

## Unit 337

## Cook and finish complex fish dishes (3FC1)

**Level:** 3  
**NDAQ number:** H/601/5507  
**Credit value:** 4  
**GLH:** 38

### Unit aim

This unit is about cooking and finishing complex fish dishes. This unit is for staff who have complex cooking and finishing skills and are capable of working with no supervision.

### Learning outcomes

There are **four** learning outcomes to this unit. The learner will:

1. Be able to cook complex fish dishes
2. Understand how to cook complex fish dishes
3. Be able to finish complex fish dishes
4. Know how to finish complex fish dishes

### Endorsement of the unit by a sector or other appropriate body

This unit is endorsed by People1st, the Sector Skills Council for Hospitality.

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### Learning outcomes and assessment criteria

#### **Outcome 1 Be able to cook complex fish dishes**

The learner can:

1. Select type and quantity of **fish** needed for dish
2. Check the fish meets quality standards
3. Choose and use tools and equipment correctly
4. Combine fish with other ingredients
5. **Cook** fish to meet requirements of the dish
6. Make sure the dish has the correct flavour, colour, consistency and quantity

#### **Outcome 2 Understand how to cook complex fish dishes**

The learner can:

- K1. Explain how to select the correct type, quality and quantity of fish to meet dish requirements
- K2. State what quality points you should look for in fish
- K3. Describe what to do if there are any problems with the fish or other ingredients
- K4. Describe the correct tools and equipment and the reasons for using them when carrying out different cooking methods
- K5. Explain how to combine fish with other ingredients to create a complex and balanced dish
- K6. Explain how to carry out different cooking methods according to dish requirements
- K7. State the correct temperature for cooking fish
- K8. Describe the current trends and methodologies in relation to cooking complex fish dishes
- K9. State healthy eating options when cooking and finishing complex fish dishes

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### Learning outcomes and assessment criteria

#### Outcome 3 Be able to finish complex fish dishes

The learner can:

7. Garnish and present the dish to meet requirements
8. Make sure the dish is at the correct temperature for holding and serving
9. Safely store a cooked fish not for immediate use

#### Outcome 4 Know how to finish complex fish dishes

The learner can:

- K10. Describe appropriate garnishes, dressings, sauces, and glazes for a range of complex fish dishes
- K11. Explain how to minimise and correct common faults in complex fish dishes
- K12. Explain how to adjust the flavour, consistency and colour of complex fish dishes
- K13. Describe the current trends and methodologies in relation to finishing complex fish dishes
- K14. State the correct temperature for holding and serving complex fish dishes
- K15. Describe how to store complex fish dishes

#### What you must cover (Outcomes 1 & 3):

1. **Fish**
  - a) White fish – round
  - b) White fish – flat
  - c) Oily
2. **Cooking by**
  - a) Frying
    - deep
    - shallow
  - b) Grilling
  - c) En papillote
  - d) Baking
3. **Finishing by**
  - a) Coating with a sauce
  - b) Dressing
  - c) Garnishing
- e) Steaming**
- f) Poaching**
  - deep
  - shallow
- g) Combining cooking methods**

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### Evidence requirements

Unit 3FC1	Cook and finish complex fish dishes
What you must <b>DO</b> for Outcomes 1 & 3	<p>The assessor <u>must</u> assess assessment criteria 1, 2, 3, 4, 5, 6 &amp; 7 by directly observing the candidate's work.</p> <p>For assessment criteria 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (i.e. either holding <u>or</u> serving) but must observe the other.</p> <p>The assessor may assess assessment criteria 9 through questioning or witness testimony if no naturally occurring evidence is available.</p>
What you must <b>COVER</b> for Outcomes 1 & 3	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> <li>• at least <b>two</b> from <b>fish</b> <ul style="list-style-type: none"> <li>a) <b>white fish – round</b></li> <li>b) <b>white fish – flat</b></li> <li>c) <b>oily</b></li> </ul> </li> <li>• at least <b>five</b> from <b>cooking</b> by           <ul style="list-style-type: none"> <li>a) <b>frying</b> <ul style="list-style-type: none"> <li>• <b>deep</b></li> <li>• <b>shallow</b></li> </ul> </li> <li>b) <b>grilling</b></li> <li>c) <b>en papillote</b></li> <li>d) <b>baking</b></li> <li>e) <b>steaming</b></li> <li>f) <b>poaching</b> <ul style="list-style-type: none"> <li>• <b>deep</b></li> <li>• <b>shallow</b></li> </ul> </li> <li>g) <b>combining cooking methods</b></li> </ul> </li> <li>• at least <b>two</b> from <b>finishing</b> by           <ul style="list-style-type: none"> <li>a) <b>coating with a sauce</b></li> <li>b) <b>dressing</b></li> <li>c) <b>garnishing</b></li> </ul> </li> </ul> <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>