



The Connoisseur's Guide to Fish & Seafood

Wendy Sweetser

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The sea is a treasure chest filled with the planet's most delicious, nutritious, and healthful foods. For those eager to make the most of this bounty, this *Connoisseur's Guide* not only provides essential advice on how to buy and store seafood, it offers easy-to-follow cooking techniques and delectable recipes, from simple soups, pâtes, and mousses to light lunches, easy family suppers, and sophisticated party fare. And these sumptuous dishes can be enjoyed guiltlessly, since the author has thoughtfully supplied a comprehensive guide to the world's sustainable fish and seafood.

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