## **PPL3PC3** **(J8L3 04)**

## Cook and Finish Complex Fish Dishes

### Candidate’s statement

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

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| 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 cooking and finishing complex fish dishes, for example:

* fish en croûte
* brandade
* salmon roulade
* coulibiac
* mousseline
* bouillabaisse

#### 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 1-8 by directly observing the candidate’s work.

For PC 9, if it is not possible to observe both “holding” and “serving”, alternative methods of assessment may be used for one of them (i.e. either holding **or** serving) but the assessor must observe the other.

PC 10 may be assessed by alternative methods if observation is not possible.

1. Select the type and quantity of fish needed for the dish.
2. Check the fish to make sure it meets quality standards and other requirements.
3. Choose the correct tools and equipment to cook and finish the fish.
4. Use the tools and equipment correctly when cooking and finishing the fish.
5. Combine the fish with other ingredients.
6. Cook the fish to meet the requirements of the dish.
7. Check the dish has the correct flavour, colour, consistency and quantity.
8. Garnish and present the dish to meet requirements.
9. Make sure the dish is at the correct temperature for holding and serving.
10. Store any cooked fish not for immediate use in line with food safety regulations.

#### Performance criteria evidence

| **Evidence reference** | **Evidence description** | **Date** | **PC 1** | **PC 2** | **PC 3** | **PC 4** | **PC 5** | **PC 6** | **PC 7** | **PC 8** | **PC 9** | **PC 10** |
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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

1.4 exotic fish

1. Cooking methods — **six** from:

2.1 frying (deep / shallow)

2.2 grilling

2.3 en papillote

2.4 baking

2.5 steaming

2.6 poaching

2.7 sous vide

2.8 confit

2.9 smoking

2.10 combining cooking methods

1. Finishing methods — **two** from:

3.1 coating with a sauce

3.2 dressing

3.3 garnishing

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 (continued on next page)

| **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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#### Scope / range evidence (continued)

| **Evidence reference** | **Evidence description** | **Date** | **3.1** | **3.2** | **3.3** |
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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** |
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| 1. How to select the correct type, quality and quantity of fish to meet dish requirements. |  |  |
| 2. What quality points to look for in fish. |  |  |
| 3. What you should do if there are problems with the fish or other ingredients. |  |  |
| 4. What the correct tools and equipment are and the reasons for using them when carrying out the required cooking methods. |  |  |
| 5. How to combine fish with other ingredients to create a complex and balanced dish. |  |  |
| 6. How to carry out each of the cooking methods according to dish requirements. |  |  |
| 7. The correct temperatures for cooking fish using each cooking method and why these temperatures are important. |  |  |
| 8. How to check and adjust the flavour, consistency and colour of complex fish dishes. |  |  |
| 9. What cooking methods are appropriate to each type of complex fish dish and how to check fish is cooked. |  