



The Catch: Sea-to-Table Recipes, Stories & Secrets

Ben Sargent, Peter Kaminsky

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Ben Sargent, the host of *Hook, Line & Dinner* on Cooking Channel, shares his love of the open waters with adventure stories and seafood recipes that will entice you with their simple flavor.

An avid fisherman, home cook, and veteran surfer, Ben Sargent has been mesmerized by fishing since childhood, and he catches almost everything he eats. Whether you fish or not, *The Catch* is the perfect book for cooking simple, delicious fish and shellfish. These 100 recipes will teach you how to stuff, grill, sauté, fry, roast, smoke, bake, and fillet to perfection, from classic ways to prepare salmon, shrimp, and clams to chowders using snakehead and blackfish. Enjoy Ben's signature lobster rolls as well as a chapter on fresh vegetable and grain sides. Organized by type of seafood, *The Catch* features recipes such as Catfish Sandwich with Dill Rémooulade and Sliced Jalapeños (a recipe Ben made from his first catch); Mahi Ceviche with Grapefruit, Toasted Coconut, and Roasted Peanuts (inspired by the flavors of Central America); Striped Bass Chowder with Broccoli Rabe Pesto (which makes enough to share with friends); Oyster Pan Roast with Garlic Butter Toasts (the perfect dish for two); and Flounder in Grape Leaves (grilled whole over an open fire). Alongside stunning photos from the bountiful waters of Brooklyn to the Caribbean coast, Ben's take on sustainable seafood will become your go-to recipes when you want to savor fish and seafood in your home kitchen.

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