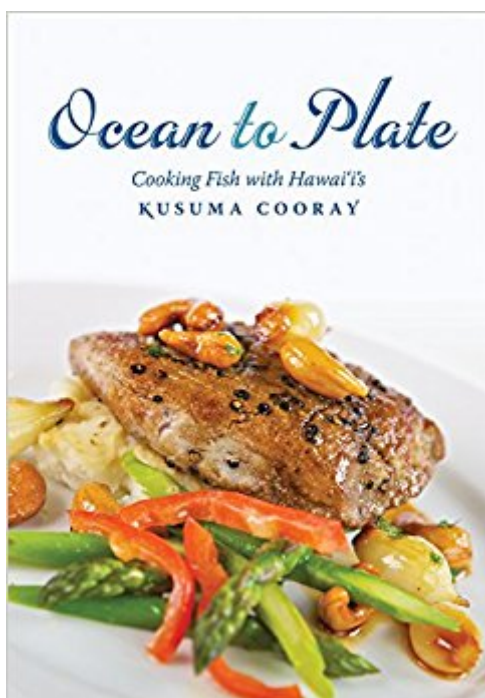


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Ocean To Plate: Cooking Fish With Hawaii's Kusuma Cooray (Latitude 20 Book)



Synopsis

A native of Sri Lanka and one of Hawai'i's most celebrated chefs, Kusuma Cooray is known for innovative recipes that blend exotic herbs and spices with traditional and local ingredients to create exceptionally delicious dishes that tempt both the palate and the eye. In *Ocean to Plate: Cooking Fish with Hawai'i*, Kusuma Cooray, Chef Cooray draws on her years as a chef and culinary instructor to introduce novice and experienced cooks to her flavorful methods of fish preparation. Even skilled cooks are sometimes intimidated by the thought of preparing fresh fish recipes. From understanding how to buy the freshest and tastiest fish to choosing the right recipe to showcase your purchase, Chef Cooray takes the reader carefully through the rewarding process all the way from Ocean to Plate. With more than 200 recipes including everything from appetizers to main dishes, and featuring cooking methods from simple baking to curing and smoking, Chef Cooray shows readers how to prepare the many species available freshly caught from Hawai'i and Pacific waters, and provides substitution guidelines if those are unobtainable. As a special treat, she has drawn on her Sri Lankan roots and presents a varied assortment of fish curries and exotically spiced preparations alongside more traditional recipes, all accompanied by tantalizing relishes, chutneys, and sauces. In-depth introductory chapters will help cooks to truly understand tools and techniques, while lavish illustrations provide beautiful guidance on how to present these delicious dishes.

Book Information

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Customer Reviews

Chef Cooray has written a book that will banish the timid home cook's fear of seafood. In a warm and welcoming tone, she introduces recipes that take the reader continents away, but never outside their cooking comfort zone. The diagrams of fish anatomy, the introductory material, and glossaries alone are worth the price of the book. This is a feast for all who want to add more fish to their home menus but aren't sure how. --Wanda A. Adams, writer, cookbook author, and editor of the award-winning seafood guide, *A Splash of Aloha* is with great anticipation that I open Kusuma's new cookbook on my favorite culinary subject, fresh fish. There are so many variations and so many varieties. I am ready to dive in! --George Henry Brown Jr., Bailli Delegeue des Etats-Unis (National President), Confrerie de la Chaine des Rotisseurs

Chef Kusuma Cooray has written a book that will banish the timid home cook's fear of seafood. In a warm and welcoming tone, she introduces recipes that take the reader continents away, but never outside their cooking comfort zone. The diagrams of fish anatomy, the introductory material, and glossaries alone are worth the price of the book. This is a feast for all who want to add more fish to their home menus but aren't sure how. (Wanda A. Adams, writer, cookbook author, and editor of the award-winning seafood guide, *A Splash of Aloha*)

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