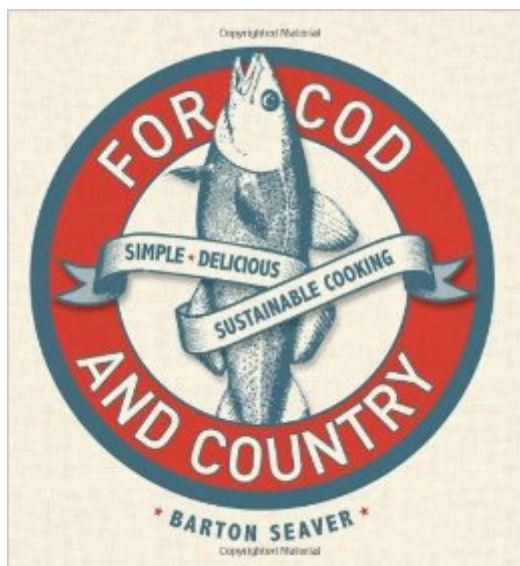


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For Cod And Country: Simple, Delicious, Sustainable Cooking



Synopsis

"You want to save more fish? Eat more broccoli." --Barton Seaver
Even though there are hundreds of types of fish for sale, most chefs are only familiar with a few varieties. That's where Barton Seaver comes in with his unique approach: By combining all manner of fish (not just the familiar standbys) with loads of fresh vegetables, he fosters sustainability both in the sea and on the farm. Organized by season, *For Cod and Country* features only fish caught in those months (plus "a fifth season" for farmed fish), along with ideas for preparation, seasonings, and lists of alternate fish to substitute in inventive new dishes.

Book Information

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Home > Sustainable Living #1381 in Books > Science & Math > Biological Sciences > Ecology

Customer Reviews

There are so many reasons why this book is an exceptional standout. It is one of the most beautiful, high quality books I have ever held in my hands - thick paper, mouthwatering photos, and gorgeous colors and artwork. Barton's writing style is casual, personal, celebratory and inviting, yet he has included tons of essential content about sustainable fish choices, ingredient primers and cooking techniques. I read it cover to cover the day it arrived. It's easy to read because the layout is so beautiful and key points are highlighted by the use of different color fonts. His recipes are fabulous - unique, easy and quick, and there are photos illustrating almost every dish. Even though this cookbook makes you want to run to your nearest fish monger and start your grill heating, there is much to learn not related to seafood, including how to make the very best mashed potatoes, how to best handle salt and pepper, and all the reasons to love quinoa. This is a cookbook that helps us enjoy the most delicious, healthy food and also protect the oceans and marine life for future

generations. I hope everyone buys a copy!

BUY THIS BOOK!!! Barton Seaver's first book really shows us at home some of the secrets of restaurant chefs so that we can get great results in our own kitchens. Chef Seaver personalizes food by sharing a bit of his history with us, and the general conversational tone of the entire book makes it a pleasurable read, in addition to being hugely informative. It's wonderful how he spends pages and pages on specific ingredients and why he uses each one before even showing us a recipe - I felt like I had the benefit of a culinary education without going to school and paying tuition. I also appreciate the information on sustainable seafood because it very succinctly informs the reader about some pretty big issues that surround our oceans and the fish that come from them. The design is fresh, the pictures are gorgeous and more than once I caught my mouth watering while flipping through the pages for the first time. I love how the book is organized by season, which is helpful also when shopping because we'll know if we see a fish in the store out of season that we probably will want to avoid it. None of the recipes are overly complicated, but I'm excited to try some of the more unusual combinations. The mahi with cilantro-almond pesto, garlic-yogurt mashed potatoes and Carrie Anne's beet salad are already in my repertoire, and I can't wait to try more recipes as the seasons progress! I think you really get a sense of how much Seaver enjoys food - and how much you'll enjoy cooking and eating his recipes.

If you've ever wanted to demystify seafood, if you've ever wanted to learn the proper treatment of herbs and spices as means of simple and scrumptious preparation *and* get rich cultural and environmental context in the mix, then this is the book to read! Yes, I do mean "read". It reads as smoothly as a story but is infused with practical techniques, valuable information, mouthwatering recipes and stunning visuals. This book makes you feel the sea at your fingertips. Finally, I can feel good about enjoying cooking fish in a way that is good for me and my loved ones and good for the planet that feeds us too! I plan on giving several copies to friends and family - it's that good and that useful of a reference text on seafood for every kitchen shelf, akin to the Joy of Cooking for seafood!

There simply isn't enough you can say about this book. It is a fantastic cookbook but it is also an manual for eating sustainably. Barton delivers recipes that are not only delicious, but are easy to make. Too often I have purchased cookbooks that include a multitude of ingredients that you would never have in the pantry. Barton's book uses ingredients that everybody would have in the kitchen and combines them in a way that produces some amazing, restaurant quality results. I would highly

recommend this cookbook to anybody that enjoys seafood.

Length: 3:38 Mins

This book reminds you how cooking was intended to be - nourishment for the body and the spirit that is in harmony with the seasons and kind to the planet. The recipes are simple and fun to make. They are organized by season, using fresh ingredients from sustainable fisheries and local markets and are bursting with flavor and goodness. Barton introduces us to many varieties of fish and tells exactly how to cook them and what to pair them with. Using a minimum of ingredients for each recipe so they are simple to make, he still comes up with delightful flavors and textures. From main dishes like Halibut with Ginger-Raisin Crust, to veggies like Butternut Squash with Dates, Red Onion and Chives, or Zucchini Carpaccio, and desserts like Broiled Pears with Orange and Honey, you can't help but be inspired (and guided) to new culinary heights. In addition to the recipes he offers some really useful resources like a list of sustainable fish substitutes, how to shop for affordable fish and how to thaw frozen seafood, spice mixes, wine pairings, web links, and more. Even if you're a vegetarian, you'll find lots of inspiration in this book. It's hardcover, gorgeous, and would make a great gift, especially for yourself!

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