

Cooking and Food Preparation

Prepare Basic Fish Dishes



Learner Guide

Prepare and cook basic fish dishes

Learner Information

| Details | Please Complete details |
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| Name of learner | |
| Name of manager | |
| Work Unit | |
| Facilitator | |
| Date started | |
| Date of completion | |
| Date of Assessment | |

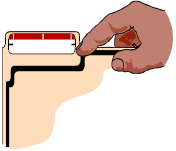
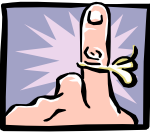



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KEYS TO ICONS

The following icons are used throughout the study guide to indicate specific functions:

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|  | FOLDER ENCLOSURES This includes all examples, handouts, checklists, etc. |
|  | DON'T FORGET/NOTE This icon indicates information of particular importance. |
|  | EXERCISES Practical activities to do , either individual or in syndicate groups during the training process |
|  | BOOKS Additional resource information for further reading and reference. |
|  | SELF-ASSESSMENT QUESTIONS. Self evaluation for learners to assessment understanding of the learning material |

Prepare and cook basic fish dishes

Introduction

| | |
|----------------------------|---|
| Specific Outcomes | Specific outcomes describe what the learner has to be able to do successfully at the end of this learning experience. |
| Assessment Criteria | <p>The only way to establish whether a learner is competent and has accomplished the specific outcomes is through the assessment process. Assessment involves collecting and interpreting evidence about the learners' ability to perform a task.</p> <p>This module includes assessments in the form of self-test, group exercises, quizzes, projects and a practical training programme whereby you are required to perform tasks on the job and collect as portfolio of evidence, proof signed by your supervisor that you have successfully performed these tasks</p> |
| To qualify | To qualify and receive credits towards your qualification, a registered Assessor will conduct an evaluation and assessment of your portfolio of evidence and competency. |
| Range of Learning | This describes the situation and circumstance in which competence must be demonstrated and the parameters in which the learner operates. |
| Responsibility | <p>The responsibility of learning rest with you, so . . .</p> <ul style="list-style-type: none">•Be proactive and ask questions.•Seek assistance and help from your coach, if required. |

Specific Outcomes and Range of Learning



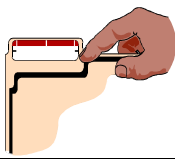
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| <p>Demonstrated KNOWLEDGE and UNDERSTANDING:</p> | <ol style="list-style-type: none"> 1. Describe the various methods of checking for fresh fish. 2. Describe the main contamination threats when preparing, cooking and storing fish and their impact on the organisation. 3. Explain the relationship between time and temperature when cooking fish dishes. 4. Explain the importance of keeping preparation, cooking and storage areas and equipment hygienically clean. 5. Explain how to identify cooked fish dishes. 6. State organisational procedures for the preparation, cooking and storage of fish dishes. |
| <p>Demonstrated ability to make DECISIONS about practice and to ACT accordingly:</p> | <ol style="list-style-type: none"> 7. Clean preparation areas, equipment and cooking areas hygienically prior to use and in accordance with OHS act specifications. 8. Given a range of fish, select the required type, quality and quantity. (Range of fish: sole, cod, hake, calamari, trout or similar fish or line fish) 9. Given a range of preparation methods, prepare fish correctly using appropriate methods in accordance with menu specifications. (Range of preparation methods: washing, trimming, gutting, filleting, portioning, scaling, skinning) 10. Combine prepared fish with other ingredients ready for cooking. 11. Prepare appropriate cooking equipment ready for use. 12. Given a range of problems with production, decide what action to take and give reasons for that choice. (Range of problems with production: Injury, equipment breakdown, fish has freezer burn, shortage of fish, fish not fresh, overcooked fish, burnt fish.) 13. Given the range of cooking methods, cook the fish dishes according to recipe and menu specifications. (Range of cooking methods: baking, grilling, griddling or braaiing, frying, poaching or boiling, steaming) 14. Finish and present fish dishes according to customer and dish requirements. 15. Clean preparation and cooking areas and equipment correctly after use. 16. Store prepared dishes not for immediate consumption |

| | |
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| | hygienically in accordance with OHS act specifications. 17. Complete all work in an organised and efficient manner taking account of priorities and deadlines. |
| Demonstrated ability to learn from our actions and to ADAPT PERFORMANCE | 18. Given a range of hot and cold fish dishes, identify appropriate garnishes to be used in a range of establishments: (Range of establishments : Fast food restaurants, Hotel with buffet-style service, a la Carte restaurants, Canteens & cafeterias 19. Describe how performance would be adapted when preparing a poached fish dish for a patient in hospital |

