

## Prepare fish for complex dishes

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### Overview

This standard is about preparing fresh, unprepared fish for complex dishes. Preparation methods include full filleting as well as different cuts of fish. A range of types of fish are covered in the standard including exotic.

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

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**Scope/range**

**1. Fish**

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

**2. Preparation methods**

- 2.1 gutting
- 2.2 filleting
- 2.3 cutting
  - darne
  - goujons
  - plait
  - paupiette
  - supreme
  - tronçon
- 2.4 trimming
- 2.5 skinning
- 2.6 marinating
- 2.7 coating
- 2.8 topping (for example with herb crust)
- 2.9 covering (for example, en croûte)
- 2.10 portioning

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