



Jane Brody's Good Seafood Book : A Guide to Healthy Eating with More Than 200 Low-Fat Recipes

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Jane Brody, America's authority on great food that is also good food, has written three best-selling books on healthful eating. Now, with the collaboration of Richard Flaste, she has produced another winner in this newest volume, a primer on seafood combined with a collection of delicious recipes.

In the introduction Brody notes that most of us when we were growing up knew fish in one of two incarnations—fish sticks or tuna-on-rye. What we didn't know was that seafood comes in an amazing variety of forms, that it is one of the most important and low-fat sources of dietary protein available, and that it can be cooked easily, even by "fish" novices, in an almost infinite variety of ways that are delicious and go well beyond the frozen fillets of childhood.

Part One is a comprehensive overview of seafood lore that includes chapters on how to select fish; how to clean, fillet, and store it; basic seafood cooking techniques; and full discussions of seafood safety and the overwhelming health benefits of adding fish to your diet. Part Two is a collection of some 250 recipes for hors d'oeuvres and appetizers, soups, salads, and main courses, including special sections on grilling and microwaving. Among the enticing dishes are Shrimp and Onion Pizza, Seafood Tabbouli, Orzo with Clams, Fish Tacos with Cilantro Pesto, and Oven Steamed Sea Bass with Crisp Vegetables.

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