

# FISH & SHELLFISH



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## Fisk & Skaldjur

Tommy Myllymäki

170x240, 176p

*In Fish & shellfish Tommy Myllymäki uses the same primary ingredients as in his own home cooking, everything from cod and zander to crab and oysters.*

You'll find many practical recipes – for example, a completely ordinary salmon is prepared using several different techniques and with different seasoning. And deciding whether to season before or after cooking increases the range of flavours you can achieve.

The book expands your knowledge in terms of the utility, handling and preparation of a select choice of fish and shellfish. Fish, for instance, is a commodity that needs to be handled with care and requires meticulous preparation, but once that is done it's often very easy to make. Tommy provides exact methods for the best possible results in the kitchen.

*Fish & shellfish* contains around 80 recipes for snacks, starters and main courses.

## About the author



**Tommy Myllymäki** is one of Sweden's most distinguished chefs. He is a regular contributor to TV4's *Nyhetsmorgon* and *Mitt kök*. In 2007 Tommy was voted Chef of the Year (Årets Kock) in Sweden, in 2014 he won the gold medal in the Bocuse d'Or European competition, in 2011 the silver and in 2015 the bronze medal in the Bocuse d'Or World competition. He has been the driving force behind a number of restaurants, such as *Sjön* in Jönköping, and is the creative leader of *Taverna Brillo* in

Stockholm. His earlier publications are *Såser* (Sauces) (2013) and *Grönsaker – tillbehör & garnityr* (Vegetables – side dishes and garnish) (2014).



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