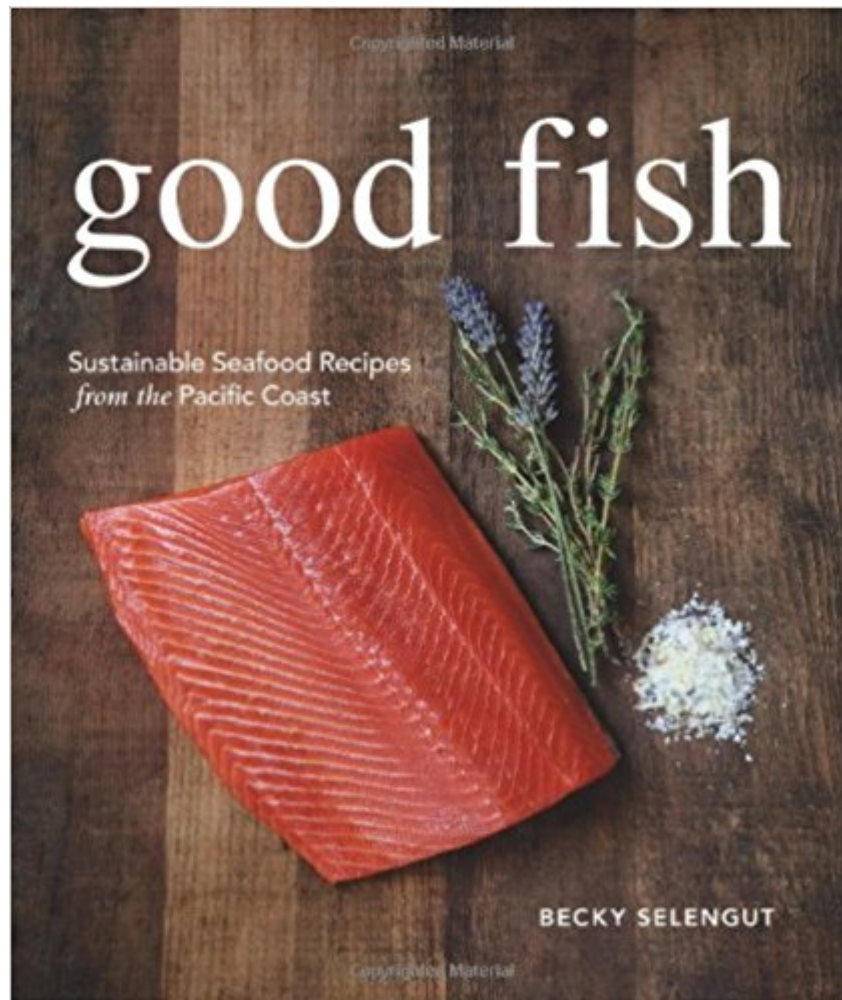




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# Good Fish: Sustainable Seafood Recipes From The Pacific Coast



## Synopsis

It can be intimidating to shop for seafood. You wonder if it's healthy for you, you worry about whether it's overfished and whether it's caught in ways that harm other species or the environment. Making smart seafood choices has never been more confusing or more important for the planet and our health. Chef and seafood advocate Becky Selengut knows from good fish, and in a voice that's informed but down-to-earth, she untangles the morass surrounding seafood today. From shellfish to finfish to littlefish, fifteen good fish are featured, and the accompanying seventy-five recipes will appeal to a wide range of home cooks: from beginners, to busy parents trying to put a healthy weeknight meal on the table, to the more adventurous who want to create special-occasion dishes. Sommelier April Pogue provides wine pairings for each recipe. Good Fish is an invaluable resource for anyone living on the Pacific Coast. Chef Becky Selengut is an advocate for seafood sustainability and seasonal, regional cuisine. Her writing has been featured in Seattle Homes and Lifestyles and Edible Seattle magazines. She lives in Seattle.

## Book Information

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## Customer Reviews

Becky Selengut is one of the people who will save Western Civilization...CornichonThis is a book I'll be going back to again and again, for inspiration in the kitchen or just to savor a fishy turn of phrase. Every piscivore should own a copy.Langdon CookWe know our ocean fish are beleaguered—•the dilemma is we still want them for dinner. Solution: Good Fish... Instead of being dire, [author Becky Selengut] celebrates what you can eat: 15 varieties of Pacific seafood that

are safe for the environment and for you. The easy-but-unusual recipes include the best version of Hangtown Fry we've seen, and even the nuts-and-bolts sustainability spiel slips down like a nice fresh oyster.

