

*Ocean to Plate*

Cooking Fish with Hawai'i's  
KUSUMA COORAY



# Ocean to Plate : Cooking Fish with Hawai'i Kusuma Cooray

Kusuma Cooray



A native of Sri Lanka and one of Hawaii's most celebrated chefs, Kusuma Cooray is known for innovative recipes that blend exotic herbs and spices with traditional and local ingredients to create exceptionally delicious dishes that tempt both the palate and the eye. In *Ocean to Plate: Cooking Fish with Hawai'i's Kusuma Cooray*, Chef Cooray draws on her years as a chef and culinary instructor to introduce novice and experienced cooks to her flavourful methods of fish preparation. Even skilled cooks are sometimes intimidated by the thought of preparing fresh fish recipes. From understanding how to buy the freshest and tastiest fish to choosing the right recipe to showcase your purchase, Chef Cooray takes the reader carefully through the rewarding process - all the way from *Ocean to Plate*. With more than 200 recipes including everything from appetisers to main dishes, and featuring cooking methods from simple baking to curing and smoking, Chef Cooray shows readers how to prepare the many species available freshly caught from Hawaii and Pacific waters, and provides substitution guidelines if those are unobtainable. As a special treat, she has drawn on her Sri Lankan roots and presents a varied assortment of fish curries and exotically spiced preparations alongside more traditional recipes, all accompanied by tantalising relishes, chutneys, and sauces. In-depth introductory chapters will help cooks to truly understand tools and techniques, while lavish illustrations provide beautiful guidance on how to present these delicious dishes.

- [O Caderno Azul / the Blue Book](#)
- [O Debate Normativo Da Lingua Galega \(1980-2000\)](#)
- [Oeuvres, Volume 5...](#)
- [O Come, All Ye Faithful](#)
- [O Come, Emmanuel : Daily Prayers for Advent, Christmas and Epiphany](#)
- [Obstetrics: Normal and Problem Pregnancies Elsevier eBook on VitalSource \(Retail Access Card\)](#)
- [Obstetrics and Gynaecology in Tudor and Stuart England](#)