Credits of this Module

| | |
|----------------|--|
| Credits | The Unit Standard FP24- prepare and cook basic fish dishes has a total credit value of 3 |
|----------------|--|

Learner Support

| | | |
|------------------|---|---|
| Resources | Books/Articles  | 1. Roy Hayter- Food Preparation and cooking 2. Kinton and Cesarani- Theory of Catering 3. Eugen Pauli- Classical cooking the modern way |
| | Videos  | The following videos are recommended as further training tool and are available from learner resources. Cater with Care series |
| | Folder Enclosures  | 1. Mise en Place |
| | | |

Purpose of Module

| | |
|------------------------|---|
| Overall Outcome | The learner will be able to produce a variety of classical and modern fish dishes, using appropriate preparation methods as per menu spec. You should eliminate wastage where possible and work to high standards of hygiene at all times while minimising disruption to others |
|------------------------|---|

FP24- Prepare and cook basic fish dishes

Preparing fish for cooking

The large range of fish available adds variety and interest to any menu.

The major problem that faces a buyer is the names given to the varieties of fish.

Fish are divided into 2 main categories according to whether the flesh is white or oily.

The first group, including for instance cod, sole, and haddock has white flesh and a low fat content. In oily fish such as herring, mackerel, trout and salmon, the flesh is much richer and usually darker in colour.

Fish has a delicate flavour and requires careful preparation in order to preserve the flavour and freshness.

If not correctly prepared and stored, fish very quickly promotes the growth of food poisoning bacteria.

Freshness is essential if the best is to be obtained from any fish dish, both in flavour and nourishment.

Fish is an excellent source of high quality protein and is easy to digest.

Cooking basic fish dishes

People are becoming more adventurous in the varieties of fish they are willing to try and in the ways in which the fish is cooked.

Fish has tender flesh that does not take long to cook. Therefore frying, grilling and baking are suitable cooking methods for small whole fish. The natural flavour and moistness of the fish is emphasised by the combination of high temperatures, dry heat and short cooking time.

Once the fish is cooked, it should be served as soon as possible otherwise the fish will be spoilt.

The moistness of fish makes it suitable to prepare using the gentler cooking that occurs in poaching, steaming and boiling. Flavour can be added to the cooking liquid with the addition of spices, herbs, lemon juice, wine, vinegar, chopped onions or shallots.

Good texture, flavour, colour, contrast and aroma is essential in the finished dish.

Preparing equipment, preparation and cooking areas

Remember

- Hands, utensils and equipment are thoroughly cleaned between tasks to minimise the risk of cross contamination.
- Areas used for the preparation and cooking of fish must be clean with no visible signs of food debris or food particles.
- Clean as you go is always the best policy.
- Stainless steel shelving, counters and tables need to be cleaned and sanitised daily or after each service.
- As it is not desirable to have direct contact with food, have a clean supply of gloves and utensils ready for service.
- The three key steps to follow when cleaning food preparation areas are:
 - wipe up spilled or splashed food immediately to avoid creating a safety hazard (e.g. slips and falls)
 - spray with detergent or sanitiser solution and then wipe clean
 - dry with a clean cloth or allow to air dry
- All work surfaces must be sanitised after use.
- When cleaning equipment, special attention must be given to any equipment that contains areas where food particles may become lodged, e.g. food processor components, grills and chopping boards.
- Equipment and preparation areas can be sanitised using the following methods:
 - hot water and detergent
 - boiling water
 - chemical sanitising agents.
- A cleaning routine should be established for all large pieces of equipment in use in the kitchen. As a general rule, all equipment that comes into direct contact with food should be taken apart and cleaned after every use. Other surfaces and equipment should be cleaned as necessary.
- Allocate areas in your kitchen so that raw and cooked fish will be kept separate.
- All cooking areas and equipment must be cleaned in accordance with minimum principles and practices of hygiene guidelines.

Cleaning and sanitising

Hot water and detergent

- Water must be hot to fully dissolve detergent.
- Equipment washed by hand should be kept under hot water for two minutes. Wear rubber gloves to remove equipment after this time.
- The temperature of the final rinse water should be at least 82°C.
- Equipment can be sanitised in a dishwasher with a final rinse cycle of 10 - 12 seconds.

Boiling water

- Equipment can be sanitised by immersing it in boiling water (100°C for 30 seconds).
- Large fixed equipment such as stockpots and tilting pans can be sanitised by filling them with water and bringing them to the boil once the cleaning process has taken place.

Chemical sanitising agents

- Use according to the manufacturer's instructions.
- Rinse equipment carefully after sanitising to remove all chemical residues that may contaminate food or equipment.

