Fish Easy: Over 100 Simple 30-Minute Seafood Recipes

Mitch Tonks

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A seafood expert offers simple, delicious recipes that each take less than 30 minutes to prepare and cook

A collection of incredible fish and shellfish dishes are all made using accessible yet sustainable fish, from salmon and trout to bream and bass to mussels and crayfish. The five chapters are based on cooking methods—the grill, the frying pan, the casserole pot, the oven, and the parcel, for fish baked in a foil parcel. Each chapter features tips on how to get the best results, whatever the heat source. There are plenty of tips and tricks with the recipes, including how to simplify the cooking further, and how to make a similar dish more cheaply. Specially commissioned photographs of the dishes and step-by-steps for many of the techniques complete this beautiful and accessible book. Recipes include dual measurements.

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