

Cook and finish basic shellfish dishes

Overview

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

- prawn brochette
- moules mariniere
- clam chowder

The standard covers a range of types of shellfish including prawns, mussels, and scallops amongst others as well as cooking techniques and how you would finish off a shellfish dish.

This standard focuses on the technical knowledge and skills required to cook and finish basic 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 basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- 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. Check the shellfish meets dish requirements
2. Choose the correct tools and equipment to cook and finish basic shellfish dishes.
3. Use the tools and equipment correctly when cooking and finishing the shellfish
4. Combine the shellfish with other ingredients
5. Cook the shellfish to meet the requirements of the dish
6. Ensure the dish has the correct flavour, colour, consistency and quantity
7. Garnish and present the dish to meet requirements
8. Ensure the dish is at the correct temperature for holding and serving
9. 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 check the shellfish meets dish requirements
2. What quality points to look for in a range of shellfish
3. Why and to whom you should report any problems with shellfish or other ingredients
4. The correct tools and equipment to carry out the cooking methods
5. Why it is important to use the correct tools and equipment
6. How to carry out the cooking methods according to dish requirements
7. Why it is important to use the correct cooking and finishing methods for each type of shellfish
8. The correct temperatures for cooking shellfish and why these temperatures are important
9. How to carry out the required finishing methods
10. How to check and adjust a shellfish dish to make sure it has the correct flavour, colour, consistency and quantity
11. The correct temperatures for holding and serving shellfish dishes
12. The correct temperatures and procedures for storing shellfish dishes not for immediate use
13. Healthy eating options when cooking and finishing shellfish

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Scope/range

1. Shellfish

- 1.1 prawns
- 1.2 shrimps
- 1.3 mussels
- 1.4 clams
- 1.5 crabs
- 1.6 scallops

2. Cooking methods

- 2.1 boiling
- 2.2 frying (deep / shallow)
- 2.3 grilling
- 2.4 steaming
- 2.5 poaching

3. Finishing methods

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting

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