



# Sea Food: Healthy and Delicious Recipes from the Deep

*Kay Scarlett, Zoe Harpham*

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From the familiar and comforting to the wildly exotic and adventurous, the nearly 200 recipes in *Sea Food* come from all parts of the globe. Sampling both seasonal and year-round fish, this beautifully illustrated cookbook features such tasty dishes as Smoked Salmon Pasta, Saffron Prawn Risotto, and Mexican-Style Paella. It includes clear instructions on preparation techniques such as scaling, gutting, boning, and filleting. Whether it's a haul of shrimp, a dozen oysters, a few slices of smoked salmon, or a humble can of tuna, *Sea Food* will help novices and seasoned chefs cook their catch to perfection.

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