

Unit DR5E 04 (3FC2)

Cook and finish complex shellfish dishes

This Unit has the following element:

Element 1 (3FC2.1)

Cook and finish complex shellfish 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 shellfish dishes, for example:

- ◆ boiled crab
- ◆ oysters on ice
- ◆ lobster thermidor
- ◆ 'fusion type' food
- ◆ shellfish soufflé

The shellfish covered by the Unit are:

- ◆ oysters
- ◆ crabs
- ◆ prawns/shrimps
- ◆ langoustines
- ◆ lobster/crawfish
- ◆ crayfish
- ◆ scampi/Dublin Bay prawns
- ◆ mussels
- ◆ cockles (fresh)/clams
- ◆ scallops

The cooking techniques covered include:

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

The finishing techniques covered include:

- ◆ garnishing
- ◆ dressing
- ◆ saucing
- ◆ presentation

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

- ◆ selecting and checking the shellfish for type, quality and quantity
- ◆ selecting tools and equipment for cooking and finishing
- ◆ combining the shellfish with other ingredients
- ◆ cooking the shellfish
- ◆ making sure it meets dish requirements such as flavour, consistency and quantity
- ◆ garnishing and presenting the dish
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing cooked shellfish 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 shellfish needed for the dish	
②	Check the shellfish to make sure it meets quality standards	
③	Choose and use tools and equipment correctly	
④	Combine the shellfish with other ingredients	
⑤	Cook the shellfish to meet the requirements of the dish	
⑥	Make sure the dish has the correct flavour, colour, consistency and quantity	
⑦	Garnish, dress, sauce 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 shellfish not for immediate use	

What you must cover (minimum requirement for observation in <i>italic</i> 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>Shellfish, at least five required from the following:</i>						
oysters						
prawns/shrimps						
langoustines						
lobster/crawfish						
crayfish						
scampi/Dublin Bay prawns						
mussels						
scallops						
crabs						
cockles (fresh)/clams						
<i>Cooking by, at least five required from the following:</i>						
boiling						
steaming						
sautéing						
grilling						
baking						
frying						
◆ deep						
◆ shallow						
stewing						
en papillote						
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 shellfish to meet dish requirements
K2	<p>What quality points to look for in shellfish:</p> <ul style="list-style-type: none"> ◆ oysters ◆ crabs ◆ prawns/shrimps ◆ langoustines ◆ lobster/crawfish ◆ crayfish ◆ scampi/Dublin Bay prawns ◆ mussels ◆ scallops ◆ cockles (fresh)/clams
K3	What you should do if there are problems with the shellfish or other ingredients
K4	<p>What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods:</p> <ul style="list-style-type: none"> ◆ boiling ◆ steaming ◆ stewing ◆ sautéing ◆ frying (deep and shallow) ◆ grilling ◆ baking ◆ en papillote ◆ combining cooking methods
K5	How to combine shellfish with other ingredients to create a complex and balanced dish
K6	<p>How to carry out the following cooking methods according to dish requirements:</p> <ul style="list-style-type: none"> ◆ boiling ◆ steaming ◆ stewing ◆ sautéing ◆ frying (deep and shallow) ◆ grilling ◆ baking ◆ en papillote ◆ combining cooking methods
K7	<p>The correct temperatures for cooking shellfish:</p> <ul style="list-style-type: none"> ◆ oysters ◆ crabs ◆ prawns/shrimps ◆ langoustines ◆ lobster/crawfish ◆ scampi/Dublin Bay prawns ◆ mussels ◆ scallops ◆ cockles (fresh)

What you must know for the Unit (cont)	
For the whole Unit (cont)	
K8	How to adjust the flavour, consistency and colour of the complex shellfish dish
K9	How to minimise and correct common faults in complex shellfish dishes
K10	The appropriate garnishes, dressings, sauces and glazes to accompany complex shellfish dishes
K11	The correct temperatures for holding and serving shellfish dishes
K12	How to store complex shellfish dishes
K13	Healthy eating options when cooking and finishing shellfish 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