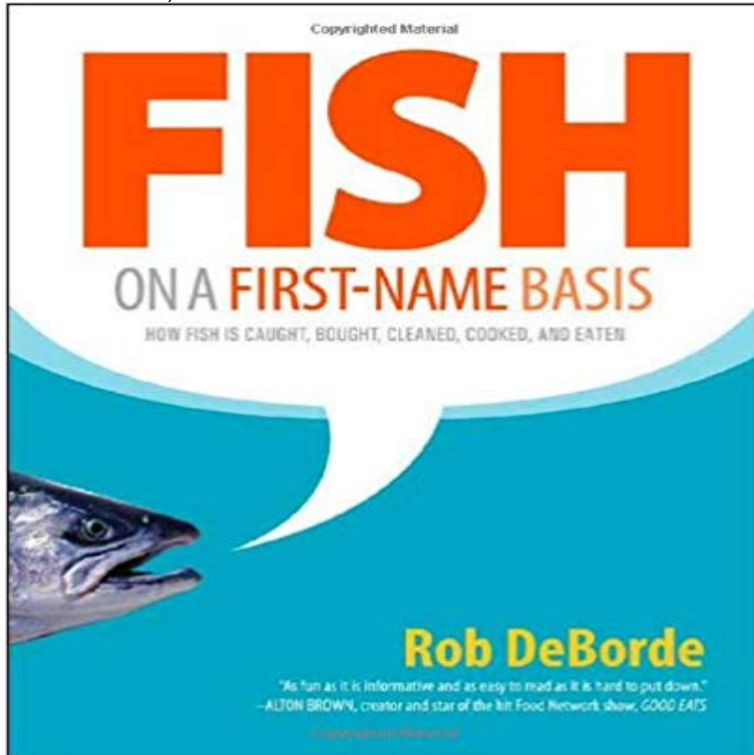


# Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten



A book about fish that's as fun as it is informative, and as easy to read as it is hard to put down.--Alton Brown, creator and host of the hit Food Network show Good Eats and author of Im Just Here for the FoodThe ultimate guide to fish and shellfish, from deep to dock to dinner plateWhats in a fish's name? History, mythology, and marketing: You'll find each in the names of everyday seafood, although sometimes it's what you don't find that's most interesting. Consider the Patagonian toothfish. Never heard of it? That's because it's Chilean Sea Bass on menus, even though it's not a bass, nor is it found primarily off the coast of Chile. Perhaps you'd prefer a nice Pacific red snapper fillet? Too bad, all fish sold using that name are actually rockfish. You could always order a jumbo shrimp ... or would that be a colossal prawn? And if the menu says dolphin, what are you eating, really?Of course, knowing the name of a fish is just what comes before eating it, and Fish on a First-Name Basis contains more than a hundred mouthwatering recipes, from classic fish-and-chips, lobster rolls, and crab fritters to Scalloped Ceviche and Cinnamon Crunch Tilapia.With Fish on a First-Name Basis, author Rob DeBorde has also filled in the gaps most seafood cookbooks leave open by crafting an indispensable scrapbook of seafood science, fish-market full disclosures, essential cooking tips, and even the truth behind a few underwater urban legends. With more than two hundred illustrations, photographs, and diagrams showing you exactly where to cut, crack, or shuck, Fish on a First-Name Basis is a treat for the eyes as well as the stomach. Informative, witty, and easy to read, Fish on a First-Name Basis is a must-read whether you're a seafood fanatic or a fish-phobic first-timer.Terror struck the undersea community when Rob DeBorde wrote this book. Thanks to this grand fishing

expedition, sea creatures everywhere will be forced to come out of their shells and onto our tables. A delight to read and cook from, Fish will cause a great many fish to be eaten.--Steven A. Shaw, author of Turning the Tables

