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› Tin to Table Cookbook by Anna Hezel: Instruction Manual

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Tin to Table: Fancy, Snacky Recipes for Tin-thusiasts and A-fish-ionados

By Anna Hezel

Published by Chronicle Books

INTRODUCTION TO THE TIN TO TABLE COOKBOOK

The *Tin to Table* cookbook serves as a comprehensive guide to preparing dishes with tinned seafood. It features over 50 recipes, ranging from simple snacks to elaborate main courses, designed to integrate tinned fish into everyday meals and special occasions. This book aims to expand culinary horizons by showcasing the versatility and flavor profiles of various tinned seafood products from around the world.

The content includes practical advice on selecting tinned fish, understanding different varieties, and pairing them with complementary ingredients. It also provides 'no-recipe recipes' for quick and easy meal preparation directly from the tin.

TIN TO TABLE



FANCY, SNACKY RECIPES FOR
TIN-THUSIASTS AND A-FISH-IONADOS

ANNA HEZEL

Image: Front cover of the Tin to Table cookbook, featuring various tinned fish dishes.

USING YOUR COOKBOOK

This cookbook is designed for ease of use, whether you are a novice or an experienced cook. Recipes are categorized to help you find suitable dishes for different meal types and occasions.

Navigating Recipes

Recipes are organized into sections such as "Straight Out of the Can," "Snack Time," "Salads," "Sandwiches," and "The Main Attractions." Each recipe provides clear instructions, ingredient lists, and preparation times.

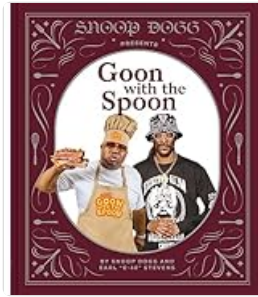


Image: An illustrative graphic stating "More Than 50 Recipes" with a jar of flat fillet fish.

Field Guide to Tinned Seafood

The book includes a dedicated section, a "Field Guide to Tinned Seafood," which offers insights into various types of tinned fish, their origins, and flavor characteristics. This guide assists in making informed choices for both recipes and direct consumption.



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Image: A cookbook spread displaying the table of contents, including sections like 'Straight Out of the Can' and 'Snack Time'.

octopus



THREE TINS TO TRY

1. CONSERVAS DE GAMBADOS OCTOPUS IN GALICIAN SAUCE

These tentacles are packed in Galician sauce, which brings together sweet onion with warming, vivid-orange paprika.

2. MATIZ OCTOPUS IN OLIVE OIL

A great economical choice for octopus that's deeply savory and ready to be turned into a tapa or salad.

3. RAMÓN PEÑA OCTOPUS IN OLIVE OIL

The segments of this octopus are beautifully arranged in the tin and ready to be speared with toothpicks, making this tin a worthwhile splurge when presentation matters.

If I'm being completely honest, one reason I'm so attached to canned octopus is my fear of cooking fresh octopus, which can be expensive, intimidating, and extremely easy to mess up. But when I spend a few dollars on a favorite can of octopus, I can rest easy knowing that the cannery probably got it right.

Canned octopus can be just as fancy as its fresh counterpart at a restaurant, but you can serve it with far less stress, whether you're tossing the tentacle pieces with crunchy cucumbers and herbs for a summery salad, or setting out the tin with a cup of toothpicks for a party snack. The meat is surprisingly absorbent toward neighboring flavors, so definitely opt for something packed in good-quality olive oil. I like to warm the octopus slightly in olive oil before serving, which I do when making Octopus Marinated with Chili Powder & Orange Peel (page 115).

Image: A cookbook spread detailing information about octopus, including three types to try and a stylized illustration of an octopus.

Pairing Suggestions and Shopping Resources

Beyond recipes, the book offers smart pairing suggestions for enjoying tinned fish straight from the can. It also provides shopping resources to help locate quality tinned seafood products.

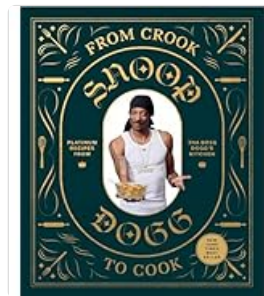


Image: An illustrative graphic stating "Smart Pairing Suggestions and Shopping Tips" with a mackerel tin.

Recipe Examples

- Triple Pickle Smoked Salmon Butter Sandwich
- Canned Clam Garlic Bread
- Sardine Curry Puffs
- Caesar Popcorn (Negronis optional!)
- Tuna Noodle Casserole 2.0 with Salt and Vinegar Crumbs
- Vermouth Hour Potato Chips with Mussels, Olives, and Piparras
- Mac and Mack(ere)l



Smoked Salmon Deviled Eggs

with Black Sesame Seeds

The vibe here is a little like a sesame bagel piled high with beet-cured lox and red onion. With a few Beet-Pickled Eggs (page 120) in your refrigerator, the perfect afternoon snack or platter of sophisticated hors d'oeuvres is just a few minutes away. I like to use Scout smoked wild pink salmon, Fishwife smoked Atlantic salmon, or Wildfish Cannery smoked king salmon here. These are great with a glass of sparkling wine and even better alongside some potato chips and caviar.

