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School Of Fish



Synopsis

From the acclaimed executive chef of a Michelin-starred seafood restaurant comes a comprehensive, beautifully designed guide to cooking fish, for home cooks of all skill levels. *School of Fish* is an all-encompassing culinary education in one handy "not to mention gorgeously photographed" cookbook. Ben Pollinger, executive chef of upscale Manhattan restaurant Oceana, distills years of experience working in some of the world's best restaurants in this no-nonsense book that demystifies the art of cooking seafood. With more than 100 recipes organized by technique from the easiest to the most advanced, Pollinger takes you through the ins and outs of baking, roasting, braising, broiling, steaming, poaching, grilling, frying, sautéing, and of course seasoning. In addition, he offers up terrific recipes for basics (like Homemade Hot Sauce and Fish Fumet); dressed fish (from ceviche to tartars); salads, pasta, rice, and sides (such as Salmon Salad with Spinach, Dill, and Mustard Vinaigrette); soups and chowders (including Gazpacho with Seared Scallops); and one-pot meals (like Caribbean Fish Stew and Thai-Style Bouillabaisse). And to round out your seafood education, *School of Fish* includes a Fish-ionary, a Guide to Unusual Ingredients, and detailed step-by-step photos to complement the 100 photographed recipes. As appealing in its presentation as it is useful, this guide outlines all the skills you need for perfecting your culinary craft. So whether you're a home cook trying something new or an experienced oafishionado, *School of Fish* will turn you into a better cook and an authority on all things seafood.

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Customer Reviews

Since 1977, A. J. McClane's *The Encyclopedia of Fish and Cookery* has been my go to reference on all matters of fish cookery. I learned a lot of classic fish stuff from the text and photos in that book. Though somewhat dated now, it remains a significant and lasting contribution to the literature. If you come upon one at a book sale, get it. Then along came James Peterson's *Fish & Shellfish* in 1996. It too is rather complete, but its not as much fun to read or page through. Like *Fish & Shellfish*, this book is organized by cooking methods--baked, braised, broiled, steamed, grilled, fried and sauteed. Within these headings the recipes are presented in a rough order of difficulty: from Sauteed Trout to Soft Shell Crab Salimbooco; from New Jersey Baked Fish to Crab Stuffed Roasted Lobster. Every market fish and shellfish has a recipe here. Classics such as ceviche, shrimp cocktail, poached salmon, dover sole and gravlax are included. Pollinger imparts each recipe with his own "ands" and "withs." Thus we have with "oyster mushrooms, creme fraiche and tarragon--coconut, lime and mint--mustardy celery root salad--red miso broth--pea shoots, sugar snaps, walnuts and orange vinaigrette." Pollinger's ands and withs make the book! He has also added many personal-based tutorials, tips and preferences. Great photos too. With all this, the experienced home cook should have little difficulty putting any of these recipes together. In all, these are the most inviting recipes I've seen in a cookbook in years. I know fish but I can't wait to get into Pollinger's recipes. *School of Fish* is a complete, authoritative and user friendly cookbook inspired by a chef who really knows fish. It will be the new reference on home fish cookery.

This book is amazing! I've made 5 recipe from it so far and each one has resulted in a delicious meal. Although I am not in an area where I have a fresh fish market, what I am able to get from the grocery store has worked exceptionally well with the recipe. I can't even imagine how much more pleasing our meals would be if I could get the freshest of fresh fish. As for Chef Pollinger, he knows how to present the recipe for even the "faint of heart" when it comes to cooking fish. I was able to correspond with Chef during a recent visit to NYC and he is very willing to answer any and all questions when it comes to fish menus. Buy this book. It will become your favorite cookbook in your collection.

We are always looking for new fish and seafood recipes, and *School of Fish* is absolutely brilliant. General Tsoa's lobster, steamed clams with red miso broth, Avgolemono braised monkfish are amazing take offs and reinterpretations of classic recipes, only with seafood. Too fancy? there is a section on fried food, calamari, clams, scallops, fish and chips. The book starts with tutorials on how to buy and store fish. How to season fish is it done yet? then the chapters are arranged by

technique:BasicsDressed fishAppetizers, salads, pasta, and ricesoups and chowdersbaked and roasted fishbraised fishbroiled fishsteamed fishpoached fishgrilled fishfried fishseared and sauteed fishvegetable sidesfollowing the recipes are chapters on:TechniquesGuide to unusual ingredientsFish-ionarythen a well laid out indexThere are many beautiful mouthwatering pictures of the recipes, though every recipe doesn't have a picture.Recipes range from fancy, to weeknight suppers like baked halibut with 10 minute ratatouille.The recipe has a little introduction, then the ingredients are listed in blue, then the directions which are well laid out and easy to follow. I am not always a fan of colored ink, many times it is too hard to read, but in the hardcover it's not an issue at all.Some recipes require a little more explanation, perhaps a technique or ingredient, so at the end of some recipes are notes called Kitchen notebook, Extra credit, or equip yourself. This isn't a negative, but it is worthwhile to read through the entire recipe to see if there is anything extra that would be helpful before starting to cook.This is a simply fabulous cookbook, I am incredibly inspired by the recipes and ideas.I bought my copy from the Good cook, my cook book club.

Excellent Cookbook. I have a number of seafood cookbooks and now this one goes to the top of the list. All recipes have a simple version and a jazzed alternative. Cool

Great book. I have purchased after a trip to NYC during which I went to Oceana 3 times. (breakfast, lunch and dinner on different days). The book provides tons of recipes but also information on fish species, techniques, etc... A really nice book to learn or improve your cooking.

This book is very thorough about choosing fish, preparing it, cooking it, and filleting the fish. I loved the book. My only caution is that some recipes are not build for the home cook in a rural area where some ingredients are hard to find.

This book teaches you everything you need to know about cooking fish well. A must read for people interested in preparing fish well.

Gave this as a Christmas gift. Saw the author/chef on Morning Joe. The Oyster recipe was out of this world. Try this. The fishrecipes will not disappoint.

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