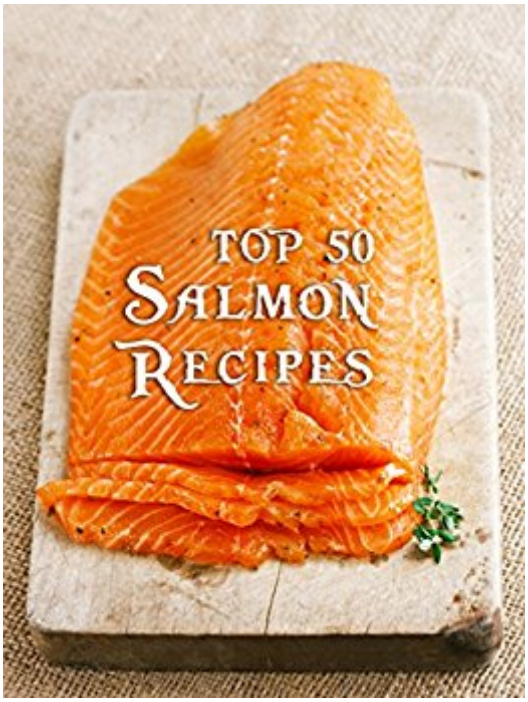
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Top 50 Most Delicious Salmon Recipes (Recipe Top 50's Book 84)



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Synopsis

Salmon is a versatile fish with a striking color and a delicate flavor, itÃ¢â ¬â„¢s also an extremely healthy source of protein. It is rich in omega-3 fatty acids, necessary for the well-being of cell membranesIn addition to omega-3 oils, salmon is a source of many minerals and vitamins, including iron, niacin, zinc, vitamin B6 and vitamin B12. Salmon also contains selenium, a mineral important for the healthy functioning of the thyroid gland and for the general health of the immune system. ItÃ¢â ¬â„¢s also a good source of vitamin D which aids in the bodyÃ¢â ¬â„¢s absorption of calcium and therefore is important for healthy bones.Aside from its nutritional content, salmon is a delicious and prized fish because of the way it lends itself to a variety of cooking methods and flavors. It may be poached, grilled, smoked, fried or eaten raw and it adapts itself to cuisines from around the world. In this recipe book you will find 50 amazing recipes to keep salmon interesting, varied and super deliciousTags: salmon recipes, salmon cookbooks, salmon recipe book, salmon cookery, cooking with salmon, smoked salmon, salmon appetizers, salmon dishes, seafood recipes, seafood cookbook, seafood recipe books, seafood cookbooks for beginners, cooking with seafood, recipes for seafood, smoked salmon recipes.

Book Information

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Customer Reviews

It is hard to find good salmon recipes. This little book has some that sound very interesting. As with most recipe books, not all the recipes sound like they would be good. However, I have found that it does not hurt to make a few adjustments so that a recipe meets the taste of my large family. I am really going to enjoy this book.

Great recipes

Some very good ideas to be found.

I like salmon and will enjoy trying out these recipes.

I'm always looking for new ways to prepare salmon, one of my favorite foods. It's a pleasure to add these recipes to my collection.

Simple recipes that hard to make like the fact it's on my Kindle I go to it anytime without having to drag out a book

You get really great health benefits from the salmon you eat. This book teaches you not only how to prepare it but also about the health benefits you get too. I love some of the appetizers and some of the main dishes, but I leave it up to you to decide just which ones you enjoy best. Thank you and enjoy your day.

Great, I would purchase from this vendor again.

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