Sunset We tested some of the recipes in this book and we were both blown away. Not only was each meal delicious, but also both of us learned something from each dish... This book will ALWAYS be in our kitchen. We think it should be in yours too.

Gluten-Free Girl and the Chef Whether you're a fish fanatic who owns a copper poaching pan and knows your fishmonger by name, or a seafood scaredy cat who hears the soundtrack from "Jaws" at the mere thought of buying a live Dungeness crab, "Good Fish"...deserves a spot in your kitchen.

The Seattle Times Glory in our local shellfish, finfish and "littlefish (hello, sardines!) says Seattle's goddess of seafood sustainability, Becky Selengut, who reels 'em in with honesty, humor and recipes...

All You Can Eat With "Good Fish," Seattle chef and writer Becky Selengut manages to keep the joy of eating seafood front and center, while gently, succinctly explaining why we should be eating the likes of not just salmon and halibut, but also sardines, trout and arctic char, to name a few.

Gorgeous color photos are part of the mix, along with entertaining vignettes from the author... The Oregonian In Good Fish Becky Selengut presents the perils of the world's oceans as an opportunity, not a roadblock. And what a delicious opportunity it can be. She teaches us how to cook seafood most home cooks shy away from, like scallops, sardines and squid, but also helps us perfect our technique for cooking our favorites such as salmon, halibut and clams.

Seattle Weekly Here it is - every thing you ever wanted to know about selecting sustainable fish, cooking it to perfection, plating it beautifully and pairing it with the perfect wine.

Good Fish. NW chef and author Becky Selengut, who is knowledgeable, gifted and (my favorite) sassy, infuses this stunning book with all three qualities. Drop-dead gorgeous photographs, out of the ordinary recipes - this is a book that makes me take a deep breath, smile and say - oh my goodness. The little photos of how to tell when fish is not done, just perfect and overdone made me squeal a little. So hard to explain with words, using photos is genius. That's because Becky has also been a teacher for many years and knows how to break techniques down so everybody understands.

Cookus Interruptus [Becky Selengut] is a smart and funny writer, a talented and experienced chef, and we desperately needed a book with this subtitle: "sustainable seafood recipes from the Pacific Coast."

...If you like to eat fish and you live in the Northwest, this book needs to be on your shelf.

Edible Seattle Becky Selengut's new book Good Fish explaining sustainable practices when purchasing fish and extraordinary tips on cooking fish is one of the best new cookbooks for 2011. Recipes carefully crafted so that flavor is king.

Seattle I think a sauce stain is a badge of honor on a cookbook. And I'm already marking up my copy of "Good Fish" by Becky Selengut, one

of the sharpest, funniest, most ardent chef-authors I know. Rebekah Denn There are plenty of lessons about the best fish to buy and eat to be learned in this book, yet it doesn't come across as preachy. As a fish fan, I appreciate the buying tips and the advice on how to care for your catch once you make the investment. I liked reading about how fish were raised and harvested and the suggestions served up on sustainable substitutes. (Which gives this West Coast-centric collection legs, broadening its appeal to other parts of the country.) Al Dente Read this book a few times and you'll know more about fish than the guy behind the fish counter at your local supermarket. And that's good, because then you'll be forced to seek out a proper fishmonger. Northwest Edible Life...this is a great little book that deserves an unbiased look, if for nothing more than a pre-dinner sustainable fish lesson, a hefty dose of Selengut's signature snark and a solid chef's knife worth of recipe inspiration. LA Weekly...makes eating sustainable seafood at home easier and tastier. Edible East Bay Becky Selengut's book, *Good Fish: Sustainable Seafood Recipes from the Pacific Coast* is one of the most thorough books on cooking seafood I've seen in a long time. It's beautifully presented and the friendly, no-nonsense take on cooking fish and shellfish is refreshing and non-intimidating for novice cooks. Former Chef Whether you're a beginner with fish or wanting to cook more heart-healthy fish dinners in the New Year, this author has something for everyone, no matter your locale • East Coast, West Coast or no coast. The Well-Fed Heart Becky Selengut sears a mean scallop! In her fantastic new cookbook, *Good Fish: Sustainable Seafood Recipes from the Pacific Coast*, she divides the world of fish into shellfish, finfish, and littlefish & eggs, and under shellfish has a whole five-recipe section devoted just to scallops. EAT! The Best Food in the World If you are a conscientious cook, who wants to learn how to properly prepare seafood, then this is the perfect book for you. Book End Babes

Becky Selengut, a Seattle-based private chef and cooking teacher, is also the author of *Shroom: Mind-bendingly Good Recipes for Cultivated and Wild Mushrooms*, and *Not One Shrine: Two Food Writers Devour Tokyo*. She co-hosts a comedy podcast with writer/comedian Matthew Amster-Burton called *Look Inside This Book Club*.

Becky Selengut's "Good Fish" is focused on recipes and techniques for cooking sustainable fin fish and shellfish from the Pacific Northwest. Helpfully divided by fish type, the recipes provide thoughtful (and mouth-watering) takes on how best to emphasize the particular characteristics of the featured fish and shellfish. Some call for smoke, others for pan-roasting or grilling. These are

typically straightforward recipes that are accessible to home cooks with little experience or time to spend on fussy, fancy presentations. Experienced cooks will most definitely enjoy the book as well. Selengut's passion for things aquatic and her commitment to preserving the viability of species before they are overfished to the point of shortage are admirable; her skill and passion for cooking makes every recipe a delight. She's also funny as heck, so "Good Fish" is also an enjoyable read. It's the sort of cookbook you will actually use and come back to time and again, and deserves a place among your most treasured cookbooks.

I've had the great fortune of taking a class from the chef and author, Becky Selengut, so I was excited and a bit nervous about getting this book. Excited because I've found her straight-forward, witty teaching manner to be very helpful (and fun). Nervous, because I was worried that her personality wouldn't come through in the book. But she nailed it. The book is educational - I love fish but hardly ever cook it because I don't know what kind to buy and, I'm not the best cook. Selengut easily explains what fish to buy, what to look for on the label and what questions to ask at the store. The recipes are fantastic. Following her instructions, we prepared the most amazing scallops - cooked to perfection. This from "Good Fish" on cooking scallops: "Heat your pan over high heat. (Now many of you will read that, defy me, and turn your heat down to medium high. Trust me, and get your hand off that dial.)" ...she was so right! As a reluctant cook, it is a real treat for me to read a book that is straight-forward, educational, creative and entertaining. Good Fish is a great addition to any cook's collection.

I picked this book because the author has selected several specific fish and shellfish based on sustainability. We use the Monterey Bay Aquarium's seafood guide but get kind of lost sometimes. The introduction is really excellent for someone like me who had NEVER cooked a piece of fish before, she includes pictures and descriptions of concepts like "flaking" and "just flaking" to help you cook it right. I haven't used many of the recipes but they are beautiful, what really sold me on this book was the selection of seafood and the really helpful instructions on cooking it properly.

I know I have found a good cookbook when I page through it and find myself stopping on every page. Such is this cookbook. The recipes are relatively simple and combine ingredients that make me embarrassed I had not thought of that, but glad I have this book as a go-to resource. Add in its emphasis on sustainable fisheries and it is guilt free.

I think this is just what this seafood loving world needs. Becky does a great job of describing what type of fish you should look for, if you are interested in sustainable seafood. The recipes within are delicious. I made the grilled sockeye salmon with fennel two ways, and it was fantastic! The book is highly informative without being snooty, and Clare Barboza's photography is absolutely beautiful.

this is a great cookbook. I've made several recipes out of it.

This is one of the best cookbooks I have read on seafood. It is super informative and very funny which makes you excited to keep reading. This recipes are very easy to understand and simple to execute. If you have wanted to make more seafood at home but get intimidated; Becky has your back and breaks things down in an approachable and comfortable way. You will impress your self and your guests with these beautiful dishes. I highly recommend this book and her other book Shroom.

This book reads as a love story to the Pacific NW fisheries, and feels a bit as though Becky is standing at the fish counter with you, or knee-deep in the Puget Sound pulling in the catch, carefully and conscientiously prepping your dinner party. The recipes are well thought-out, presented with a debonair flair and a enough of a back-story to hook anyone. Each recommended fish/shellfish is given its own section and a series of recipes to explore it, ranging from weeknight-easy to special occasion-devotion. Clair Barboza's phenomenal photos take you from the dish to the source and capture the spirit of the region wonderfully well, the perfect complement to Becky's prose. Thank you, both, for a job well done!

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