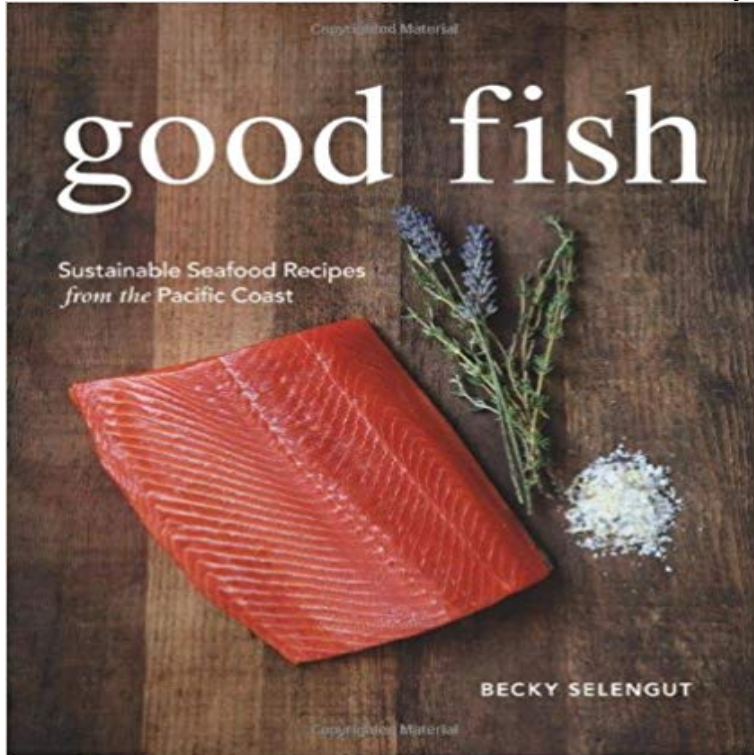


# Good Fish: Sustainable Seafood Recipes from the Pacific Coast



It can be intimidating to shop for seafood. You wonder if its healthy for you, you worry about whether its overfished and whether its caught in ways that harm other species or the environment. Making smart seafood choices has never been more confusing or more important for the planet and our health. Chef and seafood advocate Becky Selengut knows from good fish, and in a voice thats informed but down-to-earth, she untangles the morass surrounding seafood today. From shellfish to finfish to littlefish, fifteen good fish are featured, and the accompanying seventy-five recipes will appeal to a wide range of home cooks: from beginners, to busy parents trying to put a healthy weeknight meal on the table, to the more adventurous who want to create special-occasion dishes. Sommelier April Pogue provides wine pairings for each recipe. Good Fish is an invaluable resource for anyone living on the Pacific Coast. Chef Becky Selengut is an advocate for seafood sustainability and seasonal, regional cuisine. Her writing has been featured in Seattle Homes and Lifestyles and Edible Seattle magazines. She lives in Seattle.

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Becky Selengut  
It can be intimidating to shop for seafood! Let this deliciously smart cookbook lure you to Pacific coast seafood that's good for your health and good for the planet. Good Fish is a bible for Pacific coast sustainable seafood. Included are recipes for: Clams, mussels, oysters, Dungeness crab, shrimp, scallops, wild salmon, Pacific halibut, black cod, lingcod, rainbow trout, albacore tuna, Pacific cod, Arctic char, mahimahi, wahoo (or ono), sardines, herring, squid, and caviar. 100 Sustainable Seafood Recipes from the Pacific Coast  
Chef and seafood advocate Becky Selengut knows from good fish, and in a voice that's informed but San Francisco store  
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Becky Selengut talks about Good Fish: Sustainable Seafood Recipes from the Pacific Coast (\$29.95)