

U13802: Prepare and cook basic fish dishes

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook basic fish dishes.

The unit describes the essential abilities of:

- Preparing and cooking fish dishes in a safe and hygienic manner
- Cooking fish dishes to meet dish requirements
- Operating within organizational procedures
- Operating within safety and hygiene regulations

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

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| 1. Prepare basic fish dishes for cooking | <p>1.1 Prepare areas and equipment to satisfy health and safety requirements and are ready for use.</p> <p>1.2 Fish is of the type, quality and quantity required.</p> <p>1.3 Any problems identified with quality of fish or other ingredients are reported promptly to the appropriate person.</p> <p>1.4 Fish is prepared correctly, using basic preparation methods appropriate to the fish cut.</p> <p>1.5 Prepared fish is combined correctly with other ingredients to meet dish requirements.</p> <p>1.6 Prepared fish not for immediate use is stored correctly.</p> |
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- 1.7 Preparation areas and equipment are cleaned correctly after use.
 - 1.8 Waste is handled correctly ready for appropriate dispatch methods.
 - 1.9 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.10 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.
2. Cook and finish basic fish dishes
- 2.1 Cooking areas and suitable equipment satisfy health and safety requirements and are ready for use.
 - 2.2 **Fish** dishes are cooked to meet **dish** requirements using appropriate **wet** or **dry cooking methods** to the type of fish or **fish cut**.
 - 2.3 Fish dishes are finished using appropriate **finishing methods** to meet **quality** requirements.
 - 2.4 Fish dishes not for immediate consumption are stored correctly.
 - 2.5 Any **problems** identified with the quality of the dish are reported promptly to the appropriate person.
 - 2.6 Cooking areas and equipment are cleaned correctly after use.
 - 2.7 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.

- 2.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic fish dishes for cooking

A. Fish:

- (i) fresh/frozen/cured/canned
- (ii) flying fish
- (iii) dolphin
- (iv) bonita
- (v) shark
- (vi) red snapper
- (vii) cod
- (viii) herring
- (ix) salmon

B. Quality:

- (i) aroma
- (ii) appearance

C. Problems: *(Also applies to element 2)*

- (i) in terms of freshness
- (ii) in terms of quality

D. Other ingredients:

- (i) flour
- (ii) melted butter
- (iii) breadcrumbs
- (iv) milk egg wash

E. Basic preparation methods:

- (i) washing
- (ii) trimming
- (iii) portioning
- (iv) skinning
- (v) gutting
- (vi) de-scaling
- (vii) filleting
- (viii) basic coating

F. Fish cut: (*Also applies to element 2*)

- (i) fillet
- (ii) goujon
- (iii) whole
- (iv) troncon/darne

G. Dish requirements:

- (i) fish dishes cooked by the dry method with basic sauces and garnish with appropriate accompaniments
- (ii) fish dishes cooked by the wet method with basic sauces and garnish with appropriate accompaniments

Element 2: Cook and finish basic fish dishes**H. Fish:**

- (i) fresh/frozen/cured/canned
- (ii) flying fish
- (iii) dolphin
- (iv) bonita
- (v) shark
- (vi) red snapper
- (vii) cod
- (viii) herring
- (ix) salmon
- (x) white fish (oily fish)

I. Dry cooking methods:

- (i) baking
- (ii) grilling
- (iii) frying

J. Wet cooking methods:

- (i) poaching
- (ii) combination cooking
- (iii) steaming
- (iv) boiling

K. Dish:

- (i) Fish dishes cooked by the dry method finished with basic garnishing sauce with appropriate accompaniments
- (ii) Fish dishes cooked by the wet method finished with basic sauces and garnish with appropriate accompaniments

L. Finishing methods:

- (i) dressing
- (ii) garnishing
- (iii) portioning
- (iv) saucing
- (v) gratinating with cheese

M. Quality:

- (i) texture
- (ii) aroma
- (iii) flavor
- (iv) appearance

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing fish for cooking.
2. What signs to look for when fat/oil is approaching “flashpoint”.
3. What procedures should be followed if fat/oil reaches “flashpoint”.

Food Hygiene

4. Why it is important to keep preparation areas and equipment hygienic when preparing fish for cooking.
5. What the main contamination threats are when preparing and storing fish.
6. Why time and temperature are important when preparing fish.
7. Why prepared fish should be stored at the required safe temperature before cooking.
8. Why it is important to keep cooking areas and equipment hygienic when cooking fish dishes.
9. What the main contamination threats are when cooking and storing fish dishes.
10. Why time and temperature are important when cooking fish dishes.
11. Why fish dishes not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

Product Knowledge

12. What quality points to look for in fresh fish.
13. What basic preparation methods are suitable for different types of fish.
14. What the different cuts of fish are and which basic dishes they are appropriate for.
15. What quality points to look for in cooked fish dishes.
16. What basic cooking methods are suitable for different types of fish.
17. How to identify when fish dishes are cooked to dish requirements.

Health and Catering Practices

18. Which products could be used to substitute high fat ingredients when preparing fish for cooking.
19. Why increasing the fibre content of fish dishes can contribute to healthy catering practices.
20. Why reducing the amount of salt added to fish dishes, can contribute to healthy catering practices.
21. Which fats/oils can contribute to healthier catering practices
22. What cooking methods and equipment can contribute to reducing the fat/oil in fish dishes.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the following criteria over a sufficient period of time for your assessor to consider that you are competent.

It essential that competence be demonstrated in the following aspects:

- Totally through performance evidence in the form of observation
- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4, 1.5 and 1.7** and a minimum of:
 - **2 from the range of A**
 - **2 from the range of B**
 - **3 from the range of D**
 - **5 from the range of E**
 - **2 from the range of F**
 - **1 from the range of G**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.3 and 2.5** and a minimum of:
 - **2 from the range of H**
 - **1 from the range of I**
 - **1 from the range of J**
 - **2 from the range of F**
 - **2 from the range of K**
 - **3 from the range of L**
 - **4 from the range of M**

- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Methods of Assessment

- Observation reports by your assessor of how you:
 - prepare basic fish dishes
 - cook and finish basic fish dishes
- Answers to oral or written questions from your assessor.
- Witness statements from colleagues and/or line managers that provide evidence of how:
 - prepare basic fish dishes
 - cook and finish basic fish dishes
- A personal statement describing how you :
 - prepare basic fish dishes
 - cook and finish basic fish dishes

(3) Context of Assessment

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.