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A Cookbook with Recipes from the Heart

Diabetes consultant supports Omega 3 recipe book

Omega 3: Find it! Cook it! Love it! By Shirly Line

Sub: Cooking with Omega 3

Publisher: Country Setting

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Omega 3 was launched on 28 January 2009 at the hugely significant Seafood and Health Conference at Fishmongers' Hall, London. It is a new easy-reference guide to preparing and cooking a wide variety of nutritious seafood that can be enjoyed by the whole family. The A to Z of delicious recipes is not only accompanied by charming illustrations it is packed with anecdotes and guidance about fish and shellfish, many of which contain the Omega 3 oils that ensure good health and wellbeing for young and old.

Dr. David Levy, consultant in Diabetes and Endocrinology (Whipps Cross Hospital, London) who endorsed Shirly's recipes in the Foreword says: 'not only do Omega 3s reduce the risks of second heart attacks, but they seem to help all the arteries over a long period' and goes on to outline the benefits.

Shirly Line's daughters decided to pay tribute to their mother and fulfill her wishes and bring out the cookery book she had been working on the year before she died. Pre-dating current trends, she was an early champion of the benefits of fish oil and knew that seafood would continue to appeal to our growing dietary awareness. As a child she spent years on the coast fishing with her father. This began a natural interest and real passion for all things from the sea as well as a wide knowledge of fish and shellfish, their origins, habitats and nutritional value. As a post-war, 1950s child she swallowed cod-liver oil every morning! We now know that fatty acids found in shellfish and oily fish reduce heart disease, are of value in diabetes and weight-management and are the ultimate low-GI food for a generation often characterized as not fit and poorly nourished.

Shirly's expertise in diet and health grew as she helped establish the Women's Food and Farming Union in the sixties and promoted both the Mushroom and Watercress Board and the Soya and Bean Council. During the seventies she worked with the pioneer of Weight watchers and began to research food types and diabetes-aware recipes that were not just tasty but high in fibre and low in fat. This led to a specific interest in Omega 3 oil at a time when early research into the relationship between eating seafood and improved health was just beginning to emerge. The titles of some of Shirly's published books are a tell tale sign of the strength of this interest: *The Omega 3 Fish and Shellfish Guide*; *The Essential Oils of Life*; *Oysters a True Delicacy*; *A Passion for Oysters*.

Shirly's years of travel and research as a seafood journalist have built up an impressive repertoire of cooking ideas focusing on the benefits of Omega 3, now presented in a book full of simply gorgeous dishes – *Salmon Chowder*, *Rockfish with Spinach Cream Sauce*, *Grilled Herring in Oatmeal* - that also appeal to our growing appreciation for nutrition and vitality.

Her daughter Tracey says: 'The book updates *The Omega 3, Fish and Shellfish Guide*, in order to re-inspire today's cooks who not only want to try many more ways

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to prepare and eat fish but also to enhance a healthy diet. Mum was totally convinced of the benefits of Omega 3. She knew every detail of why it is so good, she could even say eicosapentaenoic acid (EPA, one of the active ingredients of Omega 3 fish oil)!'

As well as delicious and joyful recipes ranging from breakfasts, low-fat grills and stir-frys to exotic and traditional sauces and salads, this user-friendly book is packed with information about individual fish, their origins, storage, buying, preparation and nutritional value as well as little known facts and fun tips to lighten the heart.

Below are sample recipes and graphics from the book, which we would be more than happy for you to reproduce in your publication.

Whatever way you cook the fish, remove the scales before you start and trim the fins. Rub with lemon and marjoram and cook on the barbecue; no fat or oil is needed. This is an oily fish that has plenty of Omega 3; just what the heart specialist ordered.



Baked Grey Mullet / cleaned fish per person – head intact

Fresh herbs to include parsley, dill and tarragon
Fresh lemon slices and a little white pepper

Stuff the herbs into the belly of each fish with lemon, shake the pepper and seal in aluminium foil. Bake in preset oven at 400F (200C, Gas 6) for 15-20 minutes – depending on the size of fish. Note that the smaller to medium-sized fish are reputed to have more flavour than the larger 'granny' of the shoal.

Salmon Steaks with Saffron Sauce (Serves 4)

4 salmon steaks, poached in a court bouillon, left to cool
2 small courgettes
2 ins (5cm) leek or celery and 2 ins (5cm) carrot, all cut into needle fine strips
2 large pinches of saffron
6 fl oz fish stock
2 tabs cream; dill for garnish

Blanch the vegetables for a minute or two, drain and refresh. Simmer the saffron in the fish stock until the liquor takes the colour and flavour of the saffron and reduces a little. Add the cream and simmer for a further minute. Season well and leave to cool.

Drain the salmon steaks on kitchen paper. Cover the base of two plates with the sauce. Scatter the vegetables over the sauce and top with the fish. Garnish with dill.



For more information on Shirly Line and to buy a copy go to

www.oysterguru.co.uk

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All proceeds from the book will go to Shirly's charities.

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Estate of the late Shirly Line