

## Prepare fish for basic dishes

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### Overview

This standard is about preparing fresh fish for basic dishes.

The standard covers a range of preparation methods and different types of fish including round, flat and oily.

This standard focuses on the technical knowledge and skills required to prepare fish for basic 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. 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 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. Different types of commonly used fish and how to identify them
2. How to check that the fish meets requirements
3. What quality points to look for in fresh fish
4. Why and to whom should you report any problems with the fish or other ingredients
5. The correct tools, knives and equipment to carry out the preparation methods
6. How to carry out the preparation methods correctly
7. Why it is important to use the correct techniques, tools, knives, equipment when preparing the fish
8. The reasons for coating and marinating fish
9. The texture of different types of fish and what this means in terms of handling the fish during preparation
10. How to store prepared fish correctly
11. Healthy eating options when preparing fish

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**Scope/range**

**1. Fish**

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

**2. Preparation methods**

- 2.1 filleting
  - removing pin bones
  - removing rib bones
  - removing spine
- 2.2 cutting
  - darne
  - goujon
  - supreme
  - tronçon
  - délice
  - paupiette
- 2.3 trimming
- 2.4 skinning
- 2.5 coating
- 2.6 marinating
- 2.7 stuffing / filling

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