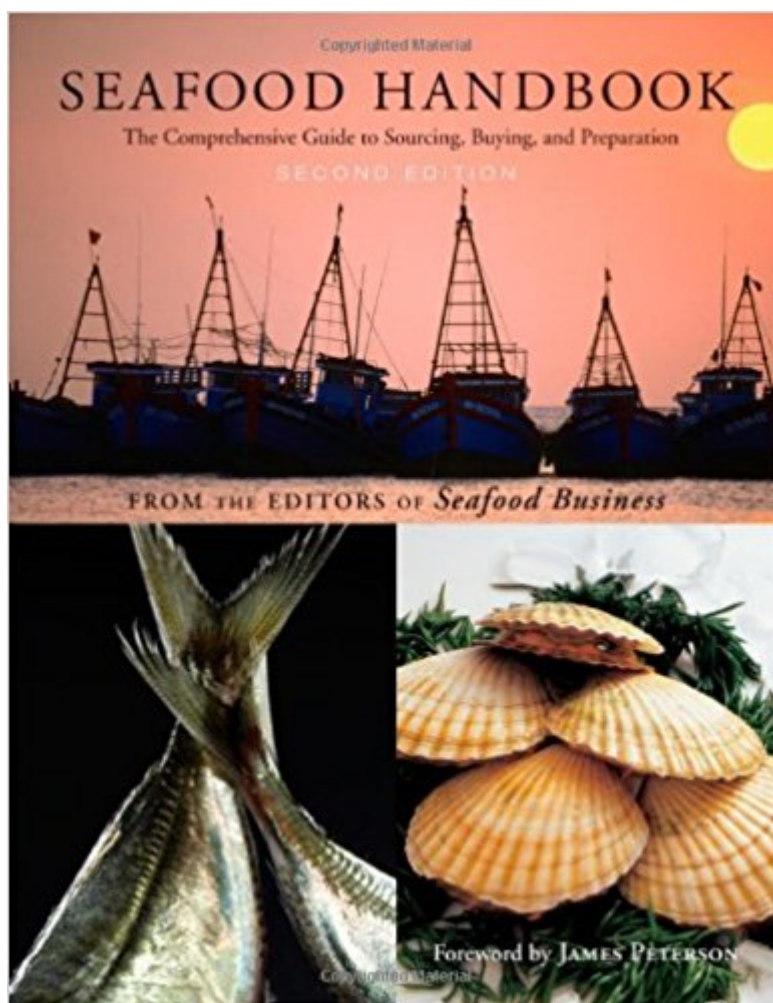


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Seafood Handbook: The Comprehensive Guide To Sourcing, Buying And Preparation



Synopsis

Updated to include a number of new species not previously featured, *Seafood Handbook, Second Edition* remains the only professional seafood reference guide. Easy to use and comprehensive, this book covers the sourcing, cooking, nutrition, product forms, names, and global supply information for more than 100 types of finfish and shellfish, with two oversized posters for quick reference. Professionals in the foodservice industry who need to make menu selections or purchase fish, and seafood buyers will benefit from this in-depth guide.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

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Customer Reviews

The *Seafood Handbook* has more than 280 pages, all in full-color, shiny stock and spiral-bound. The first few chapters are devoted to issues on sustainability, health and safety, aquaculture, harvesting, distribution, product forms, and preparation. Much of the book is for the profiles of the finfish and shellfish. Each species takes up a two-page spread, which has a large painting of the species, a few descriptive paragraphs, a product profile (flavor, texture, and storage), cooking tips, cooking methods, substitutions, global supply, primary product forms, and nutrition information. The book also comes with two very large posters providing overviews of the species: one for finfish and one for shellfish. The book presents an amazing diversity of seafood -- 210 species in all. Each spread is very easy to read and presents all the pertinent data about the species in a clear and organized fashion, though some info such as market size do not consistently appear for all of them. The nutrition facts (which now include omega-3 fatty acid content), substitutions, and flavor and

texture "scales" are very smart additions and make the book unique and quite interesting to read. It wouldn't be very difficult to breeze through the book and gain quite an impressive knowledge of almost all the seafood varieties offered in the market today. The best part is that the book is remarkably light and easy to handle, and shouldn't be a bother if one wishes to take it on a market excursion. Though the Seafood Handbook is quite impressive in its breadth, it is important to note that the book appears to be geared toward a mostly North American audience.

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