## **PPL3PC2** **(J8KR 04)**

## Prepare Fish for Complex 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.

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| --- | --- |
| 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.

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

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

#### Unit overview

This standard 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 standard including exotic.

#### 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 maintain quality and 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 — **three** from:

1.1 white fish – round

1.2 white fish – flat

1.3 oily

1.4 exotic fish

1. Preparation methods — **three** from:

2.1 gutting

2.2 filleting

2.3 cutting**\***

2.4 trimming

2.5 skinning

2.6 marinating

2.7 coating

2.8 topping (eg with herb crust)

2.9 covering (eg en croûte)

2.10 portioning

**\* 2.3 cutting to include four fish cuts from:**

* darne
* goujons
* plait
* paupiette
* supreme
* tronçon

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** | **1.4** | **2.1** | **2.2** | **2.3** | **2.4** | **2.5** | **2.6** | **2.7** | **2.8** | **2.9** | **2.10** |
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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. 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. |  |  |

#### Supplementary evidence

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