



Forget fish fingers, children do eat fish!

How many varieties of ready-made, processed fish are there? Fish fingers and the rest. Forget that, do it yourself.

I worked at a pre-school for 4 years. When I started, the young children only ate 5 kg of fish for lunch, maybe because of badly made fish dishes or because they just wanted fish fingers with ketchup. Then all processed fish was taken off the menu, never to be served again. From that point, all fish dishes were made from scratch, from pie to crumbed. Within 4-6 months the quantity of fish being eaten had doubled. Fish was one of the most popular lunches at the pre-school, what a wonderful and warming feeling!

Of the fish dishes served at Gisle School Restaurant, 90 % are Marine Stewardship Council (MSC) fish. Fish is served up to 4 times a week and is often served as the special of the day.

Examples of Fish Dishes served at Gisle School Restaurant

- Crumbed fish fillet with remoulade sauce.
- Fresh herbs and lemon baked salmon with a dill and apple sour cream.
- Polenta and parsley crumbed salmon with lime aioli.



- Fisk fillet served in a fresh basil and white wine sauce.



- Shallow fried fish fillet in an Italian sauce (sun-dried tomatoes and olives)
- Crumbed fish fillet with horseradish hollandaise.



- Poached fish fillets with dill sauce and bacon chips.
- Gratinated shellfish and fish fillet.
- Herb coated salmon grilled in the oven served with a roasted paprika sauce.
- Fish fillet served in a creamy leek and shrimp sauce.



Some more pictures.....



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