

# News from Artisan

FOR IMMEDIATE RELEASE:

Contact: Jaime Harder at 212-614-7748 or jaimeh@artisanbooks.com

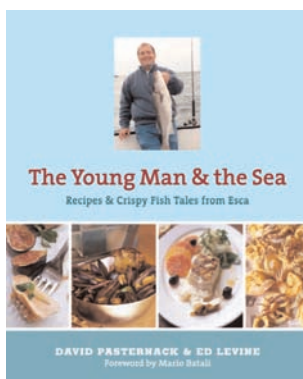
*“He’s an honest-to-God fisherman, in love with the ocean.”*

—*The New York Times*

## DAVID PASTERNAK

*Presents His Much Anticipated First Book*

## The Young Man & The Sea Recipes & Crispy Fish Tales from Esca



*“In Dave’s wake you’ll find yourself thinking differently about eating fish, fishing, and life at sea or on shore. So here you have it, the wisdom and wit of David Pasternack, piscine poet, the Nietzsche of the deep. Grab your fishing gear, your fry pan, and your local fishmonger. I promise you you’ll never again look the same way at a piece of fish.”*

—Ed Levine from An Introductory Note

Dave Pasternack has gills... well, almost. He understands fish—how to catch them, source them, buy them and how to cook them. He grew up fishing and almost any day, when he’s not manning the helm at New York City’s famed restaurant Esca, that’s exactly where you’ll find him—on a boat. “Is Dave Pasternack a fish whisperer?...On the evidence of Esca, I’d have to say yes,” Frank Bruni, *The New York Times* restaurant critic, said.

**THE YOUNG MAN & THE SEA: Recipes & Crispy Fish Tales from Esca** by David Pasternack and Ed Levine (Artisan; June 2007) is the most important fish-cooking book of the decade from a colorful salt-of-the-sea chef and fish-lover. Culling from his encyclopedic knowledge of creatures of the sea, Pasternack offers informative sections on the various types of fish, such as tentacled species including calamari, cuttlefish, octopus and scungilli (“If you understand what each tentacled species is and how to prepare it, you’ll find that cooking these leggy wonders is actually easy and fun”). His tuna advice covers albacore, bonita, blackfin, big eye, bluefin and yellowfin (“No matter what kind of tuna you buy, make sure it doesn’t have too many veins or ribbons of exposed cartilage, which means it wasn’t bled correctly”). Pasternack also includes his recommendations for buying, preparing and serving shrimp, scallops and whole fish.

When Esca first opened in 2000, Pasternack would go fishing on his day off, bringing his catch of the day into the Manhattan restaurant on the Long Island Rail Road in a plastic bag lined with ice. “That’s the kind of dedication and passion that I like in friends and colleagues,” says famed chef and restaurant business partner Mario Batali in the book’s Foreword. “Dave has a real understanding of what the Italians call *materie prime*—the raw ingredients—and he does a great job making them available for any palate to explore and understand.”

—MORE—



More than cooking school, Pasternack's experience has taught him what he knows about cooking fish—an understanding of how flavors work, how certain fish marry well with various oils, acids, textures, herbs or vegetables. His first book is a love letter to fish—the compilation of all that he has learned since his days fishing as a boy with his father—peppered with colorful stories and quotes from a life on the water.

A salty selection of sections includes:

- **Starters, Salads, Soups, & Stews**—Recipes include *Peekytoe Crab Salad with Pink Grapefruit*, Esca's famed *Zuppa di Pesce Amalfitano* and *Grilled Tomatoes with Bread Crumbs and Anchovies* as well as a story about Pasternack's favorite fishmonger
- **My Salmon Eskimo Man**—The amusing story of Frank, Pasternack's Salmon supplier who lives in a fishing camp in a town of 150 people on Cook Inlet in Alaska
- **Crudo**—The dish that put Pasternack on the map. From *Albacore Crudo with Caperberries* to *Two-Minute Cherrystone Clam Ceviche* and *Nantucket Bay Scallops with Lemon and Chervil* to *Weakfish with Chives*
- **Grillin', Gillin', & Chillin'**—Dave's idea of a perfect summer day with recipes such as *Tuna on a Plank*, *Grilled Porgy with Salsa Verde* and *Braised Carrots* and *Grilled Red Snapper with Peperonata*
- **Roasted, Baked, & Poached**—Includes the story "The Special of the Day (and Night)" and recipes from *Slow-Roasted Black Cod* and *Salt-Baked Pesce per Due*, to *Whole Turbot with Meyer Lemon and Blood Orange* and *Cod with Polenta and Sauteed Wild Mushrooms*

With fish tales as tasty as the more than 100 recipes and the provocative photography of Christopher Hirscheimer, **THE YOUNG MAN & THE SEA** is as much a feast for the appetite as it is for the eyes. Pasternack's stories and Dave-isms ("Cod is king!") paint a vivid picture of this extraordinarily talented, one-of-a-kind chef and fisherman who, according to Batali, "never shrinks from telling the truth, on the plate or at the table."

# # #

---

**ABOUT THE AUTHORS:** When New York-born-and-bred chef **David Pasternack** is not in the kitchen of his seafood mecca, Esca, he can be found fishing in the Atlantic—from the Rockaways to Montauk Point. In 2004 he won the James Beard Foundation award for best New York City chef. Prior to opening Esca, Dave worked in the kitchens of Bouley and Picholine. He lives in Long Beach with his wife, Donna Peltz, and their daughter, Ruby. This is his first book.

Co-author **Ed Levine** is a frequent contributor to *The New York Times* and SeriousEats.com, a Web site with fresh video, blogs and conversation that is home base for passionate, discerning eaters on the Internet. He is the author of *Pizza: A Slice of Heaven*, *New York Eats*, and *New York Eats (More)*, and a radio and television producer and host whose shows have been nominated for James Beard Foundation awards four years in a row. He lives in New York City with his wife, Vicky Bijur.

**THE YOUNG MAN & THE SEA**  
**Recipes and Crispy Fish Tales from Esca**  
By David Pasternack and Ed Levine  
Hardcover, jacketed | \$45.00 | 1-57965-276-X | 272 pages  
**PUBLICATION DATE: June 2007**

## PRAISE FOR DAVE PASTERNAK

“**Nobody** knows more about fish, fishing, and fish cooking.”



**MARIO  
BATALI**

“Pasternack’s knowledge of fish is **POSITIVELY BRITANNICAL.**”

JONATHAN REYNOLDS  
*The New York Times*

“I doubt there is a human being alive who knows more about fish than Dave Pasternack. And every bite of his cooking reflects that **KNOWLEDGE & EXPERIENCE**. If I were strapped in the electric chair and facing a last meal of sea creature, I would pray that Dave would be cooking it.” **ANTHONY BOURDAIN**

“He understands the fish business better than just about anyone, in ways intuitive, visceral, and pragmatic. . . . Pasternack, as much as a New York-born-and-bred chef can, has thrived by cooking best what **HE KNOWS BEST.**”

**MARK SINGER**

*in a full-length New Yorker profile*

“There are few chefs more in tune with the sea than Dave Pasternack. From catching them to cooking them, Dave must have fish and fishing swimming in his veins.

**He brings a great purity and simplicity to his cooking.**

The authenticity of his approach to seafood will surely inspire you **DANIEL** to follow him into the kitchen.” **BOULUD**

**WILLIAM  
GRIMES**

*The New York Times*

“The crudo appetizers at Esca are the freshest, most exciting things to happen to Italian food in recent memory. . . . Mr. Pasternack works **THRILLING VARIATIONS ON A VERY SIMPLE THEME.**”