Comprehensive. Friendly. Indispensable. With more than 250 simple and delicious recipes.

No doubt about it, fish is a cook’s dream. Fast. Low in fat, versatile, and healthful, it’s even brain food. No other fish cookbook contains such a comprehensive selection of approachable, contemporary recipes. It’s written by a pair of experts: a nationally known three-star seafood chef whose true passion is teaching home cooks, and an award-winning writer and sought-after food authority. Arranged for the cook’s complete convenience, Fish without a Doubt encompasses chapters on all the techniques of fish cookery—from poaching to grilling to sautéing—as well as on all the most popular seafood dishes—from appetizers, to soups and salads, to burgers and pasta.

The recipes range from updated versions of classics (Trout Almondine, Linguine with Clams, Jumbo Lump Crab Cakes) to the latest favorites (Steamed Black Bass with Sizzling Ginger, Tuna Burgers with Cucumber Relish, Thai-Style Mussels). It includes slews of quickies for weeknight specials (Broiled Fillets with Butter and Herbs) and centerpieces for splashier occasions (A Big Poached Char). Featuring only seafood that is not overfished, Fish without a Doubt provides the latest information for the eco-conscious cook about our last wild frontier.

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Anyone who’s ever eaten fish prepared by Rick Moonen has been seduced. This chef knows how to cook fish like few others. He has cooked fish in top kitchens in both New York and Las Vegas for many years. But, for this book, Rick put aside his toque and assumed the role of home cook in a New York apartment kitchen. That means these recipes are created with the home cook in mind. They are not watered down restaurant
recipes. The ingredients are accessible as your grocery store and the local fish market.

Rick's affiliation with fish extends far beyond its preparation. For years he has been at the forefront of the sustainable movement, a leader in the efforts to save swordfish, cod and Chilean sea bass from extinction. (Like me, he is a charter member of Seafood Choices Alliance.)

Rick and I have been friendly colleagues for many years. As one who considers herself fairly expert in cooking fish and seafood, Rick continually amazes me with his creativity. Cooking my way through this book has definitely increased my own knowledge of fish cookery and expanded my horizons.

For the novice fish cook, Rick begins with a picture section where he shows, step-by-step how to accomplish basic techniques of preparing fish and shellfish for cooking and serving. Next comes a section on how to shop for fish and to store it. A chapter describing the fish he uses in his recipes comes next.

Rick spends a good deal of time explaining the techniques and equipment he uses. Rather than one big chapter on the subject, he intersperses his wisdom throughout the book at appropriate places. After reading his notes on broiling fillets, he convinced me to purchase a cast iron griddle.

If you like to cook fish, OR if you would like to cook MORE fish, you will want this book in your collection.

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Fish Without a Doubt: The Cook's Essential Companion by Roy Finamore - 5 Star Customer Reviews and Lowest Price!