



Out of the Shell

Lesley Wilson

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Out of the Shell is a cookbook for everyone - from novice to pro - with recipes that are easy to follow. There are recipes for shellfish and crustaceans, such as mussels, oysters, clams, prawns, scampi, lobsters and crabs - all nutritious and delicious. Broaden your seafood cooking skills beyond fish and chips by following the easy step by step guides that are included with every recipe. There are four sections in the book: mussels and clams (39 recipes); scallops and oysters (19 recipes); prawns and shrimps (34 recipes) and lobster and crabs (23 recipes), and there is detailed information on how to buy, prepare and store your selected seafood. Learn how to use mussels and clams in simple tasty recipes from soups to paellas and for tasty treats in Italian-inspired dishes. Scallops and oysters cover very simple entree dishes but also using these two ingredients in soups, salads and stir fries. Learn how to clean and prepare your lobsters and crabs and use them in classic recipes like Lobster Mornay to Chilli Crab. In the Lobster and Crab section you are shown how to prepare the lobster and crabs, from buying to cleaning and preparing.

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