

Prepare and cook fish

Overview

This standard is about preparing and cooking fish for simple dishes, for example:

- fish cake
- battered fish (prepared)
- breaded fish (prepared)
- scampi (prepared)
- frozen fish fillet portion

This standard focuses on the technical knowledge and skills required to prepare and cook fish; 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. De-frost fish if necessary, correctly and according to food safety guidelines
2. Check that the fish is fit for cooking
3. Choose the right tools and equipment for preparing and cooking fish
4. Use the tools and equipment correctly when preparing and cooking fish
5. Prepare the fish to meet requirements
6. Cook the fish as required
7. Finish the fish as required
8. Make sure the fish is at the right temperature for holding and serving
9. Store any 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 store fish correctly before cooking
2. How to check that fish are fit for preparation and cooking
3. How to decide whether fish needs de-frosting before cooking and why this is important
4. How to de-frost fish correctly and why this is important
5. Why and to whom you should report any problems with the fish or other ingredients
6. The right temperatures and cooking times for different types of fish
7. The right tools and equipment for the preparation methods
8. How to prepare fish correctly
9. The right tools and equipment for the cooking methods:
10. Why it is important to use the right tools and equipment
11. How to carry out the cooking methods correctly
12. How to decide which cooking methods are appropriate for different types of fish and how to make sure they are properly cooked
13. How to garnish and present cooked fish according to requirements
14. The correct temperatures for holding and serving fish
15. The correct storage requirements for fish products not for immediate consumption

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Scope/range

1. Fish

- 1.1 coated
- 1.2 uncoated
- 1.3 frozen
- 1.4 unfrozen

2. Preparation methods

- 2.1 de-frosting
- 2.2 coating

3. Cooking methods

- 3.1 frying (deep / shallow)
- 3.2 grilling
- 3.3 baking

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