



# **A Good Catch: Sustainable Seafood Recipes from Canada's Top Chefs**

*Jill Lambert*

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Eating responsibly may mean including new and different foods in one's diet, but it doesn't mean having to forgo flavor. *A Good Catch* incorporates the most responsible and delicious seafood choices into more than 90 mouthwatering recipes from celebrity chefs across Canada. The book begins with a brief introduction that explains what questions conscientious consumers should be asking about seafood and provides a quick-reference chart of recommended choices. But the heart of the book is the recipes. Featured are culinary delights such as Salmon and Edamame Salad with Wasabi Mayonnaise, Dungeness Crab Cake Benedicts with Chive Hollandaise Sauce, and Grilled Pacific Halibut with Charred Jalapeno-Honey Vinaigrette. Produced in conjunction with the David Suzuki Foundation, this elegant, easy-to-use cookbook is a must-have resource with sustainable suggestions and alternatives for conscious foodies.

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