

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...

Fast Food Fish

There are 6 national Fast Food Restaurants that serve a Hot Fish sandwich at least during or around Lent. Yes, Subway exists and does server a tuna fish sandwich, but that is an entirely different animal. As I try them, I will give a short review.

McDonalds Fillet-o-Fish Served all year

The Fillet-o-Fish has been my perennial favorite. I'm sure this has something to do with eating so many growing up in a Catholic family, and of course spending lots of time hanging out in McDonalds. For those who don't know, this sandwich is a square fish stick on a bun, smothered in Tartar Sauce and a slice of melted American Cheese. This sandwich, as was usual with most McDonalds products is the same year after year, sandwich after sandwich. Even though my tastes have grown up a

bit, I will still get one of these on occasion. I don't eliminate the meat from my diet during lent, or on Fridays, so the desire for fish has to out weigh my desire for beef. It happens, but the Fillet-0-Fish is not the comfort food that a cheeseburger is. ☐ These used to be a cheap sandwich at McDonalds, but the price has gone up in the past few years. There should be a two-fer sale in the next few weeks to coincide with the Lenten season. Not a bad sandwich, and it is my scale for all other fast food fish sandwiches... so it is a 7 on scale of 1 – 10

Burger King BK-fish Served all year

Been a few months since I've had one of these sandwiches. Always, and I do mean always overcooked. Doesn't matter what BK I go to. I'll stick to their Angus burger. Score 3. I may try this one again. I was told they got better, and it is Lenten fish sale time.

Arbys Fish during Lent

Decent fish sandwich, A large fillet with lettuce, tomato and tartar sauce. When I last had it, no cheese was offered. Since I was used to the McDs sandwich I felt it was missing. They are usually only offered in the spring, with some sales during lent. I think last year it was during the entire period, but sometimes the sale is only on Fridays. With a sale price this is a very good value, not so good if not on sale. I'll choose it over the McDs sandwich when on sale. Give this one an 8 when on sale, 6 when not...

Wendy's Fish During Lent

I just had this sandwich a couple of weeks ago. I will have to try it again. On my first sandwich the fish was overcooked, but not served piping hot. Must have been sitting around a while. To give it a fair review, I will need to go back when they are busy on a Friday to make sure I get a fresh sandwich. Served with lettuce, tomato and Tartar Sauce with cheese as an option. So far the score on this sandwich is a 3.

Dairy Queen Fish Fillet sandwich (all year?)

I had the DQ Crispy Fish Fillet sandwich this week. What can I say? The onion rings were tasty. As for the fish, I would almost complain of some false advertising. It wasn't very crispy. That being said, it was a nice sized piece of fish.

The sandwich also contained tartar sauce and lettuce. The bun was very fresh. Nothing really special, but not too bad either. I'm thinking a score of 6 fits this sandwich.

A&W/KFC Fish snackers during Lent

99 cent mini fish sandwiches. No frills, just Tartar Sauce, fish and a bun. I like these little sandwiches a lot. If our local KFC had better service, I would get it more often. Just not worth the time spent waiting to get them, unless I really want a draft Root Beer too. Interesting combination of KFC and A&W in our town, but I think that confuses the servers. Score 8

Your Favorite?

[poll id=8]

Not your father's goldfish

Ok, I'm all for feeling good about myself, and getting the occasional pampering, but now we can have fish keep our feet clean. Yes, you read that correctly. There is a [spa](#) in Virginia that has little fish to nibble off the dead and rough skin from your feet.

At \$35 dollars for 15 minutes and \$50 for 30 minutes, I think that this will be one spa treatment I can forgo. I never liked it at the lake, when the fish would come up and do the toe

nibble.

Now I'll have to find other weird spa treatments that people use. Can you say mud baths anyone?