



# The Scottish Salmon Bible

*Claire Macdonald*

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## **The Scottish Salmon Bible** Claire Macdonald

Due to its high protein content, omega-3 fatty acids, and vitamin D, salmon is one of the most nutritious fish available, with many health specialists recommending that it should be eaten three times a week. In this handy and varied collection of 40 recipes—incorporating salmon into starters, main courses, breakfast, snacks, and more—award-winning chef Claire Macdonald demonstrates that salmon lends itself to a stunning and delicious variety of dishes and can be eaten seven days a week without tiring of it. Featured are hot-smoked salmon, cold-smoked salmon, salmon fillets, and Gravalax (salmon cured with sugar, salt, and dill), together with a huge range of imaginative accompaniments, from beetroot, cheese, and cream to bananas, tomatoes, garlic, and prosciutto.

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