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Student-Led Cooking Workshop



Try Me!

The Try Me Beginner Cooking Workshop is a hands-on educational activity designed to introduce participants to sustainable seafood through simple and affordable cooking.

The workshop was developed and organised by the Science Centre of Northern Norway together with the UiT – The Arctic University of Norway student-led Mr.Goodfish team.

Authors:

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Objectives:

- Raise awareness of seafood seasonality and teach participants how to cook in-season fish, while emphasising waste reduction by using fish parts that are normally discarded.
- Teach affordable, replicable recipes that require no particular culinary talent, making them easy to incorporate into everyday cooking habits.

General Information

Duration:

The cooking workshop was organised through weekly one-hour meetings at the Science Centre of Northern Norway over the course of a semester (10 meetings in the autumn semester; 6 meetings in the spring semester). The workshop itself lasted 4 hours. Two cooking workshops, the first in November 2025 and the second in June 2026.

Materials needed:

Fresh seasonal fish, ingredients for the recipes, printing supplies for posters and handouts, software for the graphics (Adobe and/or Canva), access to established social media platforms for promotion, and coffee ;-)

Partnerships:

A fishmonger (to provide fresh fish) and a suitable cooking venue; in our case, it was a middle school equipped with a home economics classroom. Space for meetings (we met at the Science Centre of



Northern Norway) and a trial cooking session, as well as permission to hang-up posters on a campus and community spaces.

Step by step

- Research fish species that are in season and suitable for the project.
- Gather information on bycatch, sustainability, and seasonality of the selected species.
- Identify potential partners and sponsors who can provide fish, ingredients, or venues.
- Contact and confirm locations for the workshop and cooking activities.
- Research recipes using the selected fish species.
- Create a complete ingredient list and estimate required quantities.
- Begin designing the poster, including illustrations of the chosen fish species.
- Design pamphlets for participants.
- Finalise the poster layout, content, visual elements, and QR code linking to the registration form.
- Prepare the workshop presentation using the research on seasonality and sustainability.
- Conduct a cooking trial to test recipes, cooking methods, timing, and serving portions.
- Make any necessary adjustments based on the trial results.
- Plan social media content and a posting schedule.
- Publish social media content and display posters.
- Review all materials, including the presentation, pamphlets, ingredients, and logistics.
- Deliver the workshop and cooking demonstration.
- Collect participant feedback and document outcomes.

Debrief questions:

- Could you see yourself cooking these recipes in the future?
- Were you aware of fish seasonality before this workshop? Will you consider it when shopping for your next meal?
- Do you feel more confident cooking fish species that are new to your diet?

Final Tips and Tricks

- Enjoy it <3
- Run a cooking trial beforehand to ensure the recipes flow well and are easy to replicate, especially if preparing multiple dishes.
- Set up kitchen stations and prepare all necessary equipment for each group before the workshop begins.
- Print the recipes and poster in a smaller format to give participants as a takeaway, helping them recreate the dishes at home.
- If the budget allows, attract the student-led Mr.Goodfish team with snacks and free food.



- Allow plenty of time for recruitment of the Mr.Goodfish student-led team and consider offering an incentive for people to join the project.
- Keep the atmosphere simple and informal. There is no need for a professional chef; seeing beginners teach other beginners makes the experience more approachable and encourages participation.



"Choose the right fish at the right season!"

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