

### Fish training for future chefs

**FLAGs: Kaszuby FLAG and North Kaszuby FLAG**  
 Kaszuby region, Poland

#### Project overview

**A cooperation project has organised training on how fish is caught and processed and on preparing regional fish dishes, helping 60 students and teachers from Polish gastronomy schools to better understand the potential of fish as valuable food.**



Fish consumption in Poland is one of the lowest in Europe. One of the key barriers is that fish, especially local species, is considered unattractive and difficult to cook and very few restaurants serve locally caught fish. Two FLAGs in cooperation with 6 gastronomy schools (secondary-level schools that train professionals for restaurants, canteens etc.) from the Kaszuby region in northern Poland developed a project targeting 60 students and teachers of these schools with a range of fisheries related educational activities.

The course started with a study visit to the area’s harbours, fishing boats, processing plants and restaurants to present the whole process of catching, processing and preparing fish. This was followed by an intensive, 72-hour training by experienced chefs in how to make fish into attractive food as well as a traineeship in a fish processing plant. Students also took part in promoting local fish products at a regional festival and in the production of a cook book of imaginative recipes based on local fish and regional culinary traditions.

## Key lessons

- › **Relevance to FARNET themes:** Adding value to fisheries products, improving the image of fisheries.
- › **Results:** Sixty potential chefs and teachers from gastronomy schools have increased their skills and motivation to prepare fish dishes and learnt to link locally caught fish with the regional cuisine. They were trained by famous Polish chefs and gained a better understanding of the fish food chain. At the end of the training many participants (both students and teachers) said the practical and enjoyable training helped to change their view of fish. In addition, a cookery book was produced to encourage other people to try new recipes using local fish. In the long run, the project aims to develop the market for quality fresh fish in the whole region.
- › **Transferability:** Such educational courses could be particularly relevant in countries or regions where there is little tradition of eating fish and/or where the quality of local fish is not recognised. Similar courses could also be used in coastal areas where a large part of the catch consists of fish species that are less known or considered less valuable as education focused on future chefs can help raise awareness and improve the marketing opportunities of such fish.
- › **Final Comment:** The good cooperation between the key actors, i.e. the two FLAGs managing the project, the gastronomy schools and their teachers, the chefs as well as the owners of fishing boats and fish processing plants helped to develop high motivation and enthusiasm among the trainees. Based on the success of this project, a second round of the training was organised in the following year.

## Total cost and EFF contribution

**Total project cost:** €37 730

- › EFF Axis 4: €28 302
- › National co-financing: €9 428

## Project information

**Title:** Fish training for future chefs

**Duration:** (first round) October 2013 – April 2014.

**Case study date:** April 2015

### Project promoters

Kaszuby FLAG

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### FLAG details

North Kaszuby FLAG

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