

## Cook and finish complex fish dishes

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### Overview

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

- fish en croûte
- brandade
- salmon roulade
- coulibiac
- mousseline
- bouillabaisse

The standard covers a range of types of fish, including exotic and the cooking methods and finishing techniques associated with complex fish dishes.

This standard focuses on the technical knowledge and skills required to cook and finish complex 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 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 fish needed for the dish
2. Check the fish to make sure it meets quality standards and other requirements
3. Choose the correct tools and equipment to cook and finish the fish
4. Use the tools and equipment correctly when cooking and finishing the fish
5. Combine the fish with other ingredients
6. Cook the fish to meet the requirements of the dish
7. Ensure the dish has the correct flavour, colour, consistency and quantity
8. Garnish and present the dish to meet requirements
9. Ensure the dish is at the correct temperature for holding and serving
10. Store any cooked fish 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 fish to meet dish requirements
2. What quality points to look for in fish
3. What you should do if there are problems with the fish 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 fish 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 fish using each cooking method and why these temperatures are important
8. How to check and adjust the flavour, consistency and colour of complex fish dishes
9. What cooking methods are appropriate to each type of complex fish dish and how to check fish is cooked
10. How to minimise and correct common faults in complex fish dishes
11. The appropriate finishing methods for a range of complex fish dishes
12. The current trends and methodologies in relation to cooking and finishing complex fish dishes
13. The correct temperatures for holding and serving complex fish dishes
14. How to store complex fish dishes not for immediate use
15. Healthy eating options when cooking and finishing complex fish dishes

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**Scope/range**

**1. Fish**

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

**2. Cooking methods**

- 2.1 frying (deep / shallow)
- 2.2 grilling
- 2.3 en papillote
- 2.4 baking
- 2.5 steaming
- 2.6 poaching
- 2.7 sous vide
- 2.8 confit
- 2.9 smoking
- 2.10 combination of cooking methods

**3. Finishing methods**

- 3.1 coating with a sauce
- 3.2 dressing
- 3.3 garnishing

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**Originating Organisation** People 1st

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**Relevant Occupations** Senior Chef/ Cook; Sous Chef

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**Suite** Hospitality - Professional Cookery

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