

## English Seafood Cookery

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Christopher Richard "Rick" Stein OBE (born 4 January 1947) is an English chef, restaurateur and television presenter. He is currently the head chef and co-owner of "Rick Stein at Bannisters" at Mollymook, New South Wales, Australia,[1] owns four restaurants in Padstow, a fish and chip shop in Falmouth, Cornwall and has written or presented a number cookery books and television programmes.

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Rick's later books feature his travels around the world and his enjoyment of all foods not just seafood, but this English Seafood Cookery is written about the fish caught from our shores - we have a great deal more types of seafood than you might initially think and over the last 18 years some have become far more familiar than they were 18 years ago.

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Cajun cuisine (French: Cuisine cadienne, [kʰizin kadʰæn]), (Spanish: Cocina acadia) is a style of cooking named for the French colonists known as Acadians who were deported from Acadia in modern-day Canada, incorporating West African, French and Spanish cooking techniques, in regions of Louisiana. Cajun cuisine is sometimes referred to as a 'rustic cuisine', meaning that it is based on ...

## **Cajun cuisine - Wikipedia**

A stew is a combination of solid food ingredients that have been cooked in liquid and served in the resultant gravy. Ingredients in a stew can include any combination of vegetables (such as carrots, potatoes, onions, beans, peppers, mushrooms, and tomatoes) and may include meat, especially tougher meats suitable for slow-cooking, such as beef, poultry, sausages, and seafood.

'Deserves a place on everyone's kitchen shelf' - Sophie Grigson Fish is becoming increasingly popular with the British who are learning to appreciate its enormous variety, versatility and its value as an essential part of a healthy diet. Drawing on culinary traditions from around the world, Rick Stein presents the special recipes he serves at his Seafood Restaurant in Padstow, and, by sharing the secrets of his most popular dishes, encourages us to cook seafood in new and exciting ways.

More than 680 recipes, ranging from the classic seafood repertoire to light, easily prepared dishes, cover the full range of fish varieties available in the United States

Rick Stein opened The Seafood Restaurant in Padstow, Cornwall in 1975. It is now recognised as the best fish restaurant in Britain. For this book Rick Stein has selected ten of his favourite recipes that use the least possible ingredients to make the most of the flavours and textures of fresh fish. He uses a variety of cooking methods including poaching, grilling and baking, and offers valuable advice on purchasing and preparing. From Salmon Tartare to Cacciucco, Italian fish stew, these recipes are easy to follow and delicious to taste.

Fish is the ultimate sophisticated weeknight or company dinner, but it can intimidate even the most nimble home cooks. RICK STEIN'S COMPLETE SEAFOOD offers an almost limitless repertoire, with detailed instructions and extensive charts. Hundreds of photographs and illustrations show how to scale and gut fish for the grill, bake whole fish in a salt or pastry casing, hot-smoke fish, prepare live crabs, and clean and stuff squid, along with other essential techniques. The most comprehensive full-color seafood instructional available, now in paperback. 2005 James Beard Cookbook of the Year. Carefully vetted and adjusted to correspond with North American fish and shellfish availability and sustainability. ReviewsFor all things fish related, we've found no better source than Rick Stein's Complete Seafood, a handsome, amply illustrated volume that details the selecting, handling, and cooking of every species imaginable." --Saveur (Top 100 Home Cook Edition) "Many step-by-step photos make clear how to scale, gut and fillet fish and how to handle a wide variety of shellfish and crustaceans...Cooking techniques are

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given the same thoughtful, step-by-step treatment. And the text is compelling enough, with lots of first-person instruction, to read at bedtime."--Washington Post

Rick (and Chalky his trusty dog) discover great seafood dishes and small delicacies amongst the tidal estuaries, shingle banks and rocky shores of Britain. Rick travels from the bleak Suffolk coast where fishermen scrape a living catching cod to the wild, clear waters of Scotland's lochs bringing back an abundance of stories and imaginative, colourful recipes. The book is organised geographically with each chapter covering one of the regions featured in the BBC series. Rick describes the fish-catching and fish-eating traditions of each area as well as details of the local life, legends and literature. He singles out local delicacies and includes six to eight fish and seafood recipes per chapter. Each chapter is illustrated with stunning food and landscape photography and ends with an area map and a guide to a small selection of the best hotels, restaurants, pubs and specialist suppliers (including information on extra locations, not featured in the series). 'Just as I do in the restaurant to keep ahead of the game, I look for the best suppliers, the freshest fish and who catches them. In a way, this is what this series is about, the fish I love, for all sorts of reasons, not just taste or fashion, where they come from and the people who catch them and the best way to cook them. As a result of looking around the country for the best seafood, it's turned out to be a love affair with the changing coastline of Great Britain and Ireland and the business of going to sea in small boats to catch the freshest prime fish we have.' Rick Stein

Over the years, through his television programs and books, Rick Stein has done much to inform us about fish and to encourage us to cook it for ourselves, however, many of us still feel nervous about cooking it at home. Rick Stein's Seafood, now available in paperback, brings together his knowledge and expertise, and includes 200 of his tried-and-tested recipes. It is divided into three separate sections: Techniques; Recipes; and, finally, an A to Z of Fish. The techniques section covers all the main preparation and cooking methods for each type of fish (round, flat, shellfish etc.), while the A-Z of fish is a comprehensive encyclopedia of fish and seafood including US, Australian, and European fish. The recipe section includes all the essential basic recipes, such as stocks, sauces, batters etc. Useful cross references link all sections. The hardback edition has been an international bestseller and was awarded the highly coveted James Beard Foundation Cookbook of the Year Award in 2005.

A well-known nutritionist offers a seafood primer and cookbook, explaining all the rudiments of selecting, cleaning, and storing fish and collecting recipes for a wide variety of hors d'oeuvres, appetizers, soups, salads, and entrees. Tour.

'All men should strive to learn before they die what they are running from, and to, and why' Rick Stein's childhood in 1950s rural Oxfordshire and North Cornwall was idyllic. His parents were charming and gregarious, their five children much-loved and given freedom typical of the time. As he grew older, the holidays were filled with loud and lively parties in his parents' Cornish barn. But ever-present was the unpredictable mood of his bipolar father, with Rick frequently the focus of his anger and sadness. When Rick was 18 his father killed himself. Emotionally adrift, Rick left for Australia, carrying a suitcase stamped with his father's initials. Manual labour in the outback followed by adventures in America and Mexico toughened up the naive public schoolboy, but at heart he was still lost and unsure what to do with his life. Eventually, Cornwall called him home. From the entrepreneurial days of his mobile disco, the Purple Tiger, to his first, unlikely unlikely nightclub where much of the time was spent breaking up drink-fuelled fights, Rick charts his personal journey in a way that is both wry and perceptive; engaging and witty. Shortlisted for the Specsavers National Book Awards 2013

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