



Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen)

By Maureen C Berry

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Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen) By Maureen C Berry

When you want to maintain a sustainable kitchen, the cliché, *knowledge is power*, is more relevant than ever. When it comes to salmon—with all the choices, catch phrases, and eco-labels—buying salmon can be overwhelming. Seafood advocate and cook Maureen C. Berry shows you how to be a sustainable salmon shopper and conscientious cook with **Salmon From Market To Plate** *when you want to eat salmon that is good for you and the oceans*.

With an approachable, informed voice, Maureen shows you why you should care about the salmon you buy and eat. Then you'll head to the kitchen to discover which tools and pantry essentials make you a salmon-cooking success. She shares easy, delicious Everyday Recipes that will appeal to beginners with little or no experience to cooks who want to impress. And for cooks who want to up their game in the kitchen, Maureen shares ten Chef-Inspired Recipes from celebrity chefs who support ocean conservation and sustainable fisheries.

Salmon From Market to Plate *when you want to eat salmon that is good for you and the oceans* is the quintessential quick guide for anyone who wants to buy and eat salmon that is good for you, our planet, and our growing global population.

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Editorial Review

From Publishers Weekly

Food writer Berry “bonded with the ocean” after a trip from her native Pittsburgh to Maryland. That connection turned into a lifelong obsession that included a 10-year stint running a restaurant in the Florida Keys, where she pursued a “love for all things seafood.” But it wasn’t until taking a job as a seafood specialist selling fresh fish to chefs that she discovered a specific affection for the “distinct, rich flavor” of salmon, which led to this unique combination history and cookbook. Starting with a look at what she calls sustainable salmon—“fish that are caught or raised in a manner that doesn’t harm the environment and will provide salmon for future generations”—Berry examines the differences between wild and farmed salmon, provides tips and shopping guides for making choices at the supermarket (“Bring an insulated bag to transport the salmon home and either ask for a small bag of ice or bring your own to keep the fish cool”), details the various spices and oils needed to add to bring out the natural flavor of the fish, and discusses proper cooking techniques (“One of the most common errors when cooking salmon is overcooking. A kitchen timer will solve that problem”). Then, in the heart of the book, she offers 20 simple recipes (slivers of fennel-flavored salmon, mandarin oranges, tangy mustard, and Swiss cheese) and 10 more challenging ones (baked ancho chile Verlasso salmon cakes with lemon and roasted garlic aioli). (*BookLife*)

Review

Food writer Berry 'bonded with the ocean' after a trip from her native Pittsburgh to Maryland. That connection turned into a lifelong obsession...which led to this unique combination history and cookbook... Publishers Weekly

I wish I had this cookbook when I first started cooking salmon instead of learning trial by error This author is very knowledgeable. I have lots of salmon recipes, so really did not need anymore, but the ones in the book were very interesting and covered a lot of different taste palates. This authors intro was worth the purchase. I just thought I knew everything there was to know about salmon! This took the mystery out of farm vs wild plus lots, lots, more. I wish I had this cookbook when I first started cooking salmon instead of learning trial by error that the line between great salmon dishes and mediocre salmon may be a minute or two overcooking! This book will entertain the chef in each of us and is a must for the novice. Pooh bears mom Amazon

Very well written and informative. She definitely has done her homework. Kat L Amazon

About the Author

Maureen C. Berry is a veteran food service industry professional turned food writer and author of the cookbook, *Salmon From Market To Plate*. She believes that our choices make a difference and what we

do on land has a direct effect on our oceans and planet. Her work focuses on sustainable seafood and solutions for consumers to help support both wild and farmed fisheries.

She writes, produces, and edits the podcast *Green Fish Blue Oceans*, where stories about seafood are good for you and the planet.

Her current project is *Shrimp From Market To Plate*, the second book in "The Sustainable Kitchen series.

Users Review

From reader reviews:

Kyle Coffman:

Book is definitely written, printed, or outlined for everything. You can learn everything you want by a e-book. Book has a different type. To be sure that book is important issue to bring us around the world. Next to that you can your reading expertise was fluently. A publication *Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen)* will make you to be smarter. You can feel more confidence if you can know about everything. But some of you think that will open or reading the book make you bored. It's not make you fun. Why they are often thought like that? Have you searching for best book or ideal book with you?

Maureen Perdue:

Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love *Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen)*, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its named reading friends.

Vincent Olson:

Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen) can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to put every word into enjoyment arrangement in writing *Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen)* nevertheless doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be among it. This great information can certainly drawn you into brand new stage of crucial contemplating.

Cynthia Tso:

E-book is one of source of understanding. We can add our know-how from it. Not only for students and also

native or citizen want book to know the revise information of year to help year. As we know those textbooks have many advantages. Beside many of us add our knowledge, also can bring us to around the world. By book Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen) we can have more advantage. Don't you to definitely be creative people? To be creative person must want to read a book. Just choose the best book that acceptable with your aim. Don't end up being doubt to change your life with this book Salmon from Market to Plate: When You Want to Eat Salmon That Is Good for You and the Oceans (Sustainable Seafood Kitchen). You can more inviting than now.

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