods of preparing the foods are emphasized. The gilthead seabream, for example, is steamed, boiled, grilled, and baked in a salt crust. Other types of fish are the crowning touch in a stew, but can also be poached, steamed, or fried with delicious results. Various sophisticated methods of preparation are demonstrated. Detailed instructions are given for each individual step of the process, beginning with cleaning, scaling and fileting the fish through the preparation of lobster, crab, and squid. Recipes for fish broth and classics like lobster- or white-cream sauce round out this varied cookbook.



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