

Extreme
Cuisine

Shocking Seafood



by Dinah Williams

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Extreme Cuisine

Shocking Seafood



by Dinah Williams

Consultants:

David George Gordon, author of *The Eat-a-Bug Cookbook*

Andrew Zimmern, co-creator and host of *Bizarre Foods with Andrew Zimmern*

BEARPORT
PUBLISHING

New York, New York

Credits

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Publisher: Kenn Goin
Editorial Director: Adam Siegel
Creative Director: Spencer Brinker
Design: Debrah Kaiser
Photo Researcher: Lindsay Blatt

Library of Congress Cataloging-in-Publication Data

Williams, Dinah.

Shocking seafood / by Dinah Williams ; consultants, David George Gordon, Andrew Zimmern.

p. cm. — (Extreme cuisine)

Includes bibliographical references and index.

ISBN-13: 978-1-59716-761-1 (lib. binding)

ISBN-10: 1-59716-761-4 (lib. binding)

1. Cookery (Seafood)—Juvenile literature. 2. Cookery, International—Juvenile literature. I. Gordon, David George. II. Zimmern, Andrew. III. Title.

TX747.W5556 2009

641.6'92—dc22

2008035302

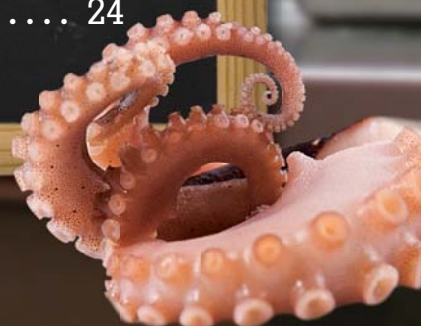
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For more information, write to Bearport Publishing Company, Inc., 101 Fifth Avenue, Suite 6R, New York, New York 10003. Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

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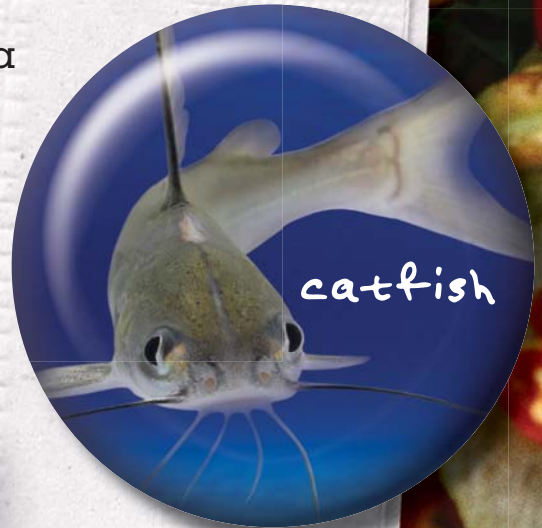
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Sour Fish Head Soup

Fish are eaten all around the world. Before cooking them, people often cut off the heads and throw them away—but not in Vietnam! There, it's the heads that some people want. They use them to make soup. Cooks add onions, tomatoes, pineapple, spices, and fish sauce to give the soup a sour and sweet taste.

Not everyone likes fish heads in their soup. Yet the world, like the sea, is a big place. Seafood that's shocking to people in one country may be popular in another.





sour fish
head soup

Stinky Herring

Who wants to eat food that stinks? People in Sweden do! They enjoy eating sour herring, a dish that smells like rotten eggs.

How is this unusual food made? First, herring is put in a barrel with salty water for around two months. Next, the fish is canned and stored. Gas from the souring fish makes the cans start to bulge. After about six months, the stinky herring, called *surströmming*, is ready to be served. It is often eaten with bread and potatoes. The fish smells so bad that the cans are usually opened outdoors.



herring

opening a can of
surströmming



KALLAX



Surströmming

En god klassiker

Some airlines do not allow passengers to bring *surströmming* on board. They are afraid the cans will explode during the flight when the air pressure changes.

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Read More

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Learn More Online

To learn more about shocking seafood dishes, visit
www.bearportpublishing.com/ExtremeCuisine

About the Author

Dinah Williams has written and edited many books for children. She has also eaten many weird meals. She lives in Cranford, New Jersey.



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Extreme Cuisine

Shocking Seafood

Are you in the mood for seafood? How about starting with fish head soup? Or maybe you'd prefer some raw octopus arms. They're so fresh that you can still feel them wiggling in your mouth. If you're really brave you can try some pufferfish. Be careful, however. If it's not prepared properly it can kill you!

Do people really eat these foods? Take a look inside and find out—but don't be too surprised by what you discover. After all, the world is a big place. One eater's "yuck!" is another eater's "yum!"

Baby Bug Dishes

Bug-a-licious

Mammal Menu

Shocking Seafood

Slithery, Slimy, Scaly Treats

**Spider-tizers and
Other Creepy Treats**

BEARPORT
PUBLISHING

www.bearportpublishing.com

ISBN-10: 1-59716-761-4
ISBN-13: 978-1-59716-761-1

