



Kevin Graham's Fish & Seafood Cookbook: Body Conscious Cuisine

Kevin Graham

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With over 100 recipes, the author offers fish and seafood dishes that maximise natural flavours while lowering calories, fat and cholesterol. The book presents innovative recipes such as Hot Grilled Lobster Salad, Striped Bass with Dill Mashed Potatoes and Braised Red Mullet with Ginger and Pears.



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