

Unit DR9D 04 (3FP1)

Prepare fish for complex dishes

This Unit has the following element:

Element 1 (3FP1.1)

Prepare fish for complex 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 preparing fresh, unprepared fish for complex dishes.

The preparation methods are:

- ◆ gutting
- ◆ filleting (removing pin bones, rib bones and spine)
- ◆ cutting (darne, goujon, suprême, tronçon, délice, paupiette and plait)
- ◆ cold smoking
- ◆ trimming
- ◆ skinning
- ◆ portioning
- ◆ marinading
- ◆ coating
- ◆ topping (for example with herb crust)
- ◆ covering (for example, en croute)

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

This Unit is for staff who have complex preparation 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
- ◆ selecting tools and equipment
- ◆ preparing the fish in a way that maintains its quality
- ◆ storing prepared fish not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
①	Select the type and quantity of fish needed for the dish	
②	Check the fish to make sure it meets quality standards	
③	Select and use the tools and equipment correctly	
④	Prepare the fish to maintain its quality and meet the requirements of the dish	
⑤	Safely store any prepared 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 fish						
exotic fish						
<i>Prepare by, at least seven required from the following, which must include four from cutting:</i>						
gutting						
filleting						
cutting:						
◆ darne						
◆ goujons						
◆ plait						
◆ paupiette						
◆ suprême						
◆ tronçon						
trimming						
skinning						
marinading						
portioning						
cold smoking						
coating						
topping						
covering						

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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	The approximate yields of prepared fish
K2	How to control portions to minimise waste
K3	Suitable cuts for each type of fish
K4	The main characteristics of each type of fish
K5	The nutritional values of each type of fish
K6	Preparation methods for different complex fish dishes
K7	How to select the correct type, quality and quantity of fish to meet dish requirements
K8	What quality points to look for in fresh fish: <ul style="list-style-type: none"> ◆ flat ◆ round ◆ oily ◆ exotic
K9	What you should do if there are problems with the fish or other ingredients
K10	What the correct tools and equipment are and the reasons for using them when carrying out the following preparation methods: <ul style="list-style-type: none"> ◆ gutting ◆ filleting ◆ cutting (darne, goujons, plait, paupiette, suprême and tronçon) ◆ cold smoking ◆ trimming ◆ skinning ◆ portioning ◆ marinading ◆ coating ◆ topping ◆ covering
K11	How to carry out the following preparation methods correctly: <ul style="list-style-type: none"> ◆ gutting ◆ filleting ◆ cutting (darne, goujons, plait, paupiette, suprême and tronçon) ◆ cold smoking ◆ trimming ◆ skinning ◆ portioning ◆ marinading ◆ coating ◆ topping ◆ covering
K12	How to store prepared fish
K13	Healthy eating options when preparing fish for complex 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