

## U15402: Prepare and cook basic shellfish dishes

Unit Descriptor:

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

### The unit describes the essential abilities of:

- Knowing what type, quality and quantity of shellfish is required.
- Knowing what safe working practices should be followed when preparing basic shellfish dishes.
- Knowing what quality points to look for in shellfish.
- Knowing what basic preparation methods are suitable for different types of shellfish.

### ELEMENT

### PERFORMANCE CRITERIA

*To be competent you must achieve the following:*

#### 1. Prepare basic shellfish dishes

- 1.1 Preparation areas and equipment satisfy health and safety requirements and are ready for use.
- 1.2 **Shellfish** are of the type, quality and quantity.
- 1.3 Any **problems** identified with the quality of shellfish or **other ingredients** are reported promptly to the appropriate person.
- 1.4 Shellfish is correctly prepared using the appropriate **preparation method** and combined with other ingredients ready for cooking.
- 1.5 Shellfish dishes not for immediate consumption are stored correctly.
- 1.6 Preparation areas and equipment are cleaned correctly after use.

- 1.7 Waste is handled correctly ready for appropriate dispatch methods.
  - 1.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
  - 1.9 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 shellfish dishes
- 2.1 Cooking areas and suitable equipment satisfy health and safety requirements and are ready for use.
  - 2.2 **Shellfish** dishes are cooked to meet dish requirements using appropriate **wet or dry cooking methods** to the type of fish or fish cut.
  - 2.3 Shellfish **dishes** are finished using appropriate **finishing methods** to meet **quality** requirements.
  - 2.4 Shellfish 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 correctly cleaned 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 shellfish dishes**

#### **A. Shellfish:**

- (i) (fresh, frozen, cured, canned) crab
- (ii) prawn
- (iii) shrimps
- (iv) scampi
- (v) sea urchins (white)
- (vi) mussels
- (vii) oysters
- (viii) conch

#### **B. Problems:**

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

#### **C. Other ingredients:**

- (i) dairy products
- (ii) eggs
- (iii) fruits
- (iv) vegetables
- (v) breadcrumbs

**D. Preparation methods:**

- (i) trimming
- (ii) shelling
- (iii) divining
- (iv) scraping
- (v) coating
- (vi) defrosting
- (vii) freezing

**Element 2: Cook and finish basic shellfish dishes****E. Dry cooking methods:**

- (i) deep frying
- (ii) shallow frying

**F. Moist cooking methods:**

- (i) poaching
- (ii) boiling

**G. Dish:**

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

**H. Finishing methods:**

- (i) dressing
- (ii) garnishing
- (iii) portioning
- (iv) saucing

**I. 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 basic shellfish dishes.
2. What safe working practices should be followed when cooking shellfish.
3. What signs to look for when fat/oil is approaching “flashpoint”.
4. What procedures should be followed if fat/oil reaches “flashpoint”.

**Food Hygiene**

5. Why it is important to keep preparation areas and equipment hygienic when preparing basic shellfish dishes.
6. What the main contaminating threats are when preparing and storing basic shellfish dishes.
7. Why prepared shellfish should be stored at the required safe temperature before cooking.
8. Why it is important to keep cooking areas and equipment hygienic when cooking basic shellfish dishes.
9. What the main contaminating threats are when cooking and storing basic shellfish dishes.
10. Why time and temperature are important when cooking shellfish dishes.
11. Why shellfish 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 shellfish.
13. What basic preparation methods are suitable for different types of shellfish.
14. What quality points to look for in cooked shellfish dishes.
15. What basic cooking methods are suitable for different types of shellfish.
16. How to identify when shellfish dishes are cooked to dish requirements.

**Healthy Catering Practices**

17. Which products could be used to substitute high fat ingredients when preparing basic shellfish.
18. Which fats/oils can contribute to healthy catering practices.
19. Why increasing the fibre content of basic shellfish dishes can contribute to healthy catering practices.
20. What cooking methods and equipment can contribute to reducing the fats/oils in shellfish dishes.

**EVIDENCE GUIDE****(1) Critical Aspects of Evidence**

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

It is 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, 1.6 and 1.7** and a minimum of:
  - **4 from the range of A**
  - **All from the range of B**
  - **3 from the range of C**
  - **3 from the range of D**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.3, 2.4, 2.5 and 2.6** and a minimum of:
  - **4 from the range of A**
  - **All from the range of E**
  - **2 from the range of F**
  - **2 from the range of G**
  - **2 from the range of H**
  - **4 from the range of I**
  - **All from the range of B**

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

## **(3) Context of Assessment**

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