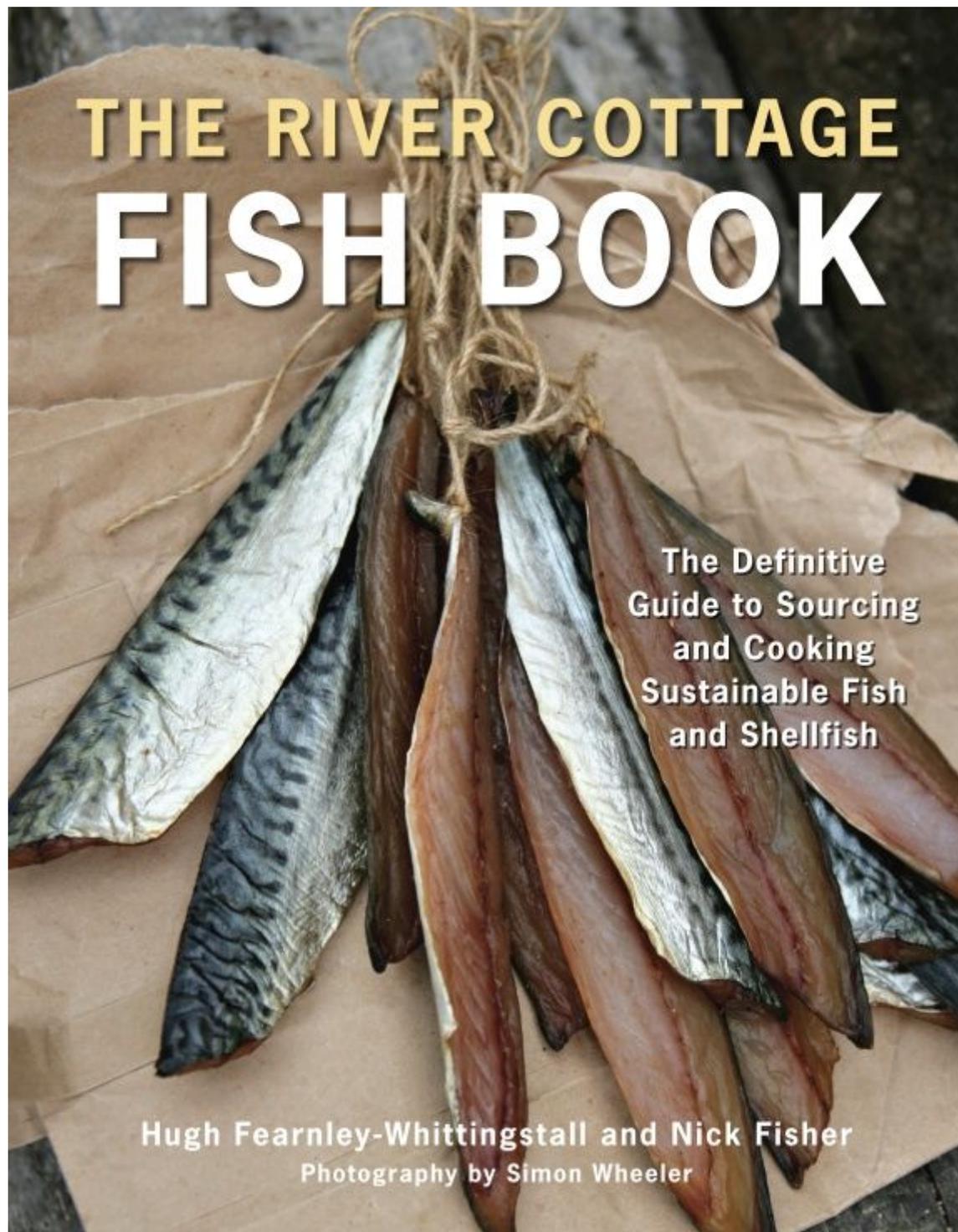


# Cook the Book: 'The River Cottage Fish Book'

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Most of us know that eating more seafood is good for us, but let's be real. How many of us actually cook fish on a regular basis? Whether it's because of concerns about sustainable fishing or worries over how to properly sear a fillet, seafood often gets pushed aside for less anxiety-ridden meals like pasta or stir-fries.

Recently re-released in a US Edition, [\*The River Cottage Fish Book\*](#) , can certainly help allay those fears. The Fish Book is another information packed yet conversational tome from the prolific [\*\*Hugh Fearnley-Whittingstall\*\*](#) (and [\*\*Nick Fisher\*\*](#)); it contains not only countless recipes and techniques for fish preparation, but also detailed instruction on gutting, scaling, and filleting fish and an extensive guide on just about every type of seafood imaginable. Each species description consists of information on fishing practices, flavor profile, and cooking suggestions. Probably more material than necessary, but it's nice to know it's there.

Since so much of the book covers technique, we'll be trying out five different cooking methods this week. First, we'll be curing mackerel for **Gravad Max**, and then pulling out a heavy skillet for **Seared Squid**. Next, we'll roast **Whole Plaice with Cherry Tomatoes**. Finally, we'll take a trip outside for **Grilled Trout with Fennel**, and then finish up the week with **Steam-Braised Sea Bass**.

## Win 'The River Cottage Fish Cookbook'

Thanks to the kind folks at [\*\*Ten Speed Press\*\*](#) , we have five (5) copies of [\*The River Cottage Fish Book\*](#) to give away. All you need to do is tell us your favorite way to eat fish in the comments below.