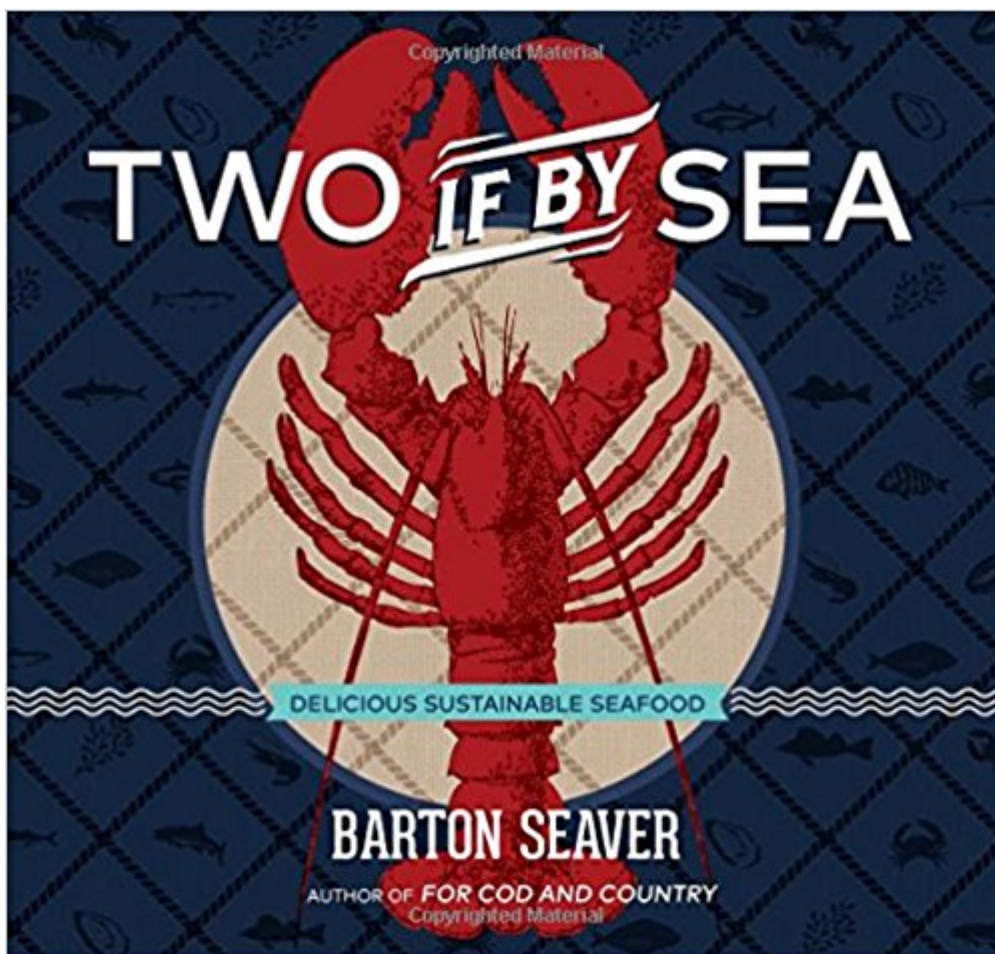


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# Two If By Sea: Delicious Sustainable Seafood



## Synopsis

Barton Seaver's second, seminal book on seafood cookery, after *For Cod and Country* (Sterling Epicure, 2011), offers more than 150 new mouthwatering recipes, including entrees, salads, appetizers, soups, pastas, stews, sides, and sauces. Try his Smoked Lobster and Fennel-Carrot Salad or Poached Salmon with Pickled Chilies and Mint and you'll understand what all the fuss is about. Each of Seaver's fresh-tasting, casual (and always delicious) recipes features seafood that hasn't been overfished or caught in an environmentally destructive way. This emphasis has made Seaver, already an acclaimed chef and restaurateur, one of the most important voices of the sustainability movement. The book is full of helpful advice on buying, choosing, and making the most of your ingredients, as well as an essential guide to seafood prep and cooking techniques--a must for all seafood lovers.

## Book Information

Hardcover: 312 pages

Publisher: Sterling Epicure (May 3, 2016)

Language: English

ISBN-10: 1454917873

ISBN-13: 978-1454917878

Product Dimensions: 9.1 x 1.3 x 9.1 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 14 customer reviews

Best Sellers Rank: #97,516 in Books (See Top 100 in Books) #32 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

## Customer Reviews

Library Journal 05/15/2016 Acclaimed chef Seaver's follow-up to *For Cod and Country* and *Where There's Smoke* is a treasury of simply prepared seafood. In course-based chapters (e.g., appetizers, seafood salads and sandwiches, sauces), Seaver shares internationally inspired dishes such as lobster rossejat (a colorful toasted pasta dish) and scallop satay, as well as classics such as broiled oysters Rockefeller and po' boy sandwiches. There are some delightful surprises, including a chapter of technique-based recipes that work with many different fish species, as well as a steamed mussel recipe template that suggests multiple flavor variations. Throughout, Seaver favors allspice, pepper, mace, dried chiles, and fennel-flavored liquors as go-to seasonings. VERDICT From a quick weeknight meal of canned shrimp and

pasta to a show-stopping stew for guests, the ideas here will fit any bill. Essential for seafood lovers. “The only book you’ll need if you truly want to master fish/seafood. Barton is a natural teacher, and his passion for food and his ability to make it accessible and interesting, no matter how inexperienced or experienced the cook, is a gift. No detail is too small to deserve a mention. Get ready to be engrossed in the world of fish and seafood.”

•Carla Hall, Co-host of ABC’s The Chew, cookbook author, and Chef/Owner of Carla Hall Bakes and Carla Hall’s Southern Kitchen “Barton Seaver shows how the right diet can not only restore but also sustain the long-term health of our oceans. For home cooks, it’s a perfect how-to guide for eating diversely, deliciously, and guilt-free, from the sea.”

•Dan Barber, Chef and co-owner, Blue Hill and Blue Hill at Stone Barns “Through the goodness of the sea, Barton teaches us how we can appreciate the beauty of our oceans and make sustainable choices in the seafood we cook and eat. Two if By Sea will inspire you to dive into the waters and learn about this underwater world. . . . your taste buds are going to be happy about it.”

•Joselynne Anderson, Chef/Owner, minibar by Joselynne Anderson and ThinkFoodGroup “Barton tells a story that is sure to enhance your appreciation of our aquatic environment. Two if by Sea delivers a compelling and passionately inspired approach to a more diverse and flavorful dinner experience. Best Fishes!”

•Rick Moonen, Chef/Owner Rick Moonen’s Seafood and Rx Boiler Room “Barton Seaver combines an incredibly deep and passionate knowledge of all things ocean- and seafood-related, with a recovering chef’s love of cooking, simply and beautifully, for those we love. I am especially taken with his ability to tell a story that informs us about important issues, while presenting these recipes in delicious context.”

•Michael Leviton, James Beard Award- nominated chef/owner, LumiÈre, Newton, Massachusetts and former Board Chair of the Chefs Collaborative “Barton’s passion comes across on each page, from the humblest of dishes to the most elegant preparations. His journey from the kitchen to the classroom and beyond has given him a lifetime of recipes and tips that make seafood accessible. Truly a book that will inspire you to cook seafood at home or grab your fishing pole.”

•Jeremy Sewall, Award-winning Chef/Owner, Lineage, Island Creek Oyster Bar, and Row 34, Boston; and Row 34 Portsmouth, New Hampshire “Barton’s emphasis on the freshest ingredients, and our relationship with them, encourages visits to fish markets, docks, and boats, just as we visit farmers markets and farms and get to know our farmers. Unlike many food groups accessible to us, there is a whole world of delicious fish species yet to discover and savor. Barton maps it out

clearly and entices with these versatile recipes. — Ana Sortun, Chef, Oleana, Sofra, and Sarma

Barton Seaver, the author of *For Cod and Country* and *Where There's Smoke* (both Sterling Epicure), is quickly establishing himself as the preeminent expert in sustainable seafood. Before leaving the restaurant industry to pursue his interests in sustainable food systems, he created three top restaurants in Washington, DC, and was named Chef of the Year by *Esquire Magazine* in 2009. Seaver's Washington, DC-based restaurant *Hook* was named by *Bon Appetit* magazine as one of the top ten eco-friendly restaurants in America. Seaver recently accepted a Fellowship with the Explorer Program at the National Geographic Society and also works as the Director of the Healthy and Sustainable Food Program at the Center for Health and the Global Environment, Harvard T.H. Chan School of Public Health. His work has been featured in *Cooking Light*, *O: The Oprah Magazine*, *Every Day with Rachael Ray*, *Martha Stewart's Whole Living*, the *Washington Post*, and *Fortune*, among many others; and he has appeared on CNN, NPR, and 20/20. Seaver was the host of the national television program *In Search of Food* on the Ovation Network and *Eat: the History of Food* on National Geographic TV. He is a regular guest on the radio show *National Geographic Weekend* and contributes to many other media outlets.

This is the third Barton Seaver cookbook I have purchased. As with all of the others, I couldn't be happier to have this in my collection. Mr. Seaver goes beyond a simple book of recipes and gives you a manual that actually improves your skills in the kitchen. From tips on how to use spices, to why we use the ingredients we use, this cookbook does it all. If you love seafood I would highly recommend *Two if By Sea*, as well as all of Barton Seaver's books.

The "Shrimp Al Ajillo" is now the only way we make shrimp in our house. We couldn't stop talking about how incredible this recipe is for about a week after we tried it out. Like all of Seaver's recipes (I have all 3 cookbooks of his), the finished product is far more than the sum of the simple ingredients, and I'm excited to try every one!

This is the first cookbook I have purchased by Barton Server and I am delighted! This is a beautiful and informative resource that I will hold onto for years to come. Not only does it provide lovely recipes to guide you in assembling wonderful dishes, it also provides some basics that other books miss regarding the prep of locally caught shellfish, and even seaweed. Great book! Highly

recommended!

Good overview of basics ( oils and butter) and goes on to great dishes like Pacific Stew and Oyster Stew. Barton's seafood books are both excellent and Two if by Sea has more great recipes. We did the anchovy butter, and that turned out great.

Bought it as a gift and was very pleased with the quality of the pages and content!

Clear, informative, and entertaining text, delicious recipes. Seaver is a star!

This is a fantastic cookbook. Anyone who likes to cook should consider getting one for their kitchen!

Excellent cookbook. Great addition to my cookbook library

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