

QCF Level	3
Credit value	3
UAN	L/600/1813
NOS	3FP1/3FC1

Unit aim and purpose

This unit is about providing the understanding for creating complex fish dishes using different preparation and cooking methods. This unit also provides the understanding for finishing complex fish dishes correctly in readiness for service.

Learning outcomes and assessment criteria

1 Understand how to prepare fish for complex dishes.

The Learner can:

- a explain the **selection process** used in order to ensure fish meets the dish requirements
- b identify how to **control portions** to minimise waste
- c describe **preparation methods** for different complex fish dishes
- d explain the reasons for using different methods of fish preparation
- e describe the **characteristics** of different types of commonly used fish
- f state **healthy eating** considerations when preparing fish
- g describe the **corrective action** to be taken if there are quality problems
- h identify how to **store prepared fish** which is ready for cooking

2 Understand how to cook fish for complex dishes.

The Learner can:

- a describe the **tools and equipment** used for different fish cooking methods
- b describe correct **cooking methods** for different complex fish dish requirements
- c state the importance of using the **correct temperatures** for cooking different types of fish
- d identify the nutritional value of different types of fish
- e state **healthy eating** considerations when cooking fish
- f explain how to combine fish with other ingredients to create a complex and balanced dish

3 Understand how to finish complex fish dishes.

The Learner can:

- a describe the correct **finishing methods** for a range of complex fish dishes
 - b state the importance of correctly finishing dishes for service
 - c describe how to minimise and correct common faults in complex fish dishes
 - d describe how to adjust the colour, consistency and flavour of different fish dishes
 - e identify the **correct temperature** for holding and serving complex fish dishes
 - f state the **correct storage methods** for complex fish dishes
 - g describe **current trends** and methodologies in relation to cooking and finishing complex fish dishes
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Range

Selection process

The ingredients are checked against the recipe to ensure they are correct, they are of the correct weight for the dish to be prepared correctly, quality is checked to ensure that fish is fresh, pleasant smell, firm texture, clear eyes, pink gills, not slimy

Control portions

Buy products, which have a high portion yield, prepare fish into individual portions, do not make the size of the portion too large.

Preparation methods

Removing double fillets, gutting through the gills, removing bones leaving whole fish intact, skinning eel, stuffing whole fish with multiple fillings, cutting fish for sushi or sashimi, compressing and shaping techniques, marinades, sous vide, carving, mincing/blending and preparation of fine/coarse forcemeats.

Characteristics

Exotic fish (eg barramundi, grouper, tilapia, parrot fish), oily fish (eg trout, salmon, mackerel, herring, tuna, shark, eels), flat fish (eg. skate/ray, Dover sole, brill), round fish (eg cod, haddock, sea bass, red snapper), fresh water fish (eg bream, pike, sandre).

Healthy eating

Preparation methods; Use olive oil when marinating, use low fat items when topping or covering, prepare fish by using healthy cooking methods such as steaming, use fresh fish as opposed to frozen, reduce salt content. Cooking methods; use healthier cooking techniques such as steaming or poaching rather than frying.

Corrective action

Fish must not be used, Replace fish, seek advice, change menu.

Store prepared fish

Controlled temperature environment, between 1°C – 5°C, separate from other items.

Tools and equipment

Pans, trays, spatulas, whisks, strainers, tongs, spoons, ladles, knives, bain marie, stoves, grills (over and under fired), ovens, fryer, hot plates, cold and frozen storage.

Cooking methods

Dry

Roast (whole fish, larger cuts).

Grill (whole fish, larger cuts – shellfish).

Shallow fry (whole fish, goujons, fillets, suprêmes - suitable shellfish).

Deep fry (goujons, fillets, suprêmes, fry of fish – suitable shellfish).

Bake (fish pies, en papillote, au gratin/crusts, whole fish, large cuts – suitable shellfish).

Wet

Boil (suitable shellfish).

Poach (whole fish, fillets, paupiettes – suitable shellfish).

Steam (whole fish, suprêmes, darnes – suitable shellfish).

Stew (whole fish – suitable shellfish).

Braise (whole fish, larger cuts).

Correct temperatures

Fish may be overcooked, break up, quality of batter may be poor, batter will brown before fish cooks, fish may stick to bottom of the pan. Will not meet dish requirements.

Correct temperature

Cooking – 75°C or above.

Holding - 63°C or above.

Finishing methods

Remove skin/bone/shells, amend consistency (reductions, liaison of egg yolks and cream, stocks, monter au beurre/olive oil, sabayon), adjust flavouring (fish glaze, soy sauce, Worcester sauce, tomato/mushroom ketchup, fish, sweet chilli), correct seasoning (salt/spices), adjust temperature.

Correct storage methods

Hold above 63°C and serve as quickly as possible, or, cool rapidly to 5°C (preferably with the use of a blast chiller), cover and label dish, refrigerate within 90 minutes

Current trends

Cooking methods focus on a healthier approach, sauces made using alternative thickening agents to roux based sauces, use of organic products, use of pre-prepared and pre-portioned fish, use of a wider variety of fish eg exotic fish, use of farm fished products eg salmon.