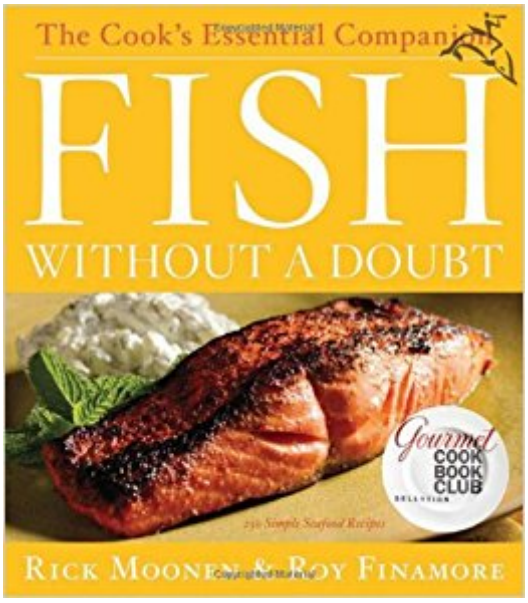
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Fish Without A Doubt: The Cook's Essential Companion



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Synopsis

Comprehensive. Friendly. Indispensable. With more than 250 simple and delicious recipes.No doubt about it, fish is a cookÃ¢â ¬â„¢s dream. Fast. Low in fat, versatile, and healthful, itÃ¢â ¬â„¢s even brain food. No other fish cookbook contains such a comprehensive selection of approachable, contemporary recipes. ItÃ¢â ¬â„¢s written by a pair of experts: a nationally known three-star seafood chef whose true passion is teaching home cooks, and an award-winning writer and sought-after food authority. Arranged for the cookÃ¢â ¬â„¢s complete convenience, Fish without a Doubt encompasses chapters on all the techniques of fish cookeryÃ¢â ¬â •from poaching to grilling to sautÃƒÂ©ingÃ¢â ¬â •as well as on all the most popular seafood dishesÃ¢â ¬â •from appetizers, to soups and salads, to burgers and pasta.The recipes range from updated versions of classics (Trout Almondine, Linguine with Clams, Jumbo Lump Crab Cakes) to the latest favorites (Steamed Black Bass with Sizzling Ginger,Tuna Burgers with Cucumber Relish, Thai-Style Mussels). It includes slews of quickies for weeknight specials (Broiled Fillets with Butter and Herbs) and centerpieces for splashier occasions (A Big Poached Char). Featuring only seafood that is not overfished, Fish without a Doubt provides the latest information for the eco-conscious cook about our last wild frontier.

Book Information

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Customer Reviews

Starred Review Moonen and FinamoreÃ¢â ¬â„¢s encyclopedic volume appears at just the right moment. Nutritional awareness has given fish cooking even more prominence within the culinary arts, and efficient transportation now brings fresh fish into the nationÃ¢â ¬â„¢s interior. With this book to guide both neophyte and expert, no one need any longer fear to cook any of the

deepÃ¢ ¬â„¢s denizens. In instructive photographs, Moonen and Finamore show how to clean, bone, and portion both finfish and shellfish. Recipes are organized by cooking methodÃ¢ ¬â •broiling, poaching, roasting, grilling, steaming, fryingÃ¢ ¬â •providing the creative cook some latitude in determining what to do with the fish at hand. Succeeding chapters cover such fish basics as chowders, fish cakes, and salads. A final section offers unique takes on side dishes such as coleslaw. Both the bookÃ¢ ¬â„¢s organization and its comprehensive coverage make this a necessary addition to any cookbook collection. --Mark Knoblauch

Moonen is a fish guy, having served as chef-owner of two seafood temples in New York City. In this new book, he shares his expertiseÃ¢ ¬â •from how to shop for fish to how to clean it and how to cook it. The cleaning, scaling and filleting pages are particularly good, with clear instructions and excellent photos that leave little room for doubt. Moonen, with coauthor Finamore (Tasty), covers everything from American classics like Manhattan Clam Chowder to modern dishes such as Creamy Fennel Soup with Salmon and Citrus Ragu. What separates this book from others is its focus on sustainability. Moonen is a founding member of Seafood Choices Alliance and an early advocate for chefs making responsible choices when it comes to seafood. The first chapter contains a list of each fish in the book, the best way to cook it and the state of its population. There are no endangered fish on the list (or in the book), because, as Moonen explains in his introduction, Ã¢ ¬Å“I'm holding off for the time when I can feel confident that these populations are strong again.Ã¢ ¬Â• For a chef whose current venture is a 16,000-square-foot restaurant in Las Vegas, this kind of restraint might seem surprising, but given the dramatic collapse of seafood populations, Moonen is a welcome and essential voice in the home chef's kitchen. (May 21) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Publishers Weekly, Starred" A great cookbook inspires you to cook. That's the premise behind our new cookbook club. . . In Fish Without a Doubt, chef Rick Moonen, of Rick Moonen's RM Seafood in Las Vegas, and coauthor Roy Finamore have drafted a blueprint for minimizing handwringing in the store and kitchen and maximizing pleasure at the table. . . Moonen takes the fear out of serving fish whenever the mood strikes Ã¢ ¬â • which, with this book in hand, may be a lot more often." GourmetÃ¢ ¬Å“Fish Without a Doubt is a godsend.Ã¢ ¬Â• (T. Susan Chang, NPR)Ã¢ ¬Å“Without a doubt, a great fish book!Ã¢ ¬Â• (Daniel Boulud)Ã¢ ¬Å“Classic, modern, authoritative, and approachable, this book is a must for any fish lover.Ã¢ ¬Â• (Jacques PÃƒÂ©pin) Ã¢ ¬Å“Rick Moonen provides a Ã¢ ¬Ëœhow-toÃ¢ ¬â„¢ guide that helps readers eat well, while taking better care of themselves and the oceans.Ã¢ ¬Â• (Rebecca Goldburg, Ph.D.,

