



## Seafood (Funky Chunky Series)

*May Basford*

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# Seafood (Funky Chunky Series)

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## **Seafood (Funky Chunky Series)** May Basford

Seafood offers flavors to compliment every occasion, from a casual barbecue to a formal dinner, and everything in between. In addition to offering a wealth of flavors, seafood is affordable, easy to prepare and endows a wide range of health benefits on those who eat it. The world's oceans and inland waterways boast thousands of seafood species, and more than 300 of those are harvested commercially and caught by recreational fishers. Seafood is an integral part of our lifestyle. Whether we are enjoying a sizzling summer's day, or in the middle of a snow storm in winter, we can choose a seafood dish to compliment the occasion. This book offers traditional European recipes as well as Asian and modern North American dishes. It breaks down many of the perceived barriers people have about cooking with seafood. The recipes are simple and easy to read and show that any type of seafood can be prepared easily for cooking. Because these recipes incorporate seafood they are not only wonderfully tasty but also very healthy. Seafood is an important element in a well-balanced diet. Seafood is particularly good for those on low-fat diets.

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