

Unit DR4H 04 (2FC1)

Cook and finish basic fish dishes

This Unit has the following element:

Element 1 (2FC1.1)

Cook and finish basic fish dishes

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:** _____

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Unit Summary

This Unit is about cooking and finishing basic fish dishes, for example:

- ◆ grilled salmon steaks
- ◆ sea bass with lemon butter
- ◆ battered fish (fresh)
- ◆ pan fried trout
- ◆ fish cakes
- ◆ fish pie

The fish covered by the Unit are:

- ◆ white fish — round (for example, cod, whiting or hake)
- ◆ white fish — flat (for example, plaice, sole or turbot)
- ◆ oily fish (for example, salmon or mackerel)

The cooking methods covered include:

- ◆ frying (deep and shallow)
- ◆ grilling
- ◆ poaching
- ◆ baking
- ◆ steaming

The finishing methods covered include:

- ◆ garnishing
- ◆ presentation

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

- ◆ checking the fish for type, quality and quantity
- ◆ selecting tools and equipment for cooking and finishing
- ◆ cooking the fish
- ◆ garnishing and presenting the dish and making sure it meets other dish requirements such as flavour, colour and consistency
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing fish not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
Note: For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.		
①	Check the fish meets dish requirements	
②	Choose and use the right tools and equipment correctly	
③	Combine the fish with other ingredients	
④	Cook the fish to meet the requirements of the dish	
⑤	Garnish and present the dish to meet requirements	
⑥	Make sure the dish has the correct flavour, colour, consistency and quantity	
7	Make sure the dish is at the correct temperature for holding and serving	
⑧	Safely store any cooked fish not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Fish</i> , at least <i>two</i> required from the following:						
white fish — round						
white fish — flat						
oily						
<i>Cooking</i> by, at least <i>three</i> required from the following:						
frying						
◆ deep						
◆ shallow						
grilling						
poaching						
baking						
steaming						

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

What you must know for the Unit	
For the whole Unit	
K1	How to check that the fish meets dish requirements
K2	What quality points to look for in fish: <ul style="list-style-type: none"> ◆ white fish (round) ◆ white fish (flat) ◆ oily fish
K3	What you should do if there are problems with the fish or other ingredients
K4	The correct tools and equipment to carry out the following cooking methods: <ul style="list-style-type: none"> ◆ frying (deep and shallow) ◆ grilling ◆ poaching ◆ baking ◆ steaming
K5	Why it is important to use the correct tools and equipment
K6	How to use the following cooking methods according to dish requirements: <ul style="list-style-type: none"> ◆ frying (deep and shallow) ◆ grilling ◆ poaching ◆ baking ◆ steaming
K7	Why it is important to use the correct techniques for each type of fish
K8	The correct temperatures for cooking fish: <ul style="list-style-type: none"> ◆ flat ◆ round ◆ oily ◆ and why these temperatures are important
K9	How to carry out the following finishing methods; <ul style="list-style-type: none"> ◆ garnishing ◆ presentation
K10	How to correct a fish dish to make sure it has the right colour, consistency and flavour
K11	The correct temperatures for holding and serving fish dishes
K12	Healthy eating options when cooking and finishing fish

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback