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BASIC FISH COOKING METHODS: A NO FRILLS GUIDE FOR PREPARING FRESH FISH (PAPERBACK)



Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There are many varieties of fish out there to choose from, whether you catch your own or purchase it from your favorite market. But no matter where it s caught, all fish and seafood are cooked by the same basic methods and techniques. Everyone knows incorporating fish and seafood in the diet is good for health reasons, but using the proper techniques will...

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- Authored by Renee T Shelton
- Released at 2011



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