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The Australian Women's Weekly

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Seafood is the perfect fast food; the more simply it's cooked the better it tastes. Fish and shellfish all benefit from quick cooking and here is a range of recipes for fish fillets and steaks, prawns and crab, squid and octopus that can be cooked in minutes. There are recipes too, for canned and smoked fish, oysters and clams, stir-fries and pan-fries, grills, salads and soups. And of course there is barbecued fish – perhaps the fastest and most delicious way to cook seafood.

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