

Prepare shellfish for complex dishes

Overview

This standard is about preparing fresh shellfish for complex dishes. The standard covers a range of preparation methods and both crustaceans and molluscs.

This standard focuses on the technical knowledge and skills required to prepare shellfish for complex 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 required for preparation
2. Check the shellfish meets quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare the shellfish
4. Use the tools, knives and equipment correctly when preparing the shellfish
5. Prepare the shellfish to maintain quality and meet the requirements of the dish
6. Store any prepared 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. The main characteristics of different types of shellfish
2. What quality points to look for in fresh shellfish
3. What you should do if there are problems with the shellfish or other ingredients
4. How to detect live shellfish
5. How to select the correct type, quality and quantity of shellfish to meet dish requirements
6. Suitable preparation methods for each type of shellfish
7. The approximate yields of prepared shellfish
8. How to control portions to minimise waste
9. Preparation methods for different complex shellfish dishes
10. The current trends in relation to preparing complex shellfish dishes
11. What the correct techniques, tools, knives and equipment are and the reasons for using them when carrying out the required preparation methods
12. How to store prepared shellfish
13. Healthy eating options when preparing shellfish for complex dishes

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Scope/range

1. Shellfish

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

2. Preparation methods

- 2.1 cleaning
- 2.2 shelling
- 2.3 washing
- 2.4 marinating
- 2.5 coating
- 2.6 blending
- 2.7 cutting

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