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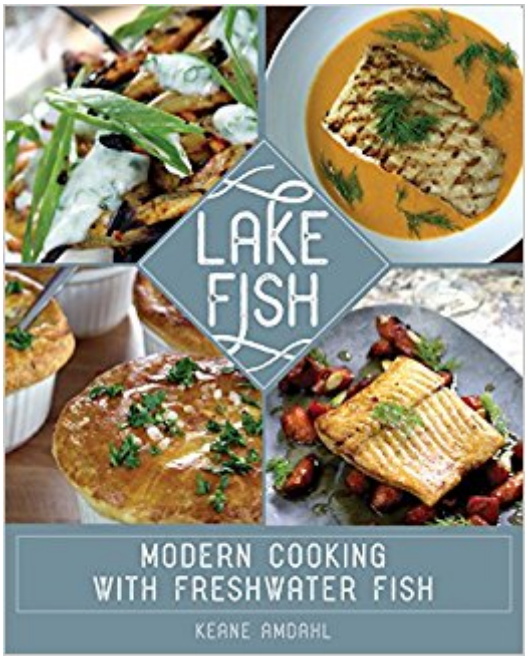
Lake Fish: Modern Cooking With Freshwater Fish



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Synopsis

The Midwest is home to streams and lakes and even inland seas, and these assorted freshwater sources offer up much bounty, from classic panfish and trout to world-famous walleye to Lake Superior ciscoes. Whether you've anglers among your family and friends or you've got a line on specialty markets that are expanding all the time, freshwater fish offer an excellent and varied way to savor "seafood" locally and sustainably.Creative home cook Keane Amdahl takes the mystery out of this versatile protein source and brings its preparation into the twenty-first century with inspired ingredient combinations and ample advice on how to make the most of what's at hand. Arranged by fish type, recipes include appetizers like Sunfish Pot Stickers and Harissa Grilled Smelt with Mint and Cilantro Yogurt; new interpretations of soup and salad standbys like Midwestern Fisherman's Stew and Smoked Trout Kale NiÃƒÂ§oise; and flavorful mains like BBQ Northern with Cajun Fried Rice and Walleye with Morels and Brown Butter. Drawing on all things localÃ¢â ¬â •from purveyors of smoked and fresh fish to aquaculture farms to farmers' marketsÃ¢â ¬â •Amdahl encourages readers to experiment along with him as they seek to thoroughly enjoy their catch of the day.

Book Information

Paperback: 256 pages
Publisher: Minnesota Historical Society Press (May 1, 2017)
Language: English
ISBN-10: 1681340283
ISBN-13: 978-1681340289
Product Dimensions: 8 x 0.7 x 10 inches
Shipping Weight: 1.6 pounds (View shipping rates and policies)
Average Customer Review: 5.0 out of 5 stars 1 customer review
Best Sellers Rank: #431,085 in Books (See Top 100 in Books) #71 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest #127 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

Customer Reviews

Keane Amdahl (@FoodStoned) is a social media specialist, food writer, and blogger. His work has appeared in City Pages and Lavender and on Thrillist and Twin Cities Food Finds. He lives in Minneapolis, where "the next culinary revolution is taking place (probably)."

Lake Fish is very well done, informative and visually appealing. I can’t wait to dive into the recipes!

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