Fish is a high-risk food. Its high moisture content suits certain types of bacteria that are often carried by people. Some raw fish will already be carrying harmful bacteria. This can happen at any stage when it has been handled or because of pollution in the sea. These factors make it essential that thorough cleaning procedures are implemented when preparing fish.

To ensure that cleaning is not neglected, it is a good idea to draw up a schedule that lists:

- the items to be cleaned
- how often they must be cleaned

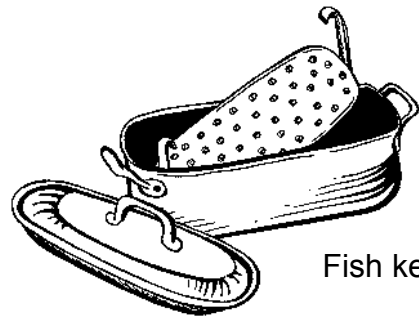
Equipment for preparing fish

Equipment for preparing fish must be clean with no visible signs of food debris or food particles.

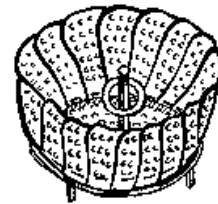
Gather all equipment required.

Equipment may include:

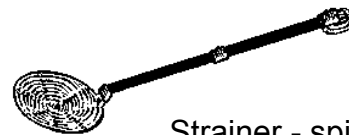
- chopping boards
- trays/baking trays
- stockpot/saucepans
- fish kettles/poaching pans
- steaming baskets
- deep fryers
- chinois/conical strainer/strainers
- blender/mouli or food processor
- lifters/spatulas/spiders
- storage containers
- spoons/tongs/wooden spoons/
whisks/skewers/graters
- mixing bowls
- snail and oyster plates
- scrubbing brushes
- knives (filleting, shellfish scissors, oyster knife, carving knife).



Fish kettle



Steaming basket



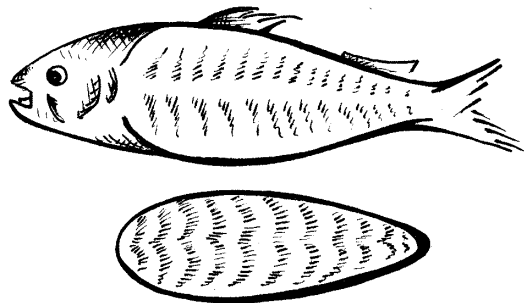
Strainer - spider

All equipment must be cleaned and sanitised after use.

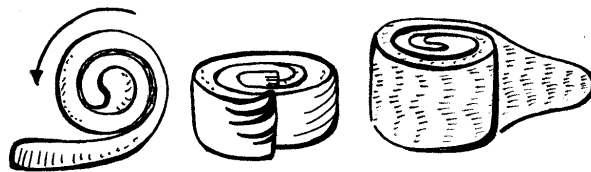
Fish is of the type, quality and quantity required

Types of fish

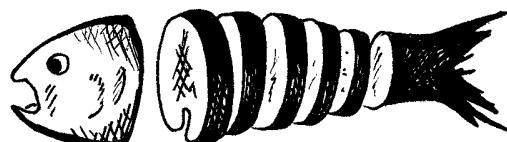
- White fish have less than 5% fat in their flesh and generally have a white flesh. They may be round as is whiting, haddock, hake and cod or flat like plaice, flounder and sole.
- White fish generally have loosely flaked flesh.
- Oily fish have more than 5% fat in their flesh and have a darker coloured flesh, which is tightly packed. Examples include tuna, salmon, sardines, trout, mullet and herring.
- An additional category of fish known as Cephalopods included calamari, squid and octopus.
- Fish may be cooked and served whole or in portion sizes such as the following:
 - **Fillets** - pieces of fish cut from each side of the backbone and ribs. They are almost completely boneless and have the skin removed.



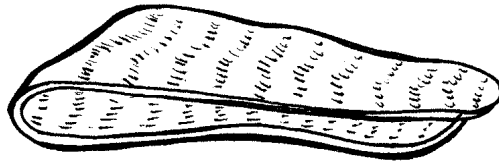
- **Steaks** - are pieces of fish cut on the slant from either a flat or round fish.
- **Paupiettes** - are small fillets of flat fish spread with a fish stuffing, rolled up and pinned. They are usually poached.



- **Cutlets** - whole round fish cut across and through the bone in pieces about 2-3 cm thick.



- **Delice** - a fillet of fish that has been folded. This is done to even out the thickness of the fish so that it cooks evenly.



Quality of fish

- Freshness is essential when selecting fish. As well as being unappetising, stale fish can also be the cause of digestive disorders or even poisoning.
- In these days of quick-freeze, the bulk of the fish reaches the markets frozen.
- If the fish was frozen whilst fresh and is used immediately after defrosting, it will be nearly equal to fresh fish.

Freshness

When selecting fish there are **several tests** that can be applied to determine **freshness**, namely:

- the eyes should be bright and full, not sunken or cloudy
- the gills should be bright pinkish red in colour
- the skin should be shiny and of good colour
- the flesh must be firm, plump and elastic
- scales, if any should be plentiful, firm and should not come off when the fish is handled
- fillets and steaks should be firm and moist and look freshly cut with no trace of drying or browning at the edges
- frozen fish should be solidly frozen, clear in colour and free of ice crystals.

Sure signs of staleness are:

- an unpleasant ammonia odour which increases with staleness
- limp flesh retaining the imprint of ones fingers
- sunken eyes
- gills dull and discoloured.

Storage of fish

Once you have purchased your fish, it is vital that you observe the following:

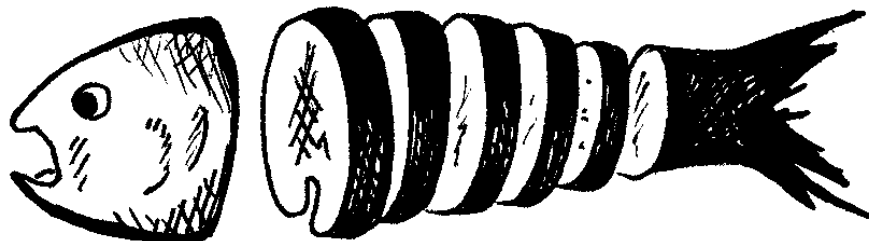
- If thawing fish, it must be done in a coolroom at a temperature of less than 5°C.
- Fish should be tightly covered and stored separately from other foods to prevent odour contamination.
- Leaving fish uncovered in a refrigerator or leaving fish un-refrigerated will increase the risk of cross contamination and food poisoning.
- Raw fish should be placed on lower shelves so if any drips occur, they do not fall onto cooked food. Placing fish in deep trays can also prevent this situation.

Quantity

There is great weight loss in the preparation of fish (up to 60%) and it is important to take this into consideration when trying to decide whether to buy it whole or in cuts.

The portion sizes that should be allowed are:

- whole fish - 400 - 500 grams per person
- cutlets or supremes - 150 grams per person.
- The recommended quantities may vary from country to country according to accompaniments served with the fish.



Each cutlet should be 150 gm per person

Preparing fish

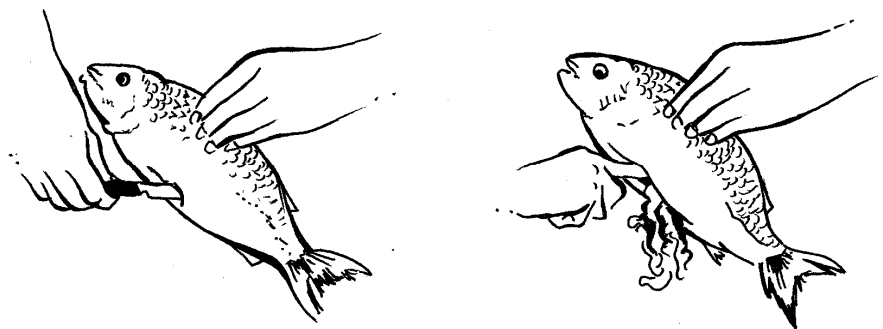
- Fish must be correctly prepared in accordance with recipe specifications and organisational requirements. The preparation method used must be appropriate for the type of fish being prepared.
- The following procedure is generally followed when preparing fish:

Washing & Trimming

- Wash all fresh fish under cold running water to remove any coating of slime and to facilitate ease of handling.
- After removing the intestines, make sure there are no traces of blood left on the bone.
- Trimming is the removal of fish surplus items such as gills, fins, tail, eyes and head where appropriate.
- Fish scissors are mostly used in this process which involves cutting along the natural line of the fish fin where it joins the body. If scissors are not available, a cook's knife may be used.
- This process is necessary to achieve a neat and well-presented piece of fish ready for cooking.

Gutting

- First remove the gills and fins using fish scissors.
- Make an incision from the anal vent along the belly of the fish two-thirds along the length of the fish.
- Remove the gut and intestine, pulling them out with your fingers or using the handle of a spoon.
- Remove any congealed blood lying under the backbone.
- Wash the fish thoroughly.



Gutting technique

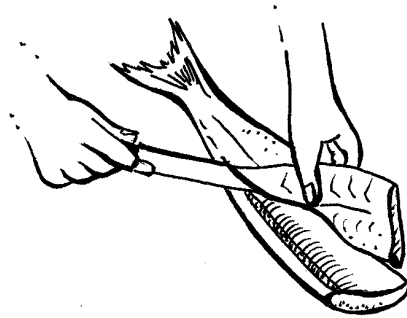
Filleting

Round fish

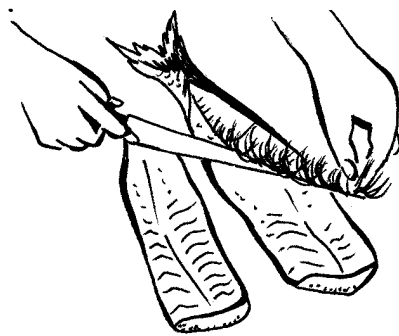
- First lay the cleaned, gutted and trimmed fish on the correct chopping board.
- Working from head to tail: cut down the backbone following the vertebrae over the rib cage. Lift the fillets as you cut them to have control over the knife.
- Detach the fillet at the tail and head.
- Turn the fish over and repeat the process to get 2 fillets.



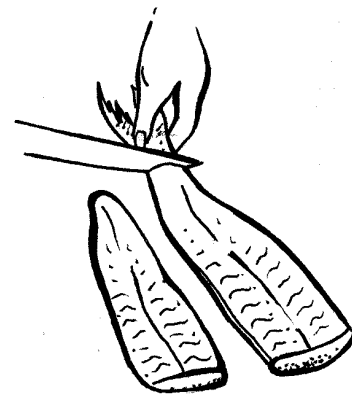
Step 1



Step 2



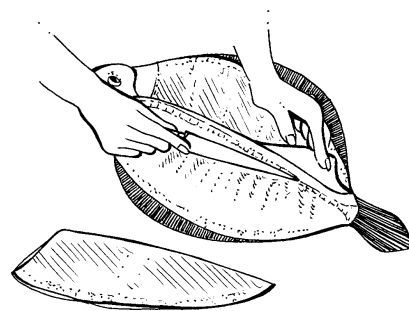
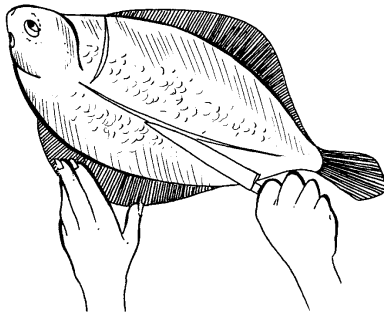
Step 3



Step 4

Flat fish

- Lay the fish flat on the appropriate chopping board.
- Cut down the natural centre line of the fish to the bone.
- Make the incision very close to the bone, finishing at the tail to minimise loss of flesh.
- Work from the centre, cutting with smooth sweeping strokes to the left, keeping the knife pressed against the bone.
- Detach the fillet from the bone, lifting the fillet away from the bone as you cut.
- Repeat the same process for the second fillet.
- When the fillets have been removed completely, turn the fish over and repeat on the underside to obtain 4 fillets.



Portioning

Management usually decides on portion sizes to reflect the style of service, prices charged and what customers want.

You have an important role to play in keeping to these guidelines: too small and the customers will be cheated, too generous and business costs will rise.

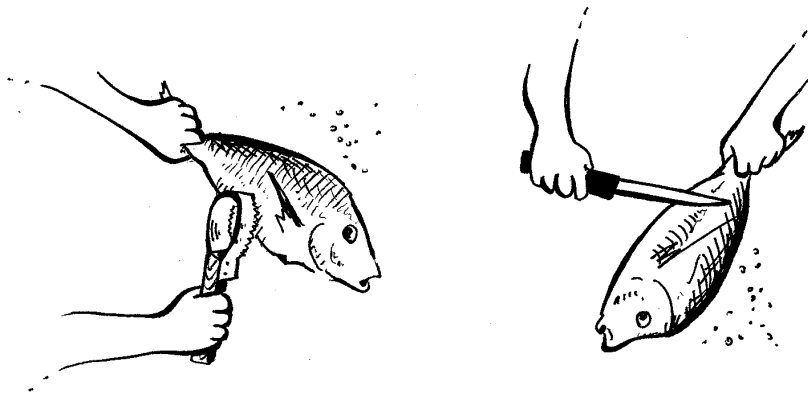
The amount of fish per person will be determined by the following factors:

- type of fish used
- degree of preparation
- method of cooking
- cost of raw commodity in relation to the service style and pricing policy
- customer requirements
- Whether it represents a separate course or forms part of a menu or main course choice.

Scaling

This can make a mess with scales shooting everywhere, so do it carefully where it will be easy to clear up thoroughly afterwards. Briefly soaking the fish prior to scaling will make scales come off more easily.

- Use a firm bladed knife, ideally a cook's knife or a fish scaler.
- If you have not had much experience, it is advisable to use the back of the knife blade. This will reduce the chances of accidentally damaging the skin of the fish.
- Hold the knife at a slight angle and scrape the scales from tail to head, so that the knife is lifting the scales up and away from the body.
- While doing this, hold the fish firmly by the tail.



Scaling technique

Skinnering

- Once you have filleted the fish, place the fillet skin side down on the correct chopping board. Cut through the flesh to the skin at the tail or tip end of the fillet.
- Hold the fillet firmly by the tail with one hand. Turn the fish-filleting knife to an angle of 45°, push and cut forward with the knife using a sawing motion. At the same time pull the skin of the fish with the other hand until the skin and flesh are detached from each other.
- Keep the blade very close to the skin but do not cut through it, then trim carefully as required to get a neat appearance.

Combining prepared fish with other ingredients

Many fish dishes - especially those that are fried or grilled - require a coating. Besides adding flavour, the coating helps:

- the surface to brown and crisp
- the delicate flesh of the fish to retain its moist texture and flavour without absorbing too much oil or fats during frying.
- There are 3 basic groups of coatings:
 - flour
 - breadcrumbs
 - batter.

Types of coatings

Flour coating

- Traditionally, white flour is used seasoned with salt and white pepper to add flavour.
- For grilling and shallow frying, the fish is lightly coated in the flour immediately before cooking. The flour will stick quite easily to the moist surface of the fish.
- For deep-frying, the fish is dipped in milk and then coated with flour immediately before cooking. The combination of milk and flour gives a thicker coating. A disadvantage is that flour particles fall into the oil during cooking causing it to spoil.

Bread crumb coating

- Brushed with oil or melted butter, then bread crumbed for grilling or shallow frying.
- Lightly coated with seasoned flour, dipped in egg wash and then in breadcrumbs for deep frying or shallow frying.

Batters

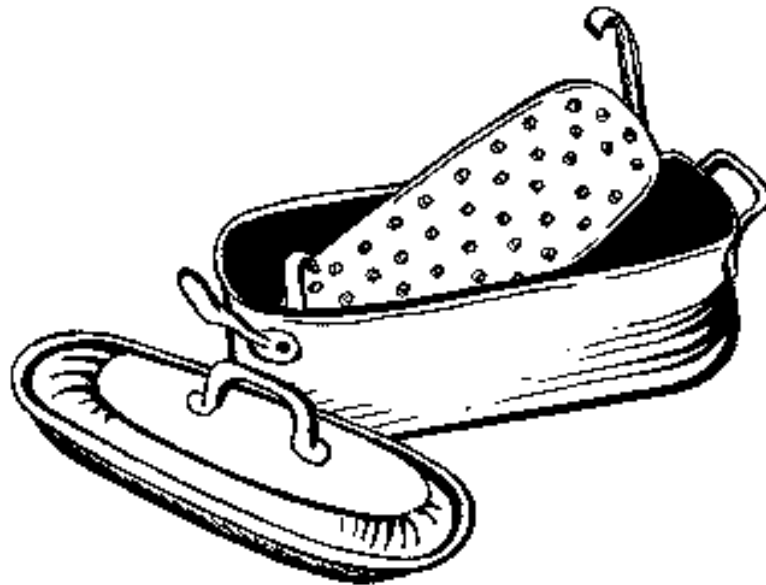
- The main ingredients of batter are flour, egg, seasoning, water and/or milk.
- Batter can be made manually using a whisk to blend the ingredients together. Do not over whisk the batter as too much air spoils the texture.
- Batters can be stored in refrigerated conditions for a day or so.

Marinating

- A marinade is a mixture of an acidic substance such as vinegar, lemon juice or wine with selected herbs, spices and flavourings.
- Fish is soaked or marinated in this mixture to improve flavour and increase tenderness.

Selecting the appropriate cooking equipment

- Cooking equipment for fish must be clean with no visible signs of food debris or food particles.
- Oven, salamanders and ranges should be switched on and preheated to the correct temperature where applicable.
- Deep fryers should be three-quarter filled with clean oil and switched on.
- Poaching kettles should be three-quarter filled with water.
- Hot plates lightly oiled ready for use.
- Steaming baskets thoroughly cleaned and ready for use.
- Utensils such as tongs, lifters, spiders and slotted spoons should be clean and assembled close to the cooking area.



Cleaning equipment, preparation and cooking areas after use

A cleaning routine should be established for all preparation areas, cooking areas and equipment used in the kitchen. As a general rule, all preparation and cooking areas as well as equipment should be thoroughly washed and sanitised after use in accordance with minimum health, safety and hygiene guidelines.

All equipment that comes into direct contact with food should be taken apart and cleaned after use. Equipment must be cleaned in accordance with manufacturer's instructions. To ensure that cleaning is not neglected it is a good idea to draw up a schedule that lists:

Working in an organised and efficient manner

It is important to be organised to avoid unnecessary physical work because this wastes time and decreases the output of the kitchen.

- Always work within the specified cooking and preparation areas to avoid disturbing the workflow of others.
- Plan your work to avoid unnecessary movement, e.g. checking the recipe and collecting ingredients that are located in the same storage area at the same time. Collect the equipment required for preparation and cooking.
- Organise your work area to establish an efficient workflow. For example, place your ingredients on the left of your workbench, use a board or the bench in front of you to prepare food items, then place prepared items in suitable containers to your right.
- Clean as you go and put away equipment and ingredients no longer required.
- Keep preparation areas or benches as clear as possible by stacking used equipment in the sink area.
- Used pots or containers should be rinsed or soaked for easy cleaning.
- Organising supplies and storage of fresh fish is most important. Fresh fish should be very well chilled to protect its eating quality, ideally around 0°C. Cooked fish should be held above 65°C in a hot press for a limited period of time.
- Particular attention needs to be paid to stock rotation, preventing odour contamination and mixing prepared with unprepared fish
- A common method used for cooking fish is deep-frying. It is desirable for the deep fryer to be placed in an area of the kitchen where there is no danger of an accident and cross traffic.
- It is important that staff preparing fish meals are well organised so that there is not a long delay between the cooking of the fish and service, as quality of cooked

fish rapidly deteriorates. This will require co-ordination between kitchen and front of house staff.

Cooking fish

- Fish has tender flesh, which does not take long to cook.
- Time and temperature are extremely important when cooking fish, as overcooked fish becomes extremely dry and inedible. This may result in customer complaints. On the other hand, fish which is undercooked may pose a risk of food poisoning. This may result in unnecessary costs to the company and possible loss of customers.
- Regardless of the cooking method to be used to cook fish, you must always comply with the recipe specifications and organisational requirements.
- These methods are known as **dry cooking methods** and are explained in more detail below:
- Therefore, frying, grilling or baking are suitable methods for small whole fish or various cuts of fish.
- The natural flavour and moistness of the fish is emphasised using high temperatures, dry heat and short cooking times.

Baking

The fish needs protection from the direct heat of the oven. There are several ways of achieving this:

- enclosing the fish in a coating of some sort, e.g. breadcrumbs
- placing the fish in a covered ovenproof dish
- wrapping the fish in a parcel of foil, paper, vine leaves or pastry
- brushing the fish with oil or butter before cooking or with a marinade, wine or other flavouring liquid before and during baking.

Grilling/Braaing

Grilling is the cooking of food placed on grill bars by radiated heat, which may come from on top or below.

Before braaing over hot coals or grilling, make two or three short parallel cuts through the skin on each side of the thickest part of the fish. This is called **scoring** and helps the heat get to the flesh. It also stops the skin splitting open, which looks untidy.

During grilling, brush or spoon a little fat or oil over the fish. This prevents the flesh from drying out. Fish such as herring and mackerel, which are protected by natural oils, may not require basting.

Give thought to the appearance of the dish you are preparing. Place the fish on the grill at a 45° angle to the grill bars so that the fish will have attractive grill bars seared into

it. Aim not to move the fish unnecessarily when cooking or it will have a criss cross of untidy lines on the flesh; also you risk the fish falling apart.

Frying

There are three ways of frying fish:

Shallow frying - the fish is cooked in a pan on top of the stove with oil or fat that comes half way up the item being cooked. This is a suitable method for small items that require a short cooking time. Do not over load the pan or the fish will become soggy.

Stir frying - small pieces of fish are cooked very quickly in a wok or frying pan along with other recipe ingredients.

Deep-frying - the fish is entirely submerged in oil or fat in a deep fryer. Make sure the frying medium is hot enough or the fish will stick to the bottom and become soggy. If the frying medium is too hot, the outside of the fish will burn before the inside is cooked.

- The oil or fat helps carry heat to the fish. The flavour of the cooking medium should compliment and never dominate the flavour of the fish.
- The fish should be cooked to a golden brown colour to enhance its appearance.

