

Unit PPL1PC3 (HL05 04) Prepare and Cook Fish

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 and cooking fish for simple dishes, for example:   * fish cake * battered fish (prepared) * breaded fish (prepared) * scampi (prepared) * frozen fish fillet portion |

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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** |
| **What you must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 2−8 by directly observing the candidate’s work.  PCs 1 and 9 may be assessed by alternative methods if observation is not possible. |
| 1 De-frost fish if necessary, correctly and according to food safety guidelines.  2 Check that the fish is fit for cooking.  3 Choose the right tools and equipment for preparing and cooking fish.  4 Use the tools and equipment correctly when preparing and cooking fish.  5 Prepare the fish to meet requirements.  6 Cook the fish as required.  7 Finish the fish as required.  8 Make sure the fish is at the right temperature for holding and serving.  9 Store any fish not for immediate use in line with food safety regulation. |

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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: | | |
| **two** from:  a coated fish  b uncoated fish  c frozen fish  d unfrozen fish | **one** from:  e de-frosting  f coating | **two** from:  g frying (deep or shallow)  h grilling  i baking |
| 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** | **7** | **8** | **9** | | **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** |
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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 | How to store fish correctly before cooking. |  |
| 2 | How to check that fish are fit for preparation and cooking. |  |
| 3 | How to decide whether fish needs de-frosting before cooking and why this is important. |  |
| 4 | How to de-frost fish correctly and why this is important. |  |
| 5 | Why and to whom you should report any problems with the fish or other ingredients. |  |
| 6 | The right temperatures and cooking times for different types of fish. |  |
| 7 | The right tools and equipment for the preparation methods. |  |
| 8 | How to prepare fish correctly. |  |
| 9 | The right tools and equipment for the cooking methods. |  |
| 10 | Why it is important to use the right tools and equipment. |  |
| 11 | How to carry out the cooking methods correctly. |  |
| 12 | How to decide which cooking methods are appropriate for different types of fish and how to make sure they are properly cooked. |  |
| 13 | How to garnish and present cooked fish according to requirements. |  |
| 14 | The correct temperatures for holding and serving fish. |  |
| 15 | The correct storage requirements for fish products not for immediate consumption. |  |

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# Supplementary evidence

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| **Evidence/Question** | | **Answer** | **Date** |
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| **Assessor feedback on completion of the unit** |
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