



# **Fish Forever: The Definitive Guide to Understanding, Selecting, and Preparing Healthy, Delicious, and Environmentally Sustainable Seafood**

*Paul Johnson*

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**A unique cookbook and guide to healthful, eco-friendly seafood**

Few people know more about fish than Paul Johnson, whose Monterey Fish Market in San Francisco supplies seafood to some of the nation's most celebrated chefs, from Alice Waters, Thomas Keller, and Michael Mina to Todd English, Daniel Boulud, and Alain Ducasse. In *Fish Forever*, Johnson offers a cookbook for anyone who loves fish, but worries about overfishing, contaminants like mercury, and other serious health and ecological issues.

*Fish Forever* reveals which species of fish you should and shouldn't eat, based on how endangered, contaminated, and tasty they are. Plus, Johnson includes amazing recipes from around the world that take advantage of those most abundant and delicious types of fish.

- Provides in-depth guidance on 70 fish species along with 96 international recipes that highlight the outstanding culinary qualities of the fish used
- Includes more than 60 beautiful color photographs, as well as plenty of cooking tips and helpful sidebars
- Winner of the coveted IACP Cookbook of the Year award

*Fish Forever* is a must-have kitchen resource for seafood lovers—and Earth lovers—everywhere.

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