

Overview

This standard is about how you produce, cook and finish basic fish dishes. The standard includes a range of different forms in which the fish may be available, methods of cooking and correct presentation of the dishes.

This standard focuses on the technical knowledge and skills required to produce 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:

- Produce basic fish dishes

Performance criteria

You must be able to:

Produce basic fish dishes

1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that fish and all other ingredients meet the dish, food safety and your workplace requirements
4. Prepare and cook the fish and other ingredients to meet dish requirements
5. Ensure the finished fish dish has the correct colour, texture and flavour
6. Check that the fish dish is cooked and held at the correct temperature
7. Present and finish the fish dish to meet customer and your workplace requirements
8. Store any cooked fish dishes not for immediate use according to workplace and food safety regulations

Knowledge and understanding

You need to know and understand:

Produce basic fish dishes

1. Safe and hygienic working practices when preparing, cooking and finishing basic fish dishes
2. How to check that fish and other ingredients meet your workplace requirements, are fit for use and of the correct quality and quantity required
3. Why and to whom you should report any problems with the fish or other ingredients
4. How to carry out the relevant preparation, cooking and finishing methods for each dish
5. Why it is important to use the most appropriate cooking method for each type of fish
6. Healthy eating options when preparing, cooking and finishing basic fish dishes
7. How to present basic fish dishes in a way that meets your customers' high expectations and your workplace standards
8. The correct storage requirements for basic fish products not for immediate consumption
9. The types of unexpected situations that may occur when preparing, cooking and finishing basic fish products and how to deal with them

Scope/range

1. Fish

1.1 fish portions

1.2 whole fish

1.3 refrigerated processed fish products (i.e. fish cakes, coated fish portions)

1.4 frozen processed fish products (i.e. fish cakes, coated fish portions)

2. Cooking methods

2.1 deep frying

2.2 shallow frying

2.3 grilling

2.4 poaching

2.5 steaming

2.6 baking

2.7 microwaving

3. Finishing methods

3.1 garnishing

3.2 adding an accompaniment

3.3 presenting

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