

Fish Cookery McClanes North American Fish Cookery Summary: McClanes North American Fish Cookery by Tahlia Edison Pdf Ebook Download placed on October 15 This is a downloadable file of McClanes North American Fish Cookery that you could save it for free at jytsc

It is a very popular fish in Hawaii and Japan where it is often eaten raw. This fish is also known as yellowfin or bigeye tuna. Alaska Pollock A saltwater fish that is a member of the cod family and sometimes referred to as bigeye pollock or walleye pollock. It has a slender body that is olive green to brownish in color on its back and its sides are silvery. Its flesh is firm and white which flakes nice when cooked. The Alaska Pollock should not be confused with the Atlantic Pollock, which is more oily with a darker flesh that has a fishier taste. Alaska Pollock fillets are also delicious enough to be served in a nice restaurant. A large quantity of the Alaska Pollock that is harvested today is the used to make surimi, which is imitation seafood. Albacore Tuna A variety of tuna that is very flavorful and has the lightest colored flesh of all the different species of tuna. It is generally more expensive than other varieties and the canned version is often called "white tuna. Anchovy Anchovies White Anchovies A small saltwater fish belonging to the herring family that is native to the Mediterranean Sea and the English Channel. Typically no more than 6 inches in length, the anchovy is green colored as a fresh fish, but changes to a grayish black color when cured. Similar to a sardine in size, this fish is used often in the same way as a sardine, being served in appetizers or as an ingredient to season and garnish a variety of foods, such as salads, soups, pasta, or pizza. Anchovies are processed into filets and preserved by curing them in salt and packing in olive oil, by pickling the filets in vinegar and oil referred to as "boquerones" in Spain , or by preserving the filets as fresh fish. When cured, they become dark black in color and salty in flavor. Anchovies packed fresh in oil olive or sunflower and wine vinegar are referred to as white anchovies, retaining more of their white silvery color. White anchovies are fresher in age, more perishable and may not last long after being purchased. The white anchovy filets however, provide less of the salty taste present with salt cured anchovies. Cod A common type of saltwater fish that has flaky white meat and a mild taste. It is one of the most popular types of fish and is used in many processed fish products, such as fish sticks or fish cakes. It is also a variety of fish that is often blended with other types of white fish to produce the fish stick products or other food items containing fish. Haddock and hake make good substitutions for cod. Flounder A saltwater fish that has flaky white flesh when cooked and a mild flavor. It is one of the varieties of flatfish that are characterized by their flat oval bodies, horizontal swimming style, and eyes that are on one side of their head. If flounder is not available, other flatfish varieties including sole, halibut, dabs, and plaices can be substituted. The skin on the top side is grayish brown to black with the underside white, typical of flatfish which lay on their underside and have two eyes on their top side or left side when considered in a vertical, rather than flat position. Ranging in size from 3 to 5 pounds, fluke is available as a whole fresh fish or in fillets. The fillets will weigh from several ounces to a pound each, with the skin removed. The meat is white and can be broiled or baked. The fillet meat on the topside or dark side is always thicker than the meat on the bottom side or light side. The flesh is smooth, white and firm in texture, which cooks nicely and flakes easily. The fluke is also known as a summer flounder, a flattie, and a lefteye flounder. A similar type of fish from the same family is the winter flounder that is considered a right-eyed fish. Like the fluke, this fish has similar textured meat that is flavorful and good for baking or broiling. Flying Fish An ocean fish that commonly jumps out of the water and glides airborne over the surface for a distance of 10 to 20 feet. Small in size 12 to 15 inches generally , the Flying Fish has large oversized pectoral fins and a split tail with a larger surface area on the lower tail section than on the upper tail section. Some species have both large pectoral fins and smaller pelvic fins that serve to enable longer gliding distances. The meat of the Flying Fish is firm, tender and white in color, providing a good tasting meat that can be baked, fried, grilled, steamed, or served in stews. It is best to eat Flying Fish soon after they have been caught, since they do not keep well for shipping long distances. Grouper A fish found in the warm waters of the Atlantic, Gulf of Mexico, and Caribbean, belonging to the sea bass family. They may weigh as much as several hundred pounds, but the average weight caught for commercial use is 15

