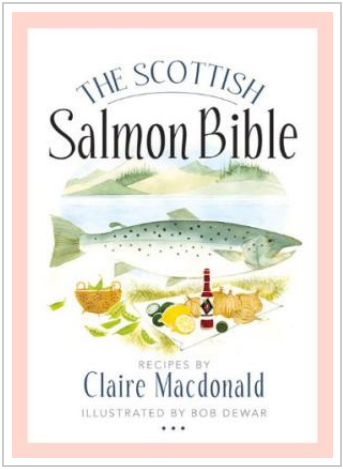

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The Scottish Salmon Bible (Paperback)

By Claire Macdonald

Birlinn General, United Kingdom, 2013. Paperback. Condition: New. Bob Dewar (illustrator). Language: English . Brand New Book. New title in the same series as bestselling The Stornoway Black Pudding Bible, The Italian Sausage Bible and The Macsween Haggis Bible Salmon can be eaten any time, and makes excellent starters, main courses, breakfasts and snacks, and there suggestions for all of these in this book. Due to its high protein content, omega-3 fatty acids and vitamin D, salmon is one of the most nutritious fish available, with many health specialists recommending that it should be eaten three times a week. In this handy and varied collection of recipes, award-winning chef Claire Macdonald demonstrates the enormous versatility of salmon in forty mouth-watering recipes which show you could eat salmon seven days a week and still never tire of it. Hot-smoked salmon, cold-smoked salmon, salmon fillets and Gravalax (salmon cured with sugar, salt and dill) all feature, together with a huge range of imaginative accompaniments, from beetroot, cheese and cream to bananas,tomatoes, garlic and prosciutto.

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