



## For Cod & Country

*Barton Seaver*

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304 pages

Présentation de l'éditeur

Even though there are hundreds of types of fish for sale, most chefs know only a few varieties. That's where Barton Seaver comes in with his unique approach: by combining all manner of fish (not just the familiar standbys) with loads of fresh vegetables, he fosters sustainability both in the sea and on the farm. Organised by season, For Cod and Country features only fish caught in those months (plus 'a fifth season' for farmed fish), along with ideas for preparation, seasonings and lists of alternate fish to substitute in inventive new dishes. Biographie de l'auteur

Barton Seaver has created three highly rated restaurants in Washington, DC. Seaver has been lauded as a leader in sustainability by Seafood Choices Alliance, was named a Fellow with the Blue Ocean Institute and works with the Ocean Now programme at the National Geographic Society to influence large corporations and consumers toward a more responsible and sustainable sourcing ethic. Learn more about him at <http://www.bartonseaver.org> and <http://www.forcodandcountry.org>.

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