pounds or less. Grouper have a firm white flesh when cooked and are suitable for boiling, poaching, or baking. The strong tasting skin should be removed before the fish is cooked. Haddock A white fish found in the colder waters of northern oceans that is very much like cod, but is smaller. It may be used in any other recipe that calls for white fish such as cod or flounder. Haddock can be used in recipes that require the fish to be fried, baked, poached, or broiled. Halibut A saltwater whitefish that has, mildly flavored, flaky flesh. The most desirable halibut with the best flavor usually weigh less than 10 pounds. Halibut is a member of the flatfish family and can be used as a substitution in recipes that require other types of flatfish such as flounder and sole. Hapuka Grouper A member of the Grouper family of ocean fish, Hapuka is large fish that reaches 4 to 5 feet in length. Thick-bodied, the Hapuka has an outer skin that can vary from silver and blue to a pink, brown and silver combination. Most often found in deep waters, this fish is common in the waters around New Zealand and Australia. Filets from the Hapuka are firm, white, very flavorful, and somewhat similar to a bass. The Hapuka may also be referred to as a Hapuku or a New Zealand grouper. There are many varieties of herring and most of them grow to no more than a foot in length. They are sold fresh, smoked, packed in salt, or pickled. John Dory A fish with delicious, mildly flavored meat that is native to Europe. The excellent flavor and texture of the John Dory are in direct opposition to its appearance. It has a flat, curved shaped body and an unusual looking head that is large and spiny. Pan-frying, baking, broiling, and grilling are some of the cooking methods used to prepare the fish. Kingfish, Mackerel A variety of the mackerel fish family, which are members of the tuna family. It is most often found in warmer ocean waters, such as from the Carolina coast in the U. This fish is favored as a game fish, because of its fight and size that may range up to pounds. Similar to other species of Mackerel, this fish has an oily, soft, pale flesh, that is sometimes pink, which when cooked, becomes flaky and firm with an off-white color. The rich flavor will vary according to the oiliness of the fish, which changes with the seasons and with different species, but the flavor is often compared to the Atlantic mackerel. Steaks or fillets of mackerel are available fresh or frozen and can be substituted with tuna, marlin, or swordfish in many cases. This species may also be referred to as king mackerels or kings. This type of mackerel is often confused with another species named Kingfish, which is a member of the drum family of fish. There is a southern kingfish and a northern kingfish, both drum species, which are not related to the tuna or mackerel family. Lingcod A saltwater game fish from the North Pacific. The lingcod has lean, flaky white meat that is mild flavored and is available in fresh or frozen fillets. To check the fish for doneness, use the tip of a sharp knife and cut through the thickest part of the fillet. If the fish has been properly cooked, the meat will appear opaque but will still be moist. Mackerel A saltwater fish, related to the tuna, with an oily, soft, pale flesh, that is sometimes pink, which when cooked, becomes flaky and firm with an off-white color. The rich flavor will vary according to the oiliness of the fish, which varies with the seasons and with different species. It has a good flavored flesh, but it is high in fat content. Mahi Mahi is easy to prepare by grilling or broiling and is a good alternative to swordfish. This fish is also known as Dorado the Spanish name or Dolphinfish. Mako Shark Mako Shark Steaks One of the many species of shark, it is found in the moderate and tropical waters of the Atlantic and Pacific oceans and can grow to be pounds within a period of five to six years. Mako sharks must be bleed out immediately after catching and put on ice. This can give the shark meat an ammonia taste and smell. Mako shark is a fairly inexpensive fish with ivory-pink meat that has a dense texture, a mild flavor and contains a moderate amount of fat. Often compared to swordfish, its flavor is enhanced with the addition of spicy flavoring when cooking. If not available, most recipes can have the Mako shark substituted with a meaty fish, such as tuna, catfish, marlin and swordfish. When selecting Mako shark, smell the fish first to determine if there is an aroma of ammonia. If the ammonia smell is slight, the meat should be alright, but if it has a strong ammonia aroma, the fish should not be purchased. A slight ammonia smell can be eliminated by soaking the fish in an acidic solution of water and lemon juice or vinegar. Allow the shark to soak in the refrigerator for at least 4 hours. When the ammonia smell is strong, it is an indication that the shark was not properly handle when first caught, has not been properly stored, or that it is no longer fresh. Soaking the shark at this point will not eliminate the ammonia smell or taste. Monkfish A strange-looking fish that is firm textured and has delicious tasting meat, similar to that of lobster. Americans now keep the monkfish, but only for the meat from the tail, whereas Europeans use the entire fish. If monkfish is not available, it may be

substituted with grouper, tilefish, or lobster. When cleaning, be sure the fish is thoroughly skinned, paying particular attention to the center ridge. Skin remaining on the ridge will cause the fish to be tough when cooked. Mullet Mullet Filets A firm textured fish that has both white and dark meat which provides a somewhat nutty flavor. One of the most popular species for food dishes are the striped or silver mullets. In the Southern U. As with most fish, mullet can be baked, broiled, grilled, fried, and poached.

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In North American Fish Cookery, A. J. McClane gives us recipes featuring dozens of fish and shellfish species native to North America. The recipes are imaginative; include species almost sure to lurk in waters near the home of any reader (think black bass, perch, walleye, catfish and trout along with a variety of more exotic freshwater.

Chapter 4 : Grilled Sea Bass recipe from McClane's Fish Cookery

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I got the idea for this recipe in A. J. McClane's North American Fish Cookery, a thin volume of just over fish and shellfish recipes. In his day, McClane was perhaps the most well-known contemporary name in angling literature and journalism and was a gourmet chef to boot.

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