

Cook and finish complex shellfish dishes

Overview

This standard is about cooking and finishing complex shellfish dishes, for example:

- dressed crab
- oysters on ice
- lobster thermidor
- shellfish soufflé

The standard covers a range of types of shellfish including crustaceans and molluscs and the cooking methods and finishing techniques associated with complex shellfish dishes.

This standard focuses on the technical knowledge and skills required to cook and finish complex shellfish 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 food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- 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:

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Performance criteria

You must be able to:

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

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Knowledge and understanding

You need to know and understand:

1. How to select the correct type, quality and quantity of shellfish to meet dish requirements
2. What quality points to look for in shellfish
3. What you should do if there are problems with the shellfish or other ingredients
4. What the correct tools and equipment are and the reasons for using them when carrying out the required cooking methods:
5. How to combine shellfish with other ingredients to create a complex and balanced dish
6. How to carry out each of the cooking methods according to dish requirements
7. The correct temperatures for cooking shellfish by the listed methods and why this is important.
8. How to adjust the flavour, consistency and colour of complex shellfish dishes
9. What cooking methods are appropriate to each type of complex shellfish dish and how to check the shellfish is cooked correctly
10. How to minimise and correct common faults in complex shellfish dishes
11. The appropriate finishing methods for a range of complex shellfish dishes
12. The current trends and methodologies in relation to cooking and finishing complex shellfish dishes
13. The correct temperatures for holding and serving shellfish dishes
14. How to store complex shellfish dishes not for immediate use
15. Healthy eating options when cooking and finishing shellfish dishes

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Scope/range

1. Shellfish

- 1.1 oysters
- 1.2 prawns / shrimps
- 1.3 langoustines
- 1.4 lobster / crawfish
- 1.5 crayfish
- 1.6 scampi / Dublin Bay prawns
- 1.7 mussels
- 1.8 scallops
- 1.9 crabs
- 1.10 squid
- 1.11 octopus

2. Cooking methods

- 2.1 boiling
- 2.2 steaming
- 2.3 sautéing
- 2.4 grilling
- 2.5 baking
- 2.6 frying (deep / shallow)
- 2.7 stewing
- 2.8 en papillote
- 2.9 combining cooking methods

3. Finishing methods

- 3.1 garnishing
- 3.2 dressing
- 3.3 saucing
- 3.4 presenting

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