

**Unit DR9C 04 (2FP1)**

**Prepare fish for basic dishes**

This Unit has the following element:

**Element 1 (2FP1.1)**

**Prepare fish for basic 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:** \_\_\_\_\_

## Unit DR9C 04 (2FP1)

## Prepare fish for basic dishes

### Unit Summary

This Unit is about preparing fresh, semi-prepared fish for basic dishes.

The preparation methods are:

- ◆ filleting (removing pin bones, rib bones and spine)
- ◆ cutting (darne, goujon, suprême, tronçon, délice, paupiette)
- ◆ trimming
- ◆ skinning
- ◆ coating (for example, with flour, breadcrumbs or batter)
- ◆ marinading

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 (for example, salmon or mackerel)

This Unit is for staff who have basic preparation skills and are capable of working under limited supervision only.

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

- ◆ checking the fish meets requirements
- ◆ selecting the right tools and equipment
- ◆ preparing the fish
- ◆ storing prepared fish not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
①	Check the <b>fish</b> meets requirements	
②	Choose and use tools and equipment correctly	
③	<b>Prepare</b> the <b>fish</b> to meet the requirements of the dish	
④	Safely store any prepared <b>fish</b> not for immediate use	

What you must cover (minimum requirement for observation in <i>italic</i> and <b>bold</b> )	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><b>Fish</b>, at least <b>two</b> required from the following:</i>						
white fish — round						
white fish — flat						
oily fish						
<i><b>Prepare by</b>, at least <b>four</b> required from the following, which must include a minimum of <b>three</b> from cutting:</i>						
filleting						
◆ removing pin bone						
◆ removing rib bones						
◆ removing spine						
cutting						
◆ darne						
◆ goujon						
◆ suprême						
◆ tronçon						
◆ délice						
◆ paupiette						
trimming						
skinning						
coating						
marinading						

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

<b>What you must know for the Unit</b>	
<b>For the whole Unit</b>	
K1	Different types of commonly used flat, round and oily fish and how to identify them
K2	How to check the fish meets requirements
K3	What quality points to look for in fresh fish: <ul style="list-style-type: none"> <li>◆ white fish (round)</li> <li>◆ white fish (flat)</li> <li>◆ oily fish</li> </ul>
K4	What you should do if there are problems with the fish or other ingredients
K5	The correct tools and equipment to carry out the following preparation methods: <ul style="list-style-type: none"> <li>◆ filleting (removing pin bone, rib bones and spine)</li> <li>◆ cutting (darne, goujon, suprême, tronçon, délice, paupiette)</li> <li>◆ skinning</li> <li>◆ trimming</li> </ul>
K6	Why it is important to use the correct tools, equipment and techniques
K7	How to carry out the following preparation methods correctly: <ul style="list-style-type: none"> <li>◆ filleting (removing pin bone, rib bones and spine)</li> <li>◆ cutting (darne, goujon, suprême, tronçon, délice, paupiette)</li> <li>◆ skinning</li> <li>◆ trimming</li> <li>◆ coating</li> <li>◆ marinading</li> </ul>
K8	The reasons for coating and marinading fish
K9	The texture of different types of fish and what this means in terms of handling the fish during preparation
K10	How to store prepared fish correctly
K11	Healthy eating options when preparing fish

<p>Knowledge evidence retained</p>
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**Assessor signature:** \_\_\_\_\_

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

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

Assessor Feedback