



# For Cod and Country: Simple, Delicious, Sustainable Cooking

*Barton Seaver*

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**"You want to save more fish? Eat more broccoli." --Barton Seaver**

Even though there are hundreds of types of fish for sale, most chefs are only familiar with 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. Organized 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.

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