Poaching

Poaching is a method of cooking in which the food is immersed in a liquid maintained at a temperature of 87-93°C. At this temperature there is no visible movement in the liquid.

- Fish with a more delicate flavour or texture are well suited to this method. Larger cuts or whole fish are completely covered by the cooking liquid- this is called deep poaching. Shallow poaching refers to partially covering smaller cuts and fillets of fish. As mentioned earlier, you would use poaching kettles or pans for this. Once the fish has been added to the poaching liquid, it should be kept just below boiling point.

Boiling

If you are making a fish stew, for example bouillabaisse you will be required to boil the fish. Around 10 minutes should be sufficient to cook the fish.

Steaming

Oily fish is not usually steamed. Fish suitable for steaming includes white fish and various larger cuts of fish as well as small whole fish. Lightly moisten the fish with a little fish stock, lemon juice, milk or water before cooking.

Determining when fish is cooked

There are several methods of determining when fish is cooked. The aim of each method should be to not damage the appearance of the fish. The methods are as follows:

- Fish should give under the pressure when pressed gently with the back of a teaspoon. If fish springs back it is not ready.
- There should be little resistance when a cocktail stick/skewer is inserted into the thickest part of the fish.
- Cooked fish flesh becomes opaque and loses its see through appearance.

- If fish breaks up it is overcooked.

Finishing and presenting the fish dish

Recipe instructions will give details of sauces that are used for specific fish dishes. These instructions should be followed carefully as they are designed to enhance the flavour and texture of the fish. Also, organisational requirements with regard to garnish and plate size should always be followed.

Saucing

When serving poached fish, a sauce may be made utilising the cooking liquid. Sometimes, the assembled dish is placed for a few moments under the hot grill so the surface of the sauce browns attractively. An example of this is gratinating, whereby; grated cheese is added at the last moment before the dish is placed under the grill. The melted cheese will turn an appealing golden brown colour.

In other cases, a combination of ingredients will be prepared to create a sauce that enhances the flavour of the fish. It is always important that sufficient sauce is used to cover the fish, but never so much so as to become overwhelming.

Dressing

Some grilled and deep fried fish are traditionally accompanied by tartar sauce. The correct way to present this sauce is to put it to one side of the plate, or to offer it in a separate bowl known as a saucier.

Garnishing

Some garnishes often served with fish may include lemon, fresh herbs such as dill, coriander or parsley, and pickled baby vegetables such as cucumber.

Storing fish dishes

- When holding hot cooked fish dishes, food must be kept above 65°C or in the case of cold cooked food, allow to cool after cooking and keep below 5°C.
- It is important to cool fish as rapidly as possible before refrigeration to reduce the risk of bacterial contamination.
- Fish not for immediate use must be stored in a clean container with a tight fitting lid. Alternately, the container may be sealed using cling wrap to avoid drying and odour contamination. The container must be refrigerated immediately.
- Since fish is delicate both in terms of taste, texture and susceptibility to bacteria, it is a good idea to throw out any cooked fish that has been held at temperatures above 65°C in a hot press for more than 90 minutes.



Self Assessment 01

| | |
|---------------------|--|
| Instructions | <ul style="list-style-type: none">• In the following test you will be required to answer all questions.• You are required to obtain 100% to pass.• If you do not obtain the pass mark, revise all the learning material and redo the test. |
|---------------------|--|

Question 1

Why should separate preparation areas and equipment be used for the preparation of fish?

Question 2

What are the quality points of fresh whole fish?

Question 3

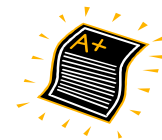
What are the signs that fish may not be of the best quality?

Question 4

Briefly explain how you would crumb a fish fillet

Question 5

How do you tell when fish is cooked?



Practical Exercise

| Practical Exercise | Task Type | Date Completed | Comments by Supervisor |
|--------------------|--|----------------|------------------------|
| Task No. 1 | Demonstrate the scaling and gutting of a fresh fish | | |
| Task No. 2 | Demonstrate how fish are filleted; use at least one round and one flat fish. | | |
| Task No. 3 | Show your supervisor how you prepare an example of each cooking method mentioned in this module. | | |
| Task No. 4 | Make and present poached sole "paupiettes", with a relevant sauce, ask your supervisor to check your work. | | |

Signatures required on successful completion of this module

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| Comments & Review by coach | |
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| General comments from learner | |
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I have (Supervisor / Coach) hereby certified that I have examined the learners' workbook and that the learner has successfully completed this section of the practical training programme.

SIGNATURE SUPERVISOR

SIGNATURE LEARNER

DATE: _____

DATE: _____