



Sea Gastronomy: Fish & Shellfish of the North Atlantic

Michael O'Meara

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SEA Gastronomy provides an encyclopaedic culinary study of the huge variety of fish and shellfish in the North Atlantic - an essential companion for any fish-lover's kitchen. This 12-chapter book contains 235 recipes, information on 120 species of fish and shellfish, all beautifully illustrated with over 375 images.

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