

Unit PPL3PC2 (HK8J 04) Prepare Fish for Complex Dishes

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name**  **(if applicable)** |  | **Countersigning — Assessor’s signature**  **(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name**  **(if applicable)** |  | **Countersigning — Internal verifier’s signature**  **(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about preparing fresh, unprepared fish for complex dishes. Preparation methods include full filleting as well as different cuts of fish. A range of types of fish are covered in the unit including exotic. |

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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **You must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1-5 by directly observing the candidate’s work.  PC 6 may be assessed by alternative methods if observation is not possible. |
| 1 Select the type and quantity of fish required for preparation.  2 Check the fish meets quality and other requirements.  3 Choose the correct tools, knives and equipment required to prepare the fish.  4 Use the tools, knives and equipment correctly when preparing the fish.  5 Prepare the fish to maintain quality and meet the requirements of the dish.  6 Store any prepared fish not for immediate use in line with food safety regulations. |

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| **Scope/Range** | | | |
| **What you must cover:** | | | |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: | | | |
| **three** from:  a white fish — round  b white fish — flat  c oily  d exotic fish | **four** from:  e darne  f goujons  g plait  h paupiette  i supreme  j tronçon | **three** from:  k gutting  l filleting  m trimming  n skinning  o marinating  p coating  q topping (eg with herb crust)  r covering (eg en croûte)  s portioning | Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | | | | | | **Scope/Range** | | | | | | | | | | | | | | | | | | |
| **What you must do** | | | | | | **What you must cover** | | | | | | | | | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** | **j** | **k** | **l** | **m** | **n** | **o** | **p** | **q** | **r** | **s** |
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| **Knowledge and understanding** | | **Evidence reference**  **and date** |
| **What you must know and understand** | |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). | |
| 1 | The main characteristics of different types of fish. |  |
| 2 | What quality points to look for in fresh fish. |  |
| 3 | What you should do if there are problems with the fish or other ingredients. |  |
| 4 | The nutritional values of each type of fish. |  |
| 5 | How to select the correct type, quality and quantity of fish to meet dish requirements. |  |
| 6 | Suitable cuts for each type of fish. |  |
| 7 | The approximate yields of prepared fish. |  |
| 8 | How to control portions to minimise waste. |  |
| 9 | Preparation methods for different complex fish dishes. |  |
| 10 | The current trends in relation to preparing complex fish dishes. |  |
| 11 | What the correct techniques, tools, knives and equipment are and the reasons for using them when carrying out the required preparation methods. |  |
| 12 | How to store prepared fish. |  |
| 13 | Healthy eating options when preparing fish for complex dishes. |  |

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# Supplementary evidence

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| **Evidence** | | **Date** |
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| **Assessor feedback on completion of the unit** |
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