

3291 Principles of frying fish and chips		
SQA Unit Code		H3JY 04
Level 3	SCQF Level 6	SCQF Credit value 6

Unit Summary

This standard is about the principles of frying fish and chips. It covers the understanding of how fish and chips are prepared and cooked within a fish and chip shop or restaurant using a frying range. You need to know how fish, batter and chips are prepared for cooking and the changes that may take place within these materials during preparation, cooking and hot holding.

You need to know how heat is transferred to products and the changes, which take place within products during frying and the importance of correct post cooking hot holding. You also need to understand the changes, which occur to frying media when heated and how these changes are controlled to ensure effective frying of products.

This standard is for you if you require product knowledge of fish and chips support your occupational role in a processing or retail environment.

In order to be assessed as competent you must demonstrate to your assessor that you can consistently perform to the requirements set out below. Your performance evidence must include at least one observation by your assessor.

Evidence of knowledge and understanding should be collected during observation of performance in the workplace. Where it cannot be collected by observing performance, other assessment methods should be used.

You need to know and understand:

1. the types of fish, their characteristics and suitability from a business and customer aspect.
2. variations in potato characteristics and the impact of season, storage and variety on the selection of potatoes for chipping
3. the advantages and disadvantages of propriety batter mixes
4. how to effectively store fish, potatoes and other raw materials.
5. the importance of choosing to use fats or oils of the correct type for frying
6. the range of fats and oils available and the impact of regional preferences
7. the chemical structure of frying fats and oils
8. how the chemical structure of frying fats and oils are affected by heat over time
9. why it is necessary to effectively manage fats or oils to avoid deterioration in the quality of the frying medium and fried products
10. how heat is transferred from the frying media to a deep fry product
11. the meaning of the terms; slip point, smoke point and flash point for a fat or oil and

- their importance for the operating temperature of the fryer
12. the physical changes that take place within products during the frying process
 13. how the absorption of fats into the surface of products during the frying process is important to the eating quality of the product and its resultant calorific value and perceived impact on diet and health
 14. what the effects are of frying with too low or too high a temperature
 15. what the effects are of frying for too short or too long a duration
 16. the potential impacts of different frying methods and types of ranges
 17. how to avoid common errors in frying fish and chips
 18. the current general state of fish stocks and those species-specific issues including quotas, sustainability and the environment that are likely to impact upon the fish and chip sector

Evidence of performance may employ examples of the following assessment:

- observation
- written and oral questioning;
- evidence from company systems (e.g. Food Safety Management System)
- reviewing the outcomes of work
- checking any records of documents completed
- checking accounts of work that the candidate or others have written