



Fish on a First-Name Basis: How Fish Is Caught, Bought, Cleaned, Cooked, and Eaten

Rob DeBorde

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"A book about fish that's as fun as it is informative, and as easy to read as it is hard to put down."--Alton Brown, creator and host of the hit Food Network show Good Eats and author of *I'm Just Here for the Food*

The ultimate guide to fish and shellfish, from deep to dock to dinner plate

What's in a fish's name? History, mythology, and marketing: You'll find each in the names of everyday seafood, although sometimes it's what you don't find that's most interesting. Consider the Patagonian toothfish. Never heard of it? That's because it's Chilean Sea Bass on menus, even though it's not a bass, nor is it found primarily off the coast of Chile. Perhaps you'd prefer a nice Pacific red snapper fillet? Too bad, all fish sold using that name are actually rockfish. You could always order a jumbo shrimp . . . or would that be a colossal prawn? And if the menu says "dolphin," what *are* you eating, really?

Of course, knowing the name of a fish is just what comes before eating it, and *Fish on a First-Name Basis* contains more than a hundred mouthwatering recipes, from classic fish-and-chips, lobster rolls, and crab fritters to Scalloped Ceviche and Cinnamon Crunch Tilapia.

With *Fish on a First-Name Basis*, author Rob DeBorde has also filled in the gaps most seafood cookbooks leave open by crafting an indispensable scrapbook of seafood science, fish-market full disclosures, essential cooking tips, and even the truth behind a few underwater urban legends. With more than two hundred illustrations, photographs, and diagrams showing you exactly where to cut, crack, or shuck, *Fish on a First-Name Basis* is a treat for the eyes as well as the stomach.

Informative, witty, and easy to read, *Fish on a First-Name Basis* is a must-read whether you're a seafood fanatic or a fish-phobic first-timer.

"Terror struck the undersea community when Rob DeBorde wrote this book. Thanks to this grand fishing expedition, sea creatures everywhere will be forced to come out of their shells and onto our tables. A delight to read and cook from, *Fish* will cause a great many fish to be eaten."--Steven A. Shaw, author of *Turning the Tables*

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