

Unit DR51 04 (3FC1)

Cook and finish complex fish dishes

This Unit has the following element:

Element 1 (3FC1.1)

Cook and finish complex 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 complex fish dishes, for example:

- ◆ fish en croute
- ◆ dressed salmon
- ◆ salmon roulade
- ◆ salmon mousse
- ◆ mousseline
- ◆ bouillabaisse

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)
- ◆ exotic (for example, snapper or monk fish)

The cooking methods covered include:

- ◆ frying (deep and shallow)
- ◆ grilling
- ◆ en papillote
- ◆ baking
- ◆ steaming
- ◆ poaching (deep and shallow)
- ◆ combining cooking methods

The finishing methods covered include:

- ◆ garnishing
- ◆ glazing
- ◆ presentation

This Unit is for staff who have complex cooking and finishing skills and are capable of working with no supervision.

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

- ◆ selecting and checking the fish for type, quality and quantity
- ◆ selecting tools and equipment for cooking and finishing
- ◆ cooking the fish
- ◆ making sure it meets other dish requirements such as flavour, colour, consistency, glaze and quantity
- ◆ garnishing and presenting the dish
- ◆ 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
Evidence for the remaining points may be assessed through questioning or witness testimony Note: For statement 8, 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	Select the type and quantity of fish needed for the dish	
②	Check the fish to make sure it meets quality standards	
③	Choose and use tools and equipment correctly	
④	Combine the fish with other ingredients	
⑤	Cook the fish to meet the requirements of the dish	
⑥	Make sure the dish has the correct flavour, colour, consistency and quantity	
⑦	Garnish and present the dish to meet requirements	
8	Make sure the dish is at the correct temperature for holding and serving	
9	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, at least three required from the following:</i>						
white fish — round						
white fish — flat						
oily						
exotic						
<i>Cooking by, at least five required from the following:</i>						
frying						
◆ deep						
◆ shallow						
grilling						
en papillote						
baking						
steaming						
poaching						
◆ deep						
◆ shallow						
combining cooking methods						

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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 select the correct type, quality and quantity of fish to meet requirements
K2	What quality points to look for in fish: <ul style="list-style-type: none"> ◆ white fish (round) ◆ white fish (flat) ◆ oily ◆ exotic
K3	What you should do if there are problems with the fish or other ingredients
K4	What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: <ul style="list-style-type: none"> ◆ frying (deep and shallow) ◆ grilling ◆ en papillote ◆ baking ◆ steaming ◆ poaching (deep and shallow) ◆ combining cooking methods
K5	How to combine fish with other ingredients to create a complex and balanced dish
K6	How to carry out the following methods according to dish requirements: <ul style="list-style-type: none"> ◆ frying (deep and shallow) ◆ grilling ◆ en papillote ◆ baking ◆ steaming ◆ poaching (deep and shallow) ◆ combining cooking methods
K7	The correct temperatures for cooking fish: <ul style="list-style-type: none"> ◆ white round ◆ white flat ◆ oily ◆ exotic and why these temperatures are important
K8	The appropriate garnishes, dressing, sauces and glazes for a range of complex fish dishes
K9	How to minimise and correct common faults in complex fish dishes
K10	How to adjust the flavour, consistency and colour of the complex fish dish
K11	The current trends and methodologies in relation to cooking and finishing complex fish dishes
K12	The correct temperatures for holding and serving complex fish dishes
K13	How to store complex fish dishes
K14	Healthy eating options when cooking and finishing fish dishes

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback