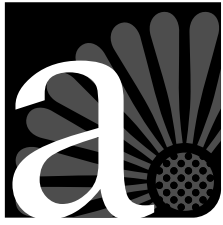


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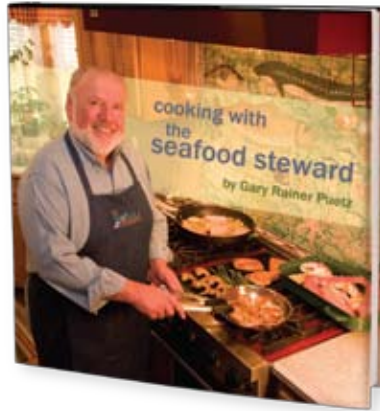
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Cooking with the Seafood Steward™

By Gary Rainer Puetz • Photography by Rick Schafer



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224 pages

150 full-color photos

9¼" x 9¼" square

Available October 2008

Arnica Publishing is proud to announce the October 1, 2008 release of *Cooking with the Seafood Steward*, an easy-to-use kitchen manual that outfits the home cook with the tools to serve seafood simply and easily. Tips to simplify seafood preparation, how-to photos, suggestions for cooking tools, alternative recipe items and wine pairings along with over 100 recipes make this cookbook the perfect addition to any kitchen.

Gary Puetz, the Seafood Steward, brings his fun, irreverent style to *Cooking with the Seafood Steward*, an accessible, easy-to-use kitchen manual that demystifies fish for the home cook. From Smoked Salmon Pâté to Shrimp Quesadillas, Caribbean Seafood Stew to Scallop and Salmon Ceviche, and from Northwest Fisherman's Sundae to King Crab Carbonara, these recipes bring global inspiration home in a simple, easy format. There's even dessert! Who can resist sweets like homemade Ginger and Lime Ice Cream? Interspersed with tips to simplify seafood preparation, the book includes how-to photos, suggestions for cooking tools, alternative recipe items, and wine pairings. *Cooking with the Seafood Steward* presents a fresh take on seafood that honors the pleasures of the family table by offering deliciously simple solutions. Enjoy!

Though he describes himself simply as a "fish consultant," Gary Puetz is an internationally acknowledged seafood expert, chef, educator and promoter of all things that swim. A man who, in the words of Emeril Lagasse, "...knows more about seafood than God," the Seafood Steward spreads the gospel of fish, conducting TV cooking demos ("I've got the real sole food."), giving insider tips on radio ("Fishy odor in the kitchen? Add a splash of white vermouth!"), and speaking at food seminars. This is his first cookbook.

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