1 RECIPE BEET-PICKLED EGGS (PAGE 120)

2 TBSP MAYONNAISE

1 TBSP MINCED SHALLOT

1 TBSP CHAMPAGNE VINEGAR

½ TSP DIJON MUSTARD

½ TSP FRESHLY GROUND BLACK PEPPER

ONE 3½ OZ (100 G) TIN SMOKED SALMON, DRAINED

TINY SPRIGS OF FRESH DILL, FOR GARNISH

BLACK SESAME SEEDS OR EVERYTHING BAGEL SEASONING, FOR GARNISH

Makes 12 deviled egg halves Using a sharp knife, cut each egg in half lengthwise, wiping the knife with a damp paper towel between cuts. Use a small spoon to scoop the yolks into a medium bowl and arrange the whites on a serving plate.

To the yolks, add the mayonnaise, shallot, vinegar, mustard, and black pepper. Add half the salmon from the can. Use an immersion blender or hand mixer to blend together until it has emulsified into a uniform mixture. (Alternatively, whisk vigorously with a fork—you just won't achieve quite as creamy a texture.) Use two small spoons (or a piping bag) to scoop an equal amount of the yolk mixture into each egg white half.

Gently flake the remaining salmon and garnish each egg half with a piece of fish. Garnish each one with a sprig of dill and a sprinkle of sesame seeds or everything bagel seasoning. Serve immediately or cover with plastic wrap and refrigerate for up to 4 hours.

SNACK TIME

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Image: A cookbook spread featuring the recipe for Smoked Salmon Deviled Eggs, with a vibrant pink deviled egg on a rock.



Rice Cooker Sardine Rice

with Grated Ginger, Sweet Corn & Green Onions



After interviewing Naoko Takei Moore for *TASTE* a few years ago, I became a quick convert to cooking with donabe, clay pots that have been part of Japan's culinary history for centuries. Naoko's business, TOIRO, sells a variety of donabe, and her book, *Donabe*, shares some of the joys and rituals of preparing and sharing meals in clay.

One of the first dishes I cooked with my kamado-san (rice cooker) donabe was one that Naoko posted on Instagram—a fluffy bed of rice cooked in dashi, soy sauce, and sake, under a sunburst of tiny silver sardines. The sardine oil coats each grain of rice, seasoning it and creating a toasty golden crust where it meets the clay surface. This adaptation, with sweet corn and a whisper of shiso, is designed for an electric rice cooker. But if you enjoy it, I encourage you to pick up a donabe of your own.

1 CUP (200 G) SHORT-GRAIN WHITE RICE

¾ CUP (180 ML) PLUS 2 TBSP CHICKEN STOCK, DASHI, OR WATER

ONE 1 IN (2.5 CM) PIECE FRESH GINGER, PEELLED AND JULIENNE

2 TBSP SOY SAUCE

1 EAR FRESH CORN, HUSKED AND KERNELS CUT OFF THE COB

ONE 3¼ OZ (105 G) TIN SMALL SARDINES IN OLIVE OIL (SUCH AS KING OSCAR TINY TOTS), UNDRAINED

4 FRESH SHISO LEAVES, CUT INTO A CHIFFONADE

3 GREEN ONIONS (GREEN PART ONLY), THINLY SLICED

Serves 2 Rinse the rice under cold running water until the water runs clear. Drain thoroughly and transfer to the rice cooker. Add the stock, ginger, soy sauce, and corn kernels. Give the rice cooker a gentle shake to mix everything.

Very carefully, with your hands or a pair of chopsticks, arrange the sardines in a circle around the perimeter of the rice cooker, tails pointing toward the center. Drizzle the oil from the sardine can into the rice cooker and cover. Cook according to your rice cooker instructions, on the setting you would typically use for white rice.

Once the rice is cooked, use the rice paddle to fluff the rice and break up the sardines, incorporating them throughout. Garnish with the shiso and green onions, and serve.

THE MAIN ATTRACTIONS

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Image: A cookbook spread showcasing the Rice Cooker Sardine Rice recipe, with a bowl of rice topped with sardines and herbs.

Your browser does not support the video tag.

Video: A preview of the 'Tin to Table' cookbook by Anna Hezel, presented by Cookbook Divas. This video offers a visual tour of the book's contents, highlighting various recipes and sections.

SPECIFICATIONS

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CARE AND MAINTENANCE

To ensure the longevity of your cookbook, store it in a dry place away from direct sunlight and extreme temperatures. Avoid exposing the book to moisture or food spills. Clean the cover with a soft, dry cloth if necessary.

TROUBLESHOOTING AND SUPPORT

This cookbook is a collection of recipes and culinary guidance. Should you encounter any issues with a recipe, consider adjusting ingredients to taste or exploring alternative preparation methods. Culinary outcomes can vary based on ingredient quality, equipment, and individual technique.

For general inquiries regarding the publication or content, please contact the publisher, Chronicle Books. Contact information can typically be found on their official website or within the book's introductory pages.

WARRANTY INFORMATION

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