



Fish: Recipes from the Sea (The Silver Spoon)

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Fish: Recipes from the Sea features over 200 authentic Italian home cooking recipes for preparing fish and seafood, carefully collected from the Silver Spoon kitchen. From traditional seafood groups to simple grilled fish with herbs, the recipes in *Fish* are simple and authentic, explained with clear step-by-step instructions and vivid colour photography. The chapters in *Fish* are divided by fish variety and include White, Oily, Flat, Freshwater Fish, and Seafood. The cookbook offers tips on how to take an Italian approach to cooking with seafood including how to choose, prepare, and cook local, sustainable fish and produce, as well as offering ideas for substituting varieties. *Fish* also contains an illustrated guide on how to recognize different categories of fish, how to choose fresh fish, and even describes marine life, and mannerisms for the different varieties. *Fish* contains delicious, authentic home recipes for all food occasions.

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