## **PPL2PC3** **(J8J1 04)**

## Prepare Fish for Basic Dishes

### Candidate’s statement

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

|  |  |
| --- | --- |
| Candidate’s name |  |
| Candidate’s signature |  |
| Date |  |

### Assessor’s statement

I confirm that the candidate has achieved all the requirements of this unit.

|  |  |
| --- | --- |
| Assessor’s name |  |
| Assessor’s signature |  |
| Date |  |
| Countersigning Assessor’s name(if applicable) |  |
| Countersigning Assessor’s signature(if applicable) |  |
| Date |  |

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### Internal Verifier’s statement

I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

|  |  |
| --- | --- |
| Internal Verifier’s name |  |
| Internal Verifier’s signature |  |
| Date |  |
| Countersigning Internal Verifier’s name (if applicable) |  |
| Countersigning Internal Verifier’s signature (if applicable) |  |
| Date |  |

|  |  |
| --- | --- |
| External Verifier’s initials (if sampled) |  |
| Date |  |

#### Unit overview

This standard is about preparing fresh fish for basic dishes.

The standard covers a range of preparation methods and different types of

fish including round, flat and oily.

#### 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.

#### Performance criteria (What 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 meet the requirements of the dish.
6. Store any prepared fish not for immediate use in line with food safety regulations.

#### Performance criteria evidence

| **Evidence reference** | **Evidence description** | **Date** | **PC1** | **PC 2** | **PC 3** | **PC 4** | **PC5** | **PC 6** |
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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 a minimum of:

1. Fish – **two from**:

1.1 white fish – round

1.2 white fish – flat

1.3 oily fish

1. Preparation methods – **one from**

2.1 filleting

* removing pin bones
* removing rib bones
* removing spine

2.2 cutting\*

2.3 trimming

2.4 skinning

2.5 coating

2.6 marinating

2.7 stuffing / filling

**\*2.2 cutting to include three fish cuts from:**

* darne
* goujon
* supreme
* tronçon
* délice
* paupiette

Evidence for any “what you must cover” point not included in the minimum observation requirements may be assessed using alternative assessment methods.

#### Scope / range evidence

| **Evidence reference** | **Evidence description** | **Date** | **1.1** | **1.2** | **1.3** | **2.1** | **2.2** | **2.3** | **2.4** | **2.5** | **2.6** | **2.7** |
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#### Knowledge and understanding (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).

| **Knowledge statement** | **Evidence reference** | **Date** |
| --- | --- | --- |
| 1. Different types of commonly used fish and how to identify them.
 |  |  |
| 1. How to check that the fish meets requirements.
 |  |  |
| 1. What quality points to look for in fresh fish.
 |  |  |
| 1. Why and to whom should you report any problems with the fish or other ingredients.
 |  |  |
| 1. The correct tools, knives and equipment to carry out the preparation methods.
 |  |  |
| 1. How to carry out the preparation methods correctly.
 |  |  |
| 1. Why it is important to use the correct techniques, tools, knives, equipment when preparing the fish.
 |  |  |
| 1. The reasons for coating and marinating fish.
 |  |  |
| 1. The texture of different types of fish and what this means in terms of handling the fish during preparation.
 |  |  |
| 1. How to store prepared fish correctly.
 |  |  |
| 1. Healthy eating options when preparing fish.
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#### Supplementary evidence

| **Reference** | **Evidence description** | **Date** |
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#### Assessor feedback on completion of the unit: