

Overview

This standard is about cooking and finishing basic fish dishes, for example:

- grilled salmon steaks
- sea bass with fennel, lemon and capers
- battered fish (fresh)
- pan fried trout
- fish cakes
- fish pie

The standard covers a range of types of fish including round, flat and oily and various cooking methods. The standard then goes onto how you finish off a fish dish through different methods.

This standard focuses on the technical knowledge and skills required to cook and finish basic fish dishes; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Cook and finish basic fish dishes

Performance criteria

You must be able to:

1. Check the fish meets dish requirements
2. Choose the correct tools and equipment to cook and finish the fish
3. Use the tools and equipment correctly when cooking and finishing the fish
4. Combine the fish with other ingredients
5. Cook the fish to meet the requirements of the dish
6. Make sure the dish has the correct flavour, colour, consistency and quantity
7. Garnish and present the dish to meet requirements
8. Ensure the dish is at the correct temperature for holding and serving
9. Store any cooked fish not for immediate use in line with food safety regulations

Knowledge and understanding

You need to know and understand:

1. How to check the fish meets dish requirements
2. What quality points to look for in a range of fish
3. Why and to whom you should report any problems with the fish or other ingredients
4. The correct tools and equipment to carry out the cooking methods
5. Why it is important to use the correct tools and equipment when cooking and finishing each type of fish
6. How to carry out the cooking methods according to dish requirements
7. Why it is important to use the correct cooking and finishing methods for each type of fish
8. The correct temperatures for cooking fish and why these temperatures are important
9. How to carry out the finishing methods
10. How to check and adjust a fish dish to make sure it has the right flavour, colour, consistency and quality
11. The correct temperatures for holding and serving fish dishes
12. The correct temperatures and procedures for storing fish dishes not for immediate use
13. Healthy eating options when cooking and finishing fish

Scope/range

1. Fish

- 1.1 white fish – round
- 1.2 white fish – flat
- 1.3 oily

2. Cooking methods

- 2.1 frying (deep / shallow)
- 2.2 grilling
- 2.3 poaching
- 2.4 baking
- 2.5 steaming
- 2.6 stewing

3. Finishing methods

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting

Cook and finish basic fish dishes

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