



Tin Fish Gourmet: Gourmet Seafood from Cupboard to Table

Barbara-jo McIntosh

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As an ingredient, canned seafood often gets short shrift; it's often considered a mundane filler for salads, casseroles, and sandwiches by those in a hurry or on a budget. But while fresh is always best, there's no reason why canned seafood has to be boring.

Discover how to transform everyday canned seafood into stylish, delicious dishes in this cookbook that features innovative recipes for not only tinned salmon and tuna but clams, oysters, shrimp, crabmeat, sardines, anchovies, mackerel, and more. Make sophisticated versions of traditional seafood dishes such as Creamy Garlic & Clam Chowder; New England Salmon Cakes; and Apple, Cheddar & Tuna Melt; and try out imaginative new recipes such as Oyster & Artichoke Stew, Sardine & Potato Pancakes, Clam & Fontina Pizza, and Shiitake Mushrooms Stuffed with Crabmeat.

This cookbook is perfect for students, those on a budget, or those with time constraints, but it's also a sea-worthy companion for any home cook with a pantry. Elevating canned seafood to new and delectable heights, *Tin Fish Gourmet* proves that there is life after tuna casserole.

The foreword is by Michel Roux, whose restaurant Le Gavroche was the first in the United Kingdom to receive three Michelin stars.

Barbara-jo McIntosh is an award-winning food professional with over thirty-five years' experience in the food and hospitality industry. Former proprietor of Barbara-Jo's Elegant Home Cooking, a popular Vancouver eatery, she now owns Barbara-Jo's Books to Cooks, a bookshop in Vancouver dedicated to the culinary arts.

Michel Roux is a French-born chef living and working in the United Kingdom. His restaurant Le Gavroche, which he founded with brother Alain in 1967, was the first in the UK to receive three Michelin stars. He is now proprietor of the Waterside Inn, a three-Michelin-starred restaurant in Bray, outside of London.



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Herman Ovalle:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the guide untitled Tin Fish Gourmet: Gourmet Seafood from Cupboard to Table can be very good book to read. May be it may be best activity to you.

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