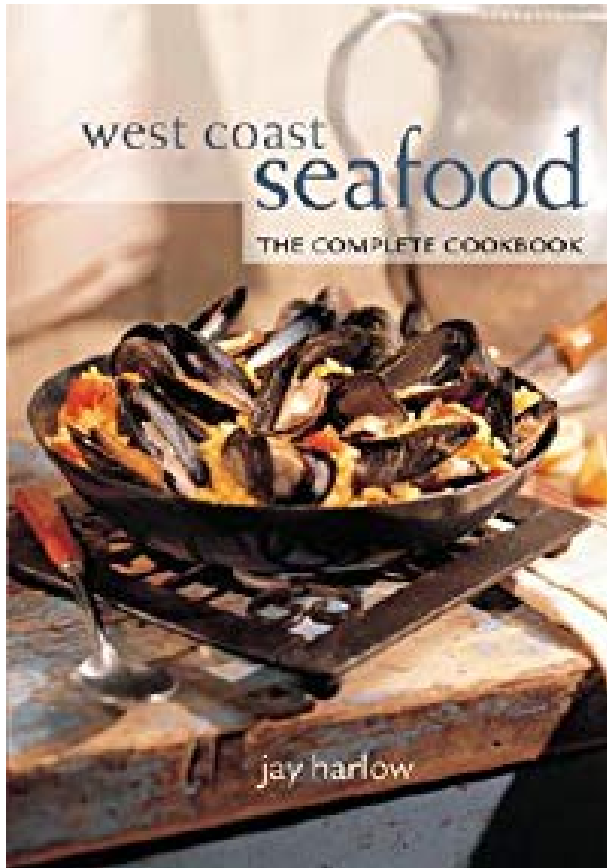


West Coast Seafood: The Complete Cookbook



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This is the new definitive seafood cookbook from writer and chef Jay Harlow. West Coast Seafood addresses the finfish and shellfish, ocean and fresh water catch available fresh from California to Alaska, with over 250 recipes, both basic and lavish.

This important new cookbook introduces the up-to-the-minute selection of fresh fish and shellfish available on the West Coast and furnishes 250 wonderful recipes that bring out the most in albacore, spot prawns, black cod, salmon, rainbow trout, petrale sole, skate, oysters, and more. It includes color photographs.