



FISH THE DISH

Monday at 6AM-11AM ET



Fish the Dish is a playful and delicious half hour of television that follows Chef Spencer Watts as he cooks up some of his favourite seafood dishes in preparation for his new cookbook all about fish. His animated, high-energy personality shines through as he makes accessible, tasty recipes with sustainable fish and shellfish.

Showing us just how fast, easy and fun fish recipes are to make, Spencer enthusiastically plates up four unique seafood dishes in each episode.