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Kitchen shelf



Oceans

Andrew
Dwyer

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The catch to seafood

SEAFOOD may be a culinary symbol of our island continent, but many of us eschew cooking it at home. We're often not sure what to buy or how to prepare it. Andrew Dwyer is not a chef, but he can put you on the right track when it comes to seafood. Those of us who thought fish came either whole or filleted may be surprised by Dwyer's explanation of the different cuts of fish from steaks to portions, to skin-on fillets and s and b fillets (skin, rib and pin bones-removed fillets). Dwyer takes the seafood lover on a voyage from making a proper fish stock to exploring everything from prawns to stingray to abalone and octopus with influences from a plethora of fish-eating countries. Desserts, readers note, are non-piscine.

Natascha Mirosh