

Easy To Make Meals From Ocean To Plate Sustainably Canned 100 Delicious.



The Tinned Fish Cookbook: Easy-to-Make Meals from Ocean to Plate—Sustainably Canned, 100% Delicious

by Bart van Olphen

★★★★☆ 4.3 out of 5

Language	: English
File size	: 110882 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 182 pages
Lending	: Enabled



In today's fast-paced world, it can be difficult to find the time to cook healthy, sustainable meals. But with canned seafood, it's easy to create delicious, nutritious dishes that are good for you and the planet.

Canned seafood is a great source of protein, omega-3 fatty acids, and other essential nutrients. It's also a convenient and affordable way to add seafood to your diet.

In this book, you'll find 100 delicious, sustainable canned seafood recipes that are easy to make. From classic dishes like tuna salad and salmon patties to innovative creations like seafood tacos and paella, there's something for everyone.

Chapter 1: Appetizers

Start your meal with a delicious appetizer made with canned seafood. These recipes are perfect for parties, potlucks, and other gatherings.

- **Ceviche:** This classic Peruvian dish is made with fresh fish or seafood that is marinated in lime juice and cilantro. It's a refreshing and flavorful way to start your meal.
- **Smoked Salmon Dip:** This creamy dip is made with smoked salmon, cream cheese, and capers. It's perfect for spreading on crackers or vegetables.
- **Tuna Salad:** This classic tuna salad is made with canned tuna, mayonnaise, celery, and onion. It's a simple and satisfying appetizer that's always a crowd-pleaser.

Chapter 2: Main Courses

This chapter features a variety of main courses that are made with canned seafood. These dishes are perfect for a quick and easy weeknight meal or a special occasion dinner.

- **Salmon Patties:** These salmon patties are made with canned salmon, bread crumbs, and eggs. They're a delicious and healthy alternative to traditional beef burgers.
- **Seafood Tacos:** These tacos are made with canned tuna, shrimp, or crab. They're topped with a variety of fresh vegetables and sauces.
- **Paella:** This classic Spanish dish is made with rice, seafood, and vegetables. It's a flavorful and festive dish that's perfect for a special occasion.

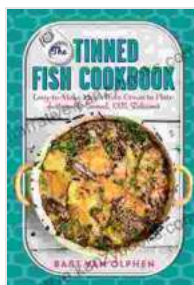
Chapter 3: Side Dishes

Complete your meal with a delicious side dish made with canned seafood. These recipes are perfect for adding a little extra flavor and nutrition to your meal.

- **Cornbread with Canned Salmon:** This cornbread is made with canned salmon, cornmeal, and buttermilk. It's a moist and flavorful bread that's perfect for serving with soup or stew.
- **Coleslaw with Canned Tuna:** This coleslaw is made with canned tuna, cabbage, and carrots. It's a refreshing and healthy side dish that's perfect for summer picnics.
- **Potato Salad with Canned Sardines:** This potato salad is made with canned sardines, potatoes, and eggs. It's a creamy and flavorful salad that's perfect for potlucks and other gatherings.

With canned seafood, it's easy to create delicious, sustainable meals that are good for you and the planet. This book provides you with 100 delicious recipes that are sure to please everyone at your table.

So what are you waiting for? Start cooking today!



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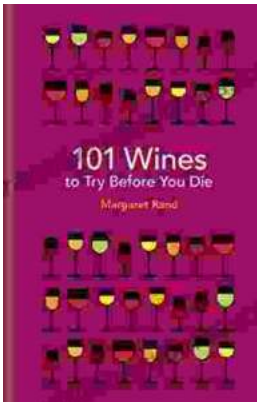
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