

BEST CHOICES

Calamari/Squid
 Catfish (farmed)
 New Zealand cod/Hoki
 Halibut (Alaska)
 Dungeness crab
 Mahi-mahi/Dolphinfish/Dorado
 Salmon (Alaska, wild-caught)
 Striped bass (farmed)
 Scorpion (farmed)
 Tilapia (farmed)
 Rainbow trout (farmed)

POTENTIAL PROBLEMS

Clams (farmed)
 Imitation crab/Surimi/Fillock
 Snow crab
 Halibut (Farpo/California)
 Mussels (farmed)
 Oysters (farmed)
 Salmon (ECR/WI, wild-caught)
 Bay scallops
 Bay shrimp/Pacific pink shrimp
 Spot prawns (trap-caught only)
 "Turtle-Safe" shrimp/prawns
 English/Petrale sole
 Albacore tuna
 (trawl-caught, head and tail)
 Yellowfin tuna/Ki
 (Hawaii, line-caught)

AVOID

Atlantic cod
 Lingcod
 American lobster
 Monkfish
 Orange roughy
 Rockfish/Pacific red snapper/
 Black cod
 Sablefish/Bummerfish/Black cod
 Salmon (farmed)
 Atlantic sea scallops
 Chilean sea bass/
 Patagonian toothfish
 Shark (all)
 Spot prawns (trawl-caught)
 Prawns (wild-caught or farmed)
 Swordfish
 Bluefin tuna



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Forthcoming Books Rose Arny,1987 **Broadcasting Telecasting, Telecasting Yearbook** ,1952 **Haines San Francisco City & Suburban Criss-cross Directory** ,2005 **Field Guide to Seafood** Aliza Green,2007-03-01 At last a field guide to identifying and selecting seafood from around the world including barramundi lobsterette wahoo and more With the daunting array of fish and shellfish available in today s market Field Guide to Seafood is a must have for every seafood consumer This helpful guide offers a comprehensive look at seafood covering more than 100 different kinds of fish and shellfish plus preserved fish fish sauces and caviar Learn to differentiate between Arctic char and salmon or between snow crabs and stone crabs with the in depth descriptions and full color photographs Each entry contains a list of alternate names characteristics and suggested preparation including directions on when to remove or leave the skin Step by step instructions explain how to identify store and cook the item Whether your fish is store bough or just caught this guide includes selection tips suggested recipes and complementary flavors You ll never feel overwhelmed by the wide variety of seafood with this handy guide don t go shopping without it **Seafood Handbook** Diversified Business Communications,2005-07-13 The only professional seafood reference book available anywhere The Seafood Handbook contains over 100 species of finfish and shellfish from around the globe It offers details on sourcing cooking nutrition product forms and seasonal availability for each species and is formatted to be a quick and easy to use reference tool *Fish, the Basics* Shirley King,1999-09 Fish The Basics has received praise from all quarters for its breadth clarity and for the flexibility it gives the seafood cook Every one of the more than 100 recipes suggests as many as a dozen choices of fish and shellfish that work equally well with precise cooking times for each The second part of the book contains more than 200 illustrated profiles of fish and shellfish including many of the lesser known varieties that are increasingly common in the marketplace with a list of recipes that are appropriate for each one Dozens of step by step illustrations of technique in Fish The Basics ensure that the seafood cook whether beginner or expert will never be caught short and forced to choose something less than fresh The Complete Seafood Book James Wagenvoord,Woodman Harris,1983 Identifies various types of seafood and each one s availability demonstrates popular cooking techniques and includes recipes from famous seafood restaurants **The Fishmonger's Apprentice** Aliza Green,2011-01-01 An ocean of fish and seafood preparation techniques at your fingertips In The Fishmonger s Apprentice you get insider access to real life fishermen wholesale markets fish buyers chefs and other sources far away from the supermarket and everywhere the fish go well before they make it to the table This book is a handbook for enjoying fish and seafood from fishing line to filleting knife and beyond and gives you instructional content like no other book has before Inside you ll find Hundreds of full color detailed step by step photographs teach you filleting skinning boning harvesting roe shucking oysters and more Extensive interviews with seafood experts as they share their old world classic skills Tips on eating and buying more sustainably using the whole fish head to tail and making the most of your

local fishmonger good for foodies and chefs alike A bonus DVD featuring 12 video tutorials of preparing fish plus 32 downloadable recipes from master chefs Whether you re a casual cook or devoted epicure you ll learn new ways to buy prepare serve and savor all types of seafood with *The Fishmonger s Apprentice* *Seafood* Alan Davidson,1989-01-01

The Little Book of Seafood Tips Andrew Langley,2013-06-25 The Little Books of Tips series is a collection of books each 50 tips in size delivering wisdom and advice on a whole range of popular subjects covering food gardening craft sports and hobbies Over quarter of a million copies sold across the series This little tome includes lots of tips on getting the most from the vast range of wonderful seafood now available to cooks There are tips on preparing and cooking both fish and shellfish and finding the best ways to enjoy eating it whether you enjoy oysters or lust after lobster *Complete Seafood Recipes*

Book: How to Guide for Making Seafood Carla Hale,2019-01-26 This seafood recipes book is the ultimate how to guide to make all types of seafood If you have always wanted to make your own homemade seafood then look no further Inside of this seafood recipes book you will learn how to make delicious seafood dishes such as Honey Salmon with Oranges and Vegetables Barbecued Shrimp Trout with Salsa Shrimp and Okra Salad Lemon and Garlic Shrimp Tuscan Butter Salmon Shrimp Alfredo Fettucine Pan Seared Grouper with Brown Butter Sauce and even more So what are you waiting for Grab a copy of this cookbook and start making your favorite seafood recipes as soon as today **Seafood Handbook** ,2002 Bob and Joe's Smart Seafood Guide Bob Marino,Joe D'Alessandro,1999-08-01 **Seafood Handbook** Linda Skinner,1999

C/BOOK CO SEAFOOD. ,2015 Seafood Savvy Ken Gall,1992-11-01

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