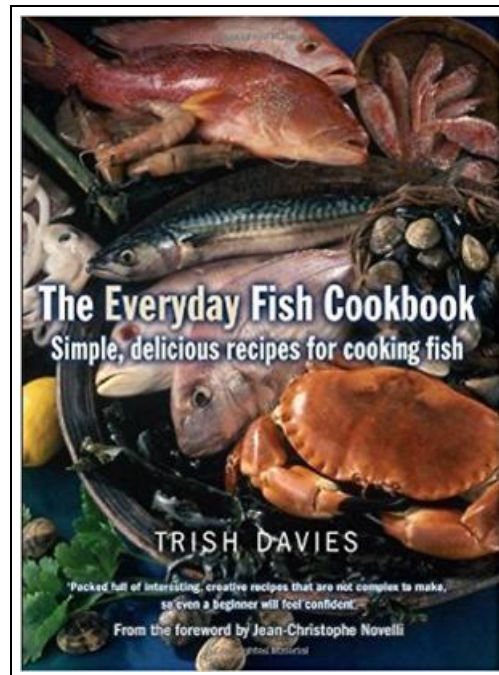


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Little, Brown Book Group, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Foreword by Jean-Christophe Novelli. Fish is high in protein, low in fat - and rich in nutrients. So it is a food we should be eating more of, and including regularly in our meals. The recipes in this book are approachable, flexible and un-complicated, advising on buying, preparation, and freezing as well as cooking. Also included are fish varieties that are often cheaper and less under threat than the most popular fish but offer a delicious alternative, such as pollock, sardines, coley and herring. Contents: Contents; Notes and Conversion Charts; Foreword; Introduction; 1. Soups and Starters; 2. Brunches and Snacks; 3. Cold Lunches and Suppers; 4. Hot Lunches and Suppers; 5. Fish on the Barbecue; 6. Special Occasion Dishes; 7. Accompaniments; Index.



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