senior scientist, Environmental Defense)

There are many reasons to purchase Top Chef Master Contestant Rick Moonen’s book, "Fish Without a Doubt," but it’s all worth the cost. Anyway, Rick Moonen is a world known seafood chef with his restaurant base at the Mandalay Bay Casino and Resort in Las Vegas, Nevada.Rick shares his recipes and helpful hints about cooking, serving, and even cutting fish for his readers. There are pages in this cookbook that show detailed cutting styles of certain fish. He also gives helpful hints about purchasing at your seafood market or the seafood department at your local supermarket.Anyway, Rick shares hundreds of recipes for his readers. I wished that he had placed a photograph for each recipe but the book is still a first rate, expert and well-designed book for those afraid of cooking and serving fish or those chefs who want to do something different with their catch of the day. Each page has a recipe with suggestions for substitutions as well.In the beginning of the book, Rick explains about the process of buying, preparing, and cooking fish with gradual information in case. Practice makes perfect in cooking fish. Don’t be surprised if you make mistakes along the way. If you wanted the ideal seafood cookbook, this is it and his name is Rick Moonen.

My husband and I grew up on Mrs. Paul’s fish sticks so when our doctor told us to ’eat more fish’ we had no idea what to do with it (other than using tinned salmon and tuna for sandwiches & casseroles). This book has been a valuable resource -- especially since it lists alternatives to recipe named fish and we live in a medium-small city away from the coast so not all varieties of seafood are available to us. We have enjoyed using many of the recipes in this book.

AWESOME!! I have only tried a few of the recipes: Crispy Calamari, Fried Oysters (sandwich), and the Scallops Hush Puppies....all have been wonderful!! The Crispy Calamari was better than what I have ever had in a restaurant! I order a lot of Calamari when I go to a restaurant as an appetizer or meal. The recipes are simple to follow, ingredients that are easy to find and I just love the "Tips" section at the bottom of the recipes. I cannot wait to try the other recipes and will definitely be giving a book to my parents for Christmas this year. Any fish-lover ought to buy this book, put it on your Christmas list or request it as a Birthday gift.

My only complaint is that it does not contain nutritional information, which cooking for a diabetic I would prefer. The recipes look good and there are not a lot of recipes with "exotic" (for my location) items.

So many people have said to me "I hate fish" and I believe that you hate fish because they cooked it wrong. Most people overcook their fish and then it’s a dry piece of cardboard hardly edible. This book explicitly describes how to cook fish, how to work with it, gives sustainable alternatives, fish tips and options of fish for each recipe. The bonus part is that the recipes are really good! Perfect for those people who would like to give a chance to fish ans seafood but have been to afraid to try it because they think it’s too difficult to work with fish.

FISH, in my opinion, is the BEST cookbook. If you want a wonderful selection of recipes- you’ll find some favorites and many new recipes you’ll definitely want to try. Lots of Gorgeous photos. AND if you are like me, & want to actually learn as much as you can about the foods you are cooking,.... well you have found the perfect cookbook all about FISH.I am a pretty experienced cook AND an avid cookbook collector. You will want this book in your collection too!

Cooking fish has always been a bit intimidating to me. However, I felt it was time to branch out from the boring fish "recipes" I have cooked in the past (bread and fry, snore). So far, I have tried several of the recipes, and they have turned out very well! My two favorites so far are the Almond Crusted Barramundi (I used swordfish) and the Sauteed Salmon with Moroccan Spices. The flavors have been excellent, but these are not easy-peasy, super quick recipes... a lot of the recipes seem to require making spice rubs, from-scratch dressings, and so on. I enjoy this kind of cooking, but don’t always have the time to create a spice rub prior to starting the actual recipe. If you have the time, though, you’ll end up with a meal that is out of this world! I am definitely going to use the Moroccan Spice tomato sauce for other dishes in the future... it was amazing. I am going to keep creating special meals from this cook book for years to come.

I have always struggled to cook fish correctly- any kind of fish. Moonan’s book not only is an easy-to-read- and-follow cook book, it turns you into a Top Chef, able to make exotic and scrumptious sauces and sides as well. My success record with these recipes is so good that I try new recipes when I have dinner parties!

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