

Simply Shrimp

Linda Martinson

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"Simply Shrimp: Fresh, Frozen & Canned" is a book for cooks. The recipes call for ingredients readily available in any supermarket, the book lays, flat, thanks to cut-and-comb binding, and tabbed divider pages make recipe finding easy. Each divider page has a mouthwatering photograph featuring two or three recipes from each section. There's even a photo with step-by-step directions on how to peel, devein, and butterfly shrimp. Recipe instruction is clear and concise. And while the recipes are simple, there's enough variety to satisfy both beginning and more sophisticated cooks. You'll find dishes ranging from light snacks and soups to elegant meals. The appendix in "Simply Shrimp" is complete. You'll learn how to buy shrimp by the count, and how to economize (serve shrimp in the shell - people tend to eat less!) There's a section on garnishes, and information on the various species you'll find in the seafood case. From an interview with Sonja Connor, MS, RD, the author answers the cholesterol question for once and for all!



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