

UV21095

Prepare and cook fish and shellfish

The aim of this unit is to develop your knowledge, understanding and practical skills in producing fish and shellfish dishes, which are becoming more popular in catering establishments. You will learn preparation and cooking techniques, how to check the quality of fish and shellfish, and how to fillet and portion fish into appropriate cuts. Fish and shellfish can be very expensive and it is therefore extremely important that you can produce these dishes well, without waste.

You will study the different types of fish and shellfish and the best methods of cooking. You will also be studying the types of sauces and garnishes that complement the different types of fish and shellfish.

Level

2

Credit value

5

GLH

40

Observation(s)

2

External paper(s)

0



Prepare and cook fish and shellfish

Learning outcomes

On completion of this unit you will:

1. Be able to prepare fish and shellfish
2. Be able to cook fish and shellfish

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation may be used in this unit, where no naturally occurring evidence is available.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Learning outcome 1

Be able to prepare fish and shellfish

You can:

- a. Demonstrate the correct use of tools and equipment to prepare fish and shellfish
- b. Demonstrate preparation skills for fish and shellfish, according to dish specifications
- c. Demonstrate portion control with cuts of fish
- d. Apply flavourings to fish and shellfish
- e. Line appropriate moulds or basins, or shape pastes according to dish specifications
- f. Apply coatings to fish and shellfish
- g. Demonstrate safe and hygienic practices*
- h. Undertake correct storage procedures for fish and shellfish

* May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 2

Be able to cook fish and shellfish

You can:

- a. Demonstrate the correct use of tools and equipment in cooking or use of fresh or preserved fish and shellfish
- b. Apply appropriate cooking methods and principles to fish and shellfish
- c. Make appropriate sauces or coulis for fish and shellfish
- d. Prepare dressings for fish and shellfish dishes
- e. Make suitable flavoured butters/oils for fish and shellfish dishes
- f. Prepare garnishes for fish and shellfish dishes
- g. Apply finishing skills to fish and shellfish dishes
- h. Assemble dishes according to dish specification
- i. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Range

You must practically demonstrate that you have:

Used all types of equipment	Portfolio reference
Knives	
Fish scissors	
Chopping boards	
Trays	
Bowls	
Prepared a minimum of 2 types of fish	Portfolio reference
Flat	
Round	
Oily	
Used a minimum of 2 filleting techniques	Portfolio reference
Removing pin bone	
Removing rib bones	
Removing spine	
Trimming	
Skinning	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 2 cuts of fish	Portfolio reference
Darne	
Goujon	
Supreme	
Tronçon	
Délice	
Paupiette	
Flavoured fish using all preparation methods	Portfolio reference
Coating	
Marinating	
Prepared a minimum of 2 types of shellfish	Portfolio reference
Crustacea	
Molluscs	
Cephalopods	
Used all types of equipment to cook fish and shellfish	Portfolio reference
Pans	
Trays	
Ladles	
Spoons	
Tongs	
Conical strainer	
Palate knife	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 4 cooking methods	Portfolio reference
Roast	
Grill	
Sauté	
Deep-fry	
Boil	
Poach	
Steam	
Used a minimum of 3 finishing products	Portfolio reference
Sauces	
Coulis	
Dressings	
Flavoured butter/oils	
Garnishes	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

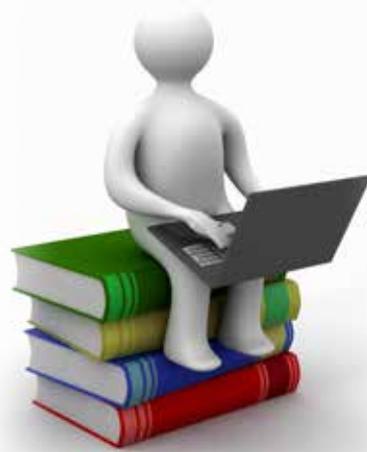
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Be able to prepare fish and shellfish

You can:	Portfolio reference
i. Identify types of fish and shellfish	
j. Explain the quality points of fish and shellfish	
k. State the most commonly used cuts of fish	
l. Describe methods used to preserve fish and shellfish	
m. Describe the advantages and disadvantages of the preservation methods	
n. Explain portion sizes/weights for cuts of fish and shellfish for dish requirements	
o. State the correct storage procedures and temperatures for fish and shellfish	



Learning outcome 2

Be able to cook fish and shellfish

You can:	Portfolio reference
j. Evaluate the finished dish/dishes	
k. Identify tools and equipment used in the cooking of fish and shellfish	
l. Explain suitable cooking methods for fish and shellfish	
m. Explain reasons for applying cooking principles to fish and shellfish	
n. Explain how to determine when fish and shellfish are cooked	
o. Describe the skills needed to check and finish the dish to specification	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare fish and shellfish

Tools and equipment: Knives, fish scissors, chopping boards, trays, bowls.

Preparation skills: Trimming, skinning, filleting, stuffing, cleaning, removing shell, washing.

Cuts of fish: Darne, tronçon, fillet, délice, supreme, goujon, paupiette.

Flavourings: Herbs, spices, wine, vinegar, oils, lemon, soy sauce, marinades.

Moulds, basins or shaping pastes: Dariole moulds, pudding basins, suet paste, short paste, puff paste.

Coatings: Flour, egg and breadcrumb, batter.

Safe and hygienic practices: Appropriate protective clothing, clean working conditions, organisational standards.

Fish and shellfish: Flat (plaice, sole, turbot), round (cod, haddock, whiting), oily (trout, salmon, mackerel), crustacea (shrimp, prawn, crab), molluscs (mussel, scallop, whelk), cephalopods (squid).

Quality points: Eyes bright, flesh not slimy, no fishy smell, red gills, closed shells for shellfish.

Preservation methods: Freezing, refrigeration, vacuum packing, smoking, salting.

Advantages and disadvantages of preservation methods: Freezing damages flesh, refrigeration (short time span), smoking affects flavour, salting affects flavour, vacuum packing (long time span).

Portion sizes for fish and shellfish:

Consistent, starter size, main course size.

Storage procedures and temperatures:

Refrigeration 5°C, freezing -20°C, label with date, stock rotation.



Outcome 2: Be able to cook fish and shellfish

Tools and equipment: Pans, trays, grills, ovens, stoves, friture, knives, ladles, spoons, tongs, conical strainer, palate knife.

Cooking methods and principles: Roast, grill, sauté, deep-fry, boil, poach, steam, browning, searing, reducing sauces, thickening sauces, simmer, baste, glaze.

Appropriate sauces or coulis: Béchamel derivatives, velouté derivatives, hollandaise derivatives, reductions.

Dressings for fish and shellfish: Vinaigrette, mayonnaise derivatives.

Flavoured butters/oils: Parsley butter, Maitre d'hotel, beurre noisette, beurre noir.

Garnishes for fish and shellfish: Batter, breadcrumbs, mashed potatoes, fried potatoes, parsley, lemon wedges.

Finishing skills: Skinning, shelling, removing bones, adjust seasoning, sauce consistency.

Assemble dishes: Portioning, plating, garnishing, coating, appearance, temperature.

Safe and hygienic practices: Appropriate protective clothing, clean working conditions, organisational standards.

Evaluate finished dishes: Appearance, flavour, aroma, temperature.

Determine when fish and shellfish are cooked: Texture, appearance, probing.

Skills to check and finish dish: Meeting organisational standards, customer expectations.