

**Unit DR89 04 (1FPC1)      Prepare and cook fish**

This Unit has the following element:

**Element 1 (1FPC1.1)      Prepare and cook fish**

**Candidate Name:**

**Assessment Centre:**

*I have completed the requirements of this Unit.*

**Candidate signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*I can confirm the candidate has completed all requirements of this Unit.*

**Assessor signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessor counter signature:**  
(where applicable) \_\_\_\_\_ **Date:** \_\_\_\_\_

**IV signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**IV counter signature:**  
(where applicable) \_\_\_\_\_ **Date:** \_\_\_\_\_

## Unit DR89 04 (1FPC1)

## Prepare and cook fish

### Unit Summary

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

- ◆ fish burger
- ◆ battered fish (prepared)
- ◆ breaded fish (prepared)
- ◆ scampi (prepared)

The Unit covers the following types of fish:

- ◆ coated fish
- ◆ pre-prepared uncoated fish

The Unit is appropriate for staff who have only very basic preparation and cooking skills and are working under close supervision. You will use the following preparation and cooking methods:

- ◆ coating
- ◆ deep frying
- ◆ grilling
- ◆ baking

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking that the fish is fit for cooking
- ◆ defrosting fish, when necessary
- ◆ choosing the right tools and equipment
- ◆ preparing and cooking the fish correctly for the dish
- ◆ presenting the fish
- ◆ storing fish not for immediate use

**Unit DR89 04 (1FPC1)**

**Prepare and cook fish**

**Element 1 (1FPC1.1)**

**Prepare and cook fish**

<b>What you must do (circled numbers must be observed)</b>		<b>Assessor initials/date</b>
Evidence for the remaining points may be assessed through questioning or witness testimony		
1	Safely store any <b>fish</b> not for immediate use	
2	When necessary, de-frost fish	
③	Check that the <b>fish</b> is fit for cooking	
④	Choose the right tools and equipment	
5	<b>Prepare</b> the <b>fish</b> to meet requirements	
⑥	<b>Cook</b> the <b>fish</b> as required	
⑦	Finish the <b>fish</b> as required	
⑧	Make sure the <b>fish</b> is at the right temperature for holding and serving	

<b>What you must cover (minimum requirement for observation in italic and bold)</b>	<b>Activity/Evidence</b> (insert tick or supplementary reference)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Evidence for the remaining points may be assessed through questioning or witness testimony						
<b><i>Fish</i></b> , at least <b><i>two</i></b> required from the following:						
coated						
uncoated						
frozen						
unfrozen						
<b><i>Preparation methods</i></b> , at least <b><i>none</i></b> required from the following:						
defrosting						
coating						
<b><i>Cooking methods</i></b> , at least <b><i>two</i></b> required from the following:						
deep frying						
grilling						
baking						

**Unit DR89 04 (1FPC1)****Prepare and cook fish****Element 1 (1FPC1.1)****Prepare and cook fish**

<b>Candidate name:</b>		<b>Assessor initials/date</b>
<b>No</b>	<b>Activity</b>	
1		
2		
3		
4		
5		
6		

**Unit DR89 04 (1FPC1)****Prepare and cook fish****What you must know for the Unit****For the whole Unit**

K1	How to store frozen and unfrozen fish correctly before cooking
K2	How to check that coated and uncoated fish, frozen and unfrozen fish is fit for preparation and cooking
K3	How to decide whether fish needs de-frosting before cooking and why this is important
K4	How to de-frost pre-prepared fish
K5	What you should do if there are problems with the fish and other ingredients
K6	The right temperatures and cooking times for the different types of fish
K7	The right tools and equipment to coat, deep fry, bake and grill fish
K8	Why it is important to use the right tool and equipment
K9	The correct cooking methods to use
K10	How to decide when different types of fish are properly cooked
K11	How to garnish and present cooked fish

Knowledge evidence retained

Assessor signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Unit DR89 04 (1FPC1)****Prepare and cook fish**

Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback