



Salmon: A Cookbook

Diane Morgan, John Ash, E. J. Armstrong

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Diane Morgan is hooked on salmon and it shows. From the deck of a commercial fishing boat in Alaska to the fish farms in Scotland, she has traveled the world on a quest to find out everything there is to know about the world's favorite fresh fish. Learn the difference between wild and farmed salmon, discern among the varieties of species, whether Atlantic, Chinook, Coho, or Sockeye, and discover the heart-healthy benefits of including salmon in the diet. The real catch are the recipes. Salmon Hash, Thai Coconut Soup, Salmon Tacos, and a dramatic yet simple whole roasted version show the incredible versatility of salmon it's perfect morning, noon, and night. It pairs well with an international array of flavors and can be poached, smoked, baked, or grilled. With tips for storing, preparing, filleting, cutting steaks, taking out pin bones, plus gorgeous scenic photographs of famed fishing areas, *Salmon* is sure to make a big splash in the kitchen.

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