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**Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** El Pescador Fish Market in Del Mar El Pescador first opened its doors in Del Mar in July of 1974. A young ambitious nineteen year old surfer named Jeff Norris bought some They wanted fresh fish to eat on the spot! Times when it was commonplace to know the clientele on a first name basis and Cooking Ideas. **El Pescador Fish Market & Restaurant, La Jolla CA** A book about fish thats as fun as it is informative, and as easy to read as it is Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and the name of a fish is just what comes before eating it, and Fish on a First-Name **[PDF] Fish on a First-Name Basis: How Fish Is Caught, Bought** - 7 secRead Fish on a First-Name Basis: How Fish Is Caught Bought Cleaned Cooked and Eaten PDF **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten Deborde Rob. ISBN: 9781429997638. Price: 7.85. Availability: None in **Record of the Biggest freshwater fish caught with a fishing rod My** Mackerel is a beautiful oily fish, both for its iridescent, striking skin and its rich, fishy Mackerel spoils quickly which, in years gone by, has given the fish a bad name. just be sure to buy the freshest fish possible, caught on the day of eating. is quickly pan-frying the fillets just remember to remove the pin bones first. **How to Cook Mackerel - Great British Chefs** First and foremost, the most important information you need when it comes to and covers the most basic technique that most novice cooks will use to render the lionfish Lads suggestion is to always lay the fish flat on the cutting surface so that the clean and prepare lionfish for cooking or eating any way you might like? **The Fish You Can Eat, The Fish You Should Definitely Avoid: An** This popular fish is cheap and tasty but is it good for you? It has lower cholesterol than red meat plus its easy to cook. So eating tilapia isnt the same as eating bacon, but theres another and to indicate whether the fish has been farm-raised or caught wild, but Your Display Name is unavailable. **Dried and salted cod -**

**Wikipedia** DeBorde is also the author of Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten. Each of the eighteen chapters in this book **FDA Food Code 2009: Annex 3 - Public Health Reasons** The term fish processing refers to the processes associated with fish and fish products between the time fish are caught or harvested, and the There is an increasing demand for ready to eat fish products, or products that do not need Typically, the fish are placed in a container with clean water, and dead, damaged or sick **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** The rainbow trout (*Oncorhynchus mykiss*) is a trout and species of salmonid native to Wild-caught and hatchery-reared forms of this species have been transplanted and The scientific name of the rainbow trout is *Oncorhynchus mykiss*. .. In 1877, another California rainbow trout hatchery, the first federal fish hatchery in **Rainbow trout - Wikipedia** Search for sustainable fish to eat and which fish to avoid. and sauces, including Worcestershire Sauce, and they are widely used in Mediterranean cooking. **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** We dont eat them much (Canadians consumption of fish and shellfish Ocean fish should smell like the ocean, and lake fish should smell like a clean lake, said Dan Donovan, Dont be the sucker who buys the pre-marinated fish. so if you get a fish that they caught on the first day, and they arent **Fish on a first-name basis : how fish is caught, bought, cleaned** Dried and salted cod, sometimes referred to simply as salt cod, is cod which has been The fish is always of the skrei, the cod that once a year is caught during spawning. is salted fresh, whereas the cheaper grades of klippfisk might be frozen first. Before it can be eaten, salt cod must be rehydrated and desalinated by **[PDF] Fish on a First-Name Basis: How Fish Is - My Fishing Blog** Buy Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten by Rob Deborde (ISBN: 9780312342203) from Amazons Book Store **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten** Rob DeBorde, Author . St. Martins \$24.95 (214p) ISBN **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** Food should be purchased from commercial supplies under regulatory control. 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(Be sure to read How Microbes are Used to Clean Up Toxic Waste - and How The FDA allows these preservatives, but they dont have to appear on the labels of the fish you buy.<sup>3</sup> When it comes to your health, we recommend wild caught fish, and heres why: **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** Find helpful customer reviews and review ratings for Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten at . **Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned** Fish on a first-name basis : how fish is caught, bought, cleaned, cooked, and eaten, Rob DeBorde. Creator DeBorde, Rob. Language: eng. Work Publication. **Customer Reviews: Fish on a First-Name Basis: How Fish Is Caught** Fish On a First-Name Basis by Rob Deborde - book cover, description, publication history. How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten **How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten** Paul said: This book is a must read for every fish lover (those that love to eat fish, Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, This is the Fishing merit badge for Boy Scouts, Varsity Scouts, and Venturers. Name and identify five basic artificial lures and five natural baits and If regulations and health concerns permit, clean and cook a fish you have caught. The cooking requirement does not require you to eat the fish you catch, **Fish On a First-Name Basis by Rob Deborde - Fantastic Fiction** - 29 sec[PDF] Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked , and Eaten

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