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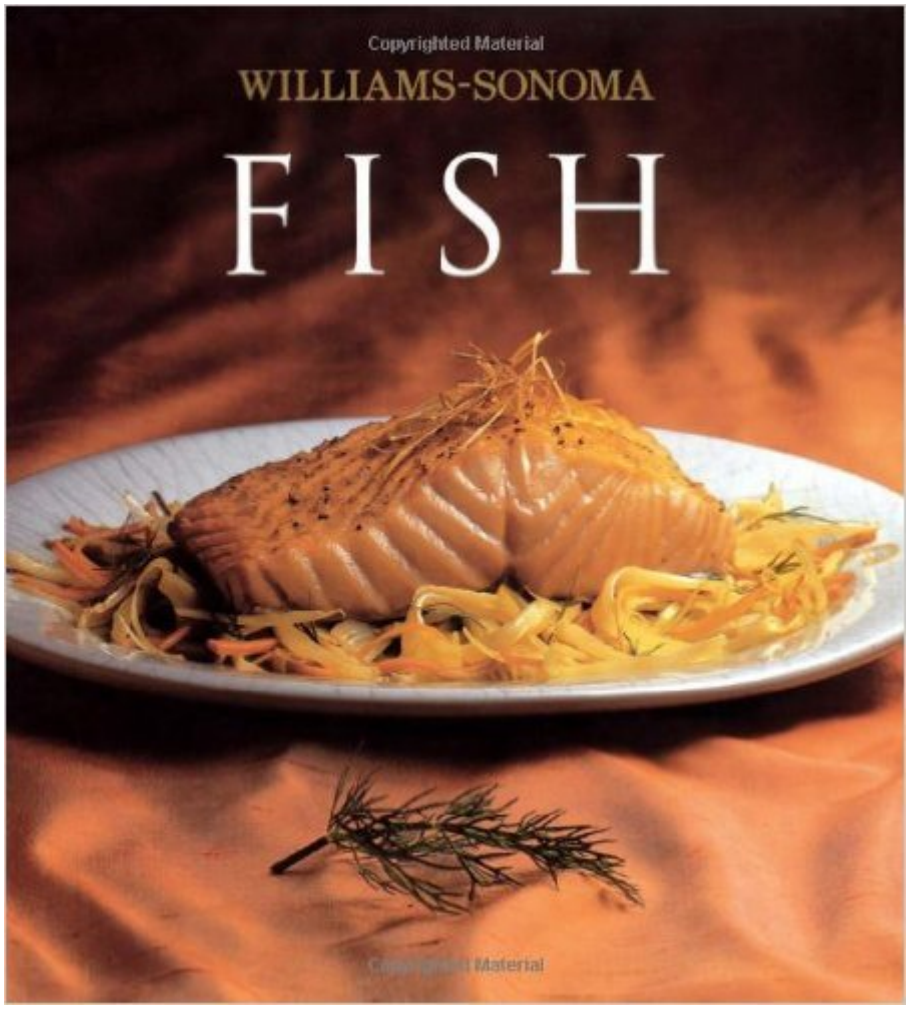
Williams-Sonoma Collection: Fish



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Synopsis

From delicate fillets of sole sauced with butter and lemon to flavorful salmon paired with apple and fennel, the variety of fish dishes is nearly endless. And even with so many different ways to prepare itâ ”sautÃ©ed on the stove top, braised in the oven, or grilled over an open fireâ ”the fresh, clean taste and delicate texture of fish always shine through. Quick and easy to cook, fish is an excellent choice for any occasion.Williams-Sonoma Collection Fish offers more than 40 recipes, including classic fare as well as exciting new ideas. Inside, you'll find simple dishes for quick suppers, intriguing recipes for serving guests, and hearty main courses for satisfying meals. There's even a chapter devoted entirely to other seafood besides fish, including scallops, shrimp, and lobster, rounding out the delicious array of choices. Full-color photographs of each recipe make it easy to decide which to prepare, and each dish is accompanied by a photographic side note that highlights a key ingredient or cooking technique, making Fish much more than just a simple collection of recipes. An informative basics section and extensive glossary fill in everything you need to know to add delicious fish to your cooking repertoire. Lean, healthful, and quick to cook, fish plays an important role in the modern kitchen. Whether you are in the mood for salmon on the grill, traditional trout amandine, or a rustic bouillabaisse, there is always a distinctive and delicious way to prepare any type of fish. Williams-Sonoma Collection Fish offers more than 40 easy-to-follow recipes, including both familiar classics and tempting new ideas. In these pages, you'll find appealing fish dishes for any occasionâ ”from a casual weeknight supper to a more formal affair. This beautifully photographed, full-color recipe collection will quickly become an essential addition to your kitchen bookshelf.

Book Information

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& Wine > Cooking by Ingredient > Fish & Seafood #922 inÂ Books > Cookbooks, Food & Wine > Cooking Methods

Customer Reviews

For those looking to eat more fish and less meat for health reasons, such as the need to reduce saturated fats in the diet, this cookbook offers some wonderful recipes prepared in a variety of ways--using the grill, broiler, oven, soup pot, and frying pan. The recipes use a wide variety of fish and shellfish, including suggested alternatives for some of the more esoteric choices (monkfish, pompano, skate) not always available away from the coast. Recipes range from "simple suppers" to fancier, special occasion preparations, and each recipe is accompanied by an attractive full-page photo of a beautiful presentation.Cooks looking for a complex blend of flavors to set off the fish (especially in sauces) will find that many of these recipes depend instead on only one or two ingredients for their primary flavors--a red snapper recipe is flavored with rosemary and pernod, cod flavored with vegetables and basil, and skate with brown butter and lemon juice. Those who enjoy fruit with their fish may enjoy the halibut with oranges and molasses, salmon with fennel and apple salsa, and salmon with a sauce of mango juice.Many of the recipes show elaborate presentations--oven-poached whole salmon covered with 1/16" slices of English cucumbers, and orange roughy with 1/8" zucchini slices, easy to do if you have a food processor but a bit fussy to assemble. The halibut fillet en papillote can be prepared ahead, so the "fuss" is done before the guests arrive. Those who plan to cook fish on the grill will need to plan for split-second timing of the grilling and the presentation, and to be sure to have the correct implements for turning the fish to avoid shredding it on the hot grill, a reason many people avoid grilling fish for guests.

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