

Tin Fish Gourmet

Gourmet Seafood from Cupboard to Table

NEW  REVISED



Barbara-jo McIntosh

Foreword by Michel Roux

BCLT SANDWICH WITH LEMON-CHIVE MAYONNAISE

*You don't have to toast this sandwich, but it is how I prefer it.
Make this recipe for two, using up the whole can of crab.*

Makes 2 servings

4 thick slices sourdough bread
2 tsp soft butter
1 4.55-oz (120-g) tin crab, preferably
Dungeness (better still, leg meat),
drained
¼ cup (60 mL) Lemon Chive Mayonnaise
1 tsp lemon zest
1 tsp lemon juice
1 tsp chopped chives
sea salt and freshly ground black pepper,
to taste
2 slices fried bacon, drained and cut in two
1 cup (250 mL) shredded iceberg lettuce
4 large leaves arugula
1 medium tomato, sliced into 4-6 slices

Toast bread, butter it, and set aside.

Place crabmeat in a bowl.

In another small bowl, combine mayonnaise with lemon zest and juice, chives, and salt and pepper. Stir mayo mixture into crabmeat and combine well.

On each of 2 slices of buttered toast, place 1 piece bacon, ½ cup (125 mL) shredded iceberg lettuce, 1 arugula leaf, and ½ of crab mixture. Divide sliced tomatoes between 2 slices of bread, top each with an arugula leaf, then cover with slice of buttered sourdough toast.

Battle of the sexes! During the one-time, forty-eight-hour mating session of the female blue crab, she sheds her shell and is subsequently cradled by her male partner until a new shell is formed. Once this is achieved, the male crab must scurry for his life or be attacked and consumed by his ungrateful mate.



SALMON COULIBIAC

Some recipes are treasures just because they consistently live up to their sophisticated names. Coulibiac, a hot fish pie, is an innovation of Russian cuisine with worldwide appeal. So, from St. Petersburg, Russia, to St. Petersburg, Florida, this delicious dish is almost as fun to pronounce as it is to eat.

Makes 6 servings

1 lb (500 g) package puff pastry
2 7.5-oz (213-g) tins salmon, drained
1 package Uncle Ben's Wild Rice, cooked according to directions
2 tbsp chopped parsley
2 tbsp chopped dill
3 green onions, finely chopped
zest of 1 lemon
sea salt and freshly ground black pepper, to taste
4 eggs, hard-boiled
1 egg, well beaten



Preheat oven to 425°F (220°C).

Roll out puff pastry into 2 triangles 6 x 10 in (15 x 25 cm). In a large bowl, combine salmon, wild rice, parsley, dill, green onions, lemon zest, and salt and pepper.

Place 1 pastry triangle on an oiled baking sheet. Spread 1/2 of rice-salmon mixture over pastry, leaving a 1/2 in (1-cm) border. Arrange hard-boiled eggs in center, end to end. Spread remainder of rice mixture in an even layer over eggs. Brush border of pastry with beaten egg. Cover with second pastry triangle and crimp edges to form a tight seal. Chill in refrigerator for 1 hour.

Cut 4 small slits in top. Brush top with beaten egg.

Bake for 10 minutes. Reduce heat to 375° (190°C) and bake for 30 minutes more, until golden brown.



TIN FISH GOURMET

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As an ingredient, canned seafood often gets short shrift: it's often considered a mundane filler for salads, casseroles, and sandwiches by those in a hurry or on a budget. But while fresh is always best, there's no reason why canned seafood has to be boring.

Discover how to transform everyday canned seafood into stylish, delicious dishes in this cookbook that features innovative recipes for not only tinned salmon and tuna but clams, oysters, shrimp, crabmeat, sardines, anchovies, mackerel, and more. Make sophisticated versions of traditional seafood dishes such as Creamy Garlic & Clam Chowder, Kentucky Crab Crepes, New England Salmon Cakes, and Apple, Cheddar & Tuna Melt; and try out imaginative contemporary recipes such as Oyster & Artichoke Stew, Sardine & Potato Pancakes, Clam & Fontina Pizza, and Shiitake Mushrooms Stuffed with Crabmeat.

This cookbook is perfect for students, those on a budget, or those with time constraints, but it's also a sea-worthy companion for any home cook with a pantry. Elevating canned seafood to new and delectable heights, *Tin Fish Gourmet* proves that there is life after tuna casserole.

A first edition of this book was published by Raincoast Books in 1998; this new edition is completely redesigned with new chapters and recipes, and the addition of full-color photographs.

BARBARA-JO MCINTOSH is an award-winning food



professional with over twenty years' experience in the food and hospitality industry. Former proprietor of Barbara-Jo's, a popular Vancouver eatery, she now owns Barbara-Jo's Books to Cooks, a cookbook store in Vancouver. bookstocooks.com