



Cooking with tinned fish: Tasty meals with sustainable seafood

Bart van Olphen

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Tinned fish is delicious, sustainable, and just as good as fresh! Combining the best ingredients, brilliant recipes and top tricks and tips, Bart Van Olphen demonstrates the versatility of cooking with the ultimate store cupboard staple. Complete with unique stories from sustainable fish-farmers share how they fish fairly, how they were caught and what happens to the fish from sea to tin. Bart's enthusiasm for environmentally responsible fishing is prevalent throughout his recipes from veal and tuna sandwich, anchovy and olive tart to sardine tartar. Bart gives innovative ways to use tinned fish and revolutionizes our use of tinned fish. Straight from the pantry and into the pan, discover Bart's tasty take on tinned tuna, salmon, mackerel, mussels and more. From simple soups and sauces to wholesome meals, get inspired and enjoy great fish.

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