



Basic Fish Cooking Methods: A No Frills Guide for Preparing Fresh Fish

Renee T Shelton

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There are many varieties of fish out there to choose from, whether you catch your own or purchase it from your favorite market. But no matter where it's caught, all fish and seafood are cooked by the same basic methods and techniques. Everyone knows incorporating fish and seafood in the diet is good for health reasons, but using the proper techniques will make it easier to eat fish and seafood on a regular basis. Why? Because fish and seafood tastes better when prepared properly. You'll learn: dry heat and moist cooking methods, guidelines for purchasing fish, and basic procedures for baking, oven broiling, sautéing, pan frying and searing, deep fat frying, simmering, and poaching. This is a no-frills guide for purchasing, preparing, and cooking fresh fish and seafood. You'll learn what to look for when purchasing fish, the basic differences between dry and moist heat methods, and all the step by step methods for the procedures needed to prepare any catch. This handy book is perfect for taking with you to the fish market, or reading while cooking in the kitchen. No fancy techniques, just the basics of fish cookery.

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