

# It is that time of year again...

I noticed that I was getting hit by a lot of search engines today. They were all finding the same post. Last year around this time I started to review all of the fast food fish sandwiches in our area. Guess what, there is a big search going on for fast food fish. A new fast food place opened in our area, so I may have to review the Sonic fish sandwich. But for now, I'm going to go in a different direction or TANGENT if you will.

Eating fish during lent? Why?? I did a quick search and found out it was more out of 'eating from the land' than skipping meat. Apparently (I'm not sure about this yet, the web is full of useless information too), eating fish derived from fasting. Apparently you could eat the food you gathered during a fast. This included vegetables, fruits and the like. It also included fish, since anyone could catch fish. Meat from other animals was the province of the well to do or wealthy.

Other sites have said that this developed to allow the working people something to eat with a high level of protein, just to keep their strength and let them keep working the fields. I'm not really sure about the why's yet, but I will continue to work on it. That question just got me curious.

And one more tangent... Easy fish recipe. Works for most firm fleshed fish (Salmon, catfish, ocean perch, red snapper, walleye, ect.)

- Aluminum foil
- Fish fillets
- Tomato slices
- Onion slices
- Salt

Pepper

Sliced garlic if desired...

Oil of choice or butter

Layer on foil (one serving per foil pouch) from the bottom up onion slices, tomato slices, fish fillets, salt, pepper, garlic, tomato slices, onion slices. Drizzle with oil or add butter pats. Close up foil. Cook...

Over hot coals 10 -15 minutes per inch flip about halfway through cooking time.

(open one and see if fish is starting to get opaque on the first side, flaky on the second side.) Or use gas grill, or cook in oven preheated to 375.

Wonderful stuff...