

UNIT TITLE: PREPARE AND COOK SEAFOOD		NOMINAL HOURS: 35
UNIT NUMBER: D1.HCC.CL2.10		
UNIT DESCRIPTOR: This unit deals with skills and knowledge required by cooks and chefs to identify, prepare, cook, present and store a variety of fish and shellfish in commercial food production environments		
ELEMENTS AND PERFORMANCE CRITERIA	UNIT VARIABLE AND ASSESSMENT GUIDE	
<p>Element 1: Identify and select fish varieties</p> <p>1.1 Identify a selection of <i>fish varieties</i></p> <p>1.2 Identify <i>commercial cuts of fish</i> for menus</p> <p>1.3 Identify and <i>select suppliers</i> for purchasing of products</p> <p>1.4 <i>Minimise wastage</i> through correct purchasing</p> <p>1.5 Identify costs through <i>yield testing</i></p> <p>Element 2: Identify and select shellfish varieties</p> <p>2.1 Identify <i>shellfish varieties</i></p> <p>2.2 Identify <i>commercial cuts of shellfish</i> for menus</p> <p>2.3 Identify and select suppliers for purchasing of products</p> <p>2.4 Minimise wastage through correct purchasing</p> <p>2.5 Identify costs through yield testing</p>	<p>Unit Variables</p> <p>The Unit Variables provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. It relates to the unit as a whole and facilitates holistic assessment</p> <p>This unit applies to all industry sectors that prepare and cook seafood within the labour divisions of the hotel and travel industries and may include:</p> <p>1. Food Production.</p> <p><i>Fish varieties</i> may be related to:</p> <ul style="list-style-type: none"> • Shape, such as flat or round • Flesh, such as oily or white • Habitat, such as fresh or salt water • Seasonality, such as spawning, breeding seasons, supply and demand, weather conditions and cultural and religious events. <p><i>Commercial cuts of fish</i> should include classical and contemporary cuts of fish and relate to:</p> <ul style="list-style-type: none"> • Menu needs • Cooking methods • Fish varieties • Portion size. 	

<p>Element 3: Prepare fish and shellfish</p> <p>3.1 <i>Prepare and portion</i> fish and shellfish products to enterprise requirements</p> <p>3.2 Minimise wastage/trimmings through appropriate <i>preparation and storage</i></p> <p>3.3 Identify and use correct <i>equipment</i></p> <p>3.4 <i>Hold and kill</i> live seafood humanely and to regulations</p> <p>Element 4: Cook and present seafood</p> <p>4.1 Select appropriate <i>cooking method</i> to fish variety and cuts</p> <p>4.2 <i>Prepare</i> and cook following standard recipes within a commercial environment</p> <p>4.3 <i>Hold</i> prepared products as required prior to presenting</p> <p>4.4 <i>Present</i> fish and shellfish, including slice/carve and portion size</p> <p>4.5 Prepare <i>garnishes, sauces and accompaniments</i> for fish and shellfish dishes</p> <p>Element 5: Store fish and shellfish to enterprise requirements</p> <p>5.1 Fresh and/or Cryovac items are <i>stored</i> correctly</p> <p>5.2 Prepare and maintain correct <i>thawing</i> of fish and shellfish</p> <p>5.3 Fish and shellfish are appropriately <i>stored in correct containers</i></p>	<p><i>Select suppliers</i> may be related to:</p> <ul style="list-style-type: none"> • Local, regional and international supply • Delivery requirements • Cost, trading terms • Relationship • Product range/variety. <p><i>Minimise wastage</i> should include:</p> <ul style="list-style-type: none"> • Storage space available • Volume requirements, such as a la carte, functions and specials • First In, First Out (FIFO) • Receiving times, as needed • Quality points, such as appearance, colour, gills, eyes, odour and scales. <p><i>Yield testing</i> may include:</p> <ul style="list-style-type: none"> • Filleting and skinning • Portion weights • Off-cut usage • <i>Staff skills</i> <p><i>Shellfish varieties</i> may relate to:</p> <ul style="list-style-type: none"> • Crustaceans, such as jointed limb and hard exterior shell • Molluscs, such as soft bodied, protective shells, external or internal and single or bivalve <p><i>Commercial cuts of shellfish</i> should relate to:</p> <ul style="list-style-type: none"> • Menu needs • Cooking methods
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5.4 Fish and shellfish are correctly *labelled*

5.5 Ensure *correct conditions* are maintained for freshness and quality

- Raw or green, cooked and shell on/off
- Whole, meat only, tubes and rings
- Portion size.

Prepare and portion may relate to:

- Scale, gut, scrape, fillet and skin
- Clean shells and shuck
- Slice, dice, skewer, smoke, marinate, pickle, sousing and truss
- Cuts, such as whole, fillet, cutlet, supreme, darne (portion) and paupiette (rolled stuffed fish)

Preparation and storage may relate to:

- Cut and trim
- Portion control
- Stocks, soups, sauces, terrines and mousseline (sauce)
- Stock rotation e.g. First in, first out
- Temperature control
- Ice packed.

Equipment may include:

- Electric, gas or induction stoves
- Steamers, such as pressure, atmospheric, bamboo and fish kettle
- Salamanders
- Smokers
- Grills, such as flat top, char and barbeque (BBQ)

- Ovens, conveyer ovens and combination ovens
- Deep fry, such as pressure fryer
- Microwave
- Food processors, mixers, mincers and bowl choppers
- Drum sieve and strainers
- Utensils.

Hold and kill may relate to:

- Storage equipment
- Holding conditions
- Holding equipment
- Enterprise and government legislation.

Cooking method may relate to:

- Poaching e.g. For paupiette (rolled stuffed fish)
- Steaming e.g. For delice
- Boiling e.g. For fillet
- Grilling e.g. For supreme
- Baking e.g. For whole
- Braising e.g. For darne (portion)
- Deep and shallow frying, e.g. For goujon
- Other methods appropriate to cultural style.

Prepare should relate to:

- Cleaning, skinning and trimming

- Cutting of ingredients/flavourings
- Portioning, minimizing wastage and applying correct timing
- Using standard recipes
- Applying recipe conversions.

Hold may relate to:

- Resting, portioning and cutting
- Holding equipment
- Cooling procedures
- Hygiene practice.

Present should include:

- Colour
- Height
- Texture
- Service and storage temperature
- Equipment
- Classical and cultural
- Neatly and attractively.

Garnishes, sauces and accompaniments may include:

- Glazing
- Coating
- Sauces and dressings
- Colour and flavour blends

- Cultural flavours
- Herbs
- Fruits
- Vegetables
- Pastry.

Stored may include:

- Cool room temperature
- Cool room placement
- Length of time in cool storage
- Freezer temperature
- Length of time in freezer storage
- Appropriate process followed, such as Cryovac and ice packed.

Thawing may relate to:

- Enterprise and local authority requirements
- Handling and cool room placement
- Changing containers.

Stored in correct containers must include:

- Storage containers before assembly
- Storage containers after assembly
- Labelled
- Consideration of freshness, quality and presentation
- Temperature and humidity.

Labelled must include:

- Date
- Item name
- Handler name
- Time, temperature and storage.

Correct conditions should include:

- Temperature and humidity
- Stock rotation
- Reporting faults
- Changing containers.

Assessment Guide

The following skills and knowledge must be assessed as part of this unit:

- Knowledge of correct preparation and cooking methods are demonstrated for fish and shellfish
- Ability to identify food products by sight
- Ability to match ingredient quality to intended final product/use
- Knowledge of the relevant legislation in relation to food handling, food storage, chemical storage and general premises food safety
- Ability to demonstrate safe knife handling skills
- Ability to demonstrate safe equipment/utensil practical skills
- Ability to interpret and adhere to enterprise recipes.

Linkages To Other Units

- Comply with workplace hygiene procedures
- Implement occupational health and safety procedures
- Prepare and store food
- Work effectively with colleagues and customers
- Maintain strategies for safe food
- Present and display food products
- Apply basic techniques of commercial cookery.

Critical Aspects of Assessment

Evidence of the following is essential:

- Knowledge of the classifications and characteristics of fish and shellfish and the terminology used
- Demonstrate safe and hygienic handling of products
- Demonstrate appropriate portion control and wastage
- Demonstrate complimentary presentation and garnishing techniques
- Ability to prepare a variety of fish and shellfish dishes from different recipes and cultural backgrounds
- Demonstrate safe knife skills and use of other associated equipment
- Demonstrated ability to prepare and produce a range of seafood dishes using the cooking methods in industry realistic timeframes and constraints.

Context of Assessment

This unit may be assessed on or off the job:

- Assessment should include practical demonstration either in the workplace or through a simulation activity, supported by a range of methods to assess underpinning knowledge
- Assessment must relate to the individuals work area or area of responsibility
- Demonstration of skills on more than one occasion.

Resource Implications

Training and assessment must include access and use of a fully equipped commercial kitchen; and use of real ingredients and service equipment and access to workplace standards, procedures, policies, guidelines, tools and equipment.

Assessment Methods

The following methods may be used to assess competency for this unit:

- Observation of practical candidate performance
- Oral and written questions
- Third party reports completed by a supervisor
- Project and assignment work
- Sampling of dishes prepared by the student.

Key Competencies in this Unit

Level 1 = competence to undertake tasks effectively

Level 2 = competence to manage tasks

Level 3 = competence to use concepts for evaluating

	Key Competencies	Level	Examples
	Collecting, organising and analysing information	2	Determine requirements of standard recipes and/or menu requirements; collect equipment, commodities and ingredients; select and obtain commodities, organise ingredients and task sheets
	Communicating ideas and information	1	Share information with other kitchen and floor service staff; read recipes, menus, instructions and orders
	Planning and organising activities	2	Complete preparation <i>mise-en-place</i> and organise for the production of seafood dishes; work within time constraints in a logical sequence
	Working with others and in teams	1	Work cooperatively with other team members
	Using mathematical ideas and techniques	1	Calculate quantities and portions against standard recipes and/or menu requirements
	Solving problems	1	Identify and correct problems in the preparation and production of seafood dishes such as ingredient quality and equipment
	Using technology	1	Use mechanical kitchen equipment including weighing equipment