



Fish Cook: From Shrimp to Swordfish

Aldo Zilli

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Seafood is always a popular choice when eating out, but many people shy away from preparing fish recipes at home. In *Fish Cook: From Shrimp to Swordfish*, Aldo Zilli demystifies this delicious and healthy cuisine, and demonstrates how to prepare seafood simply and with stunning results. The book is divided into sections by type of fish – ‘White Fish’ (flat and round); ‘Oily Fish’; ‘Exotics and Specialities’; and ‘Shellfish’ (including crustaceans and mollusks.) Each chapter opens with a beautifully illustrated fish identification guide, complete with information on the fish featured. Fish preparation techniques are demonstrated with clear step-by-step photography and each is accompanied by a delicious recipe, allowing the reader to put their new-found skills to good use. Alternative fish are listed, so that the reader can adapt the recipes as they wish –however with over 100 recipes to choose from, including Pan-fried Red Snapper wrapped in Grilled Zucchini, Charbroiled Lobster in Oriental Herbs and Sautéed Scallops on Broad Bean Mash, the book provides a dish to suit every occasion and taste. *Fish Cook* comes with a whole wealth of expert advice, and includes contributions from top international chefs such as Wolfgang Puck, Jamie Oliver, Anthony Bourdin, Roger Verg, Christian Germain and Giorgio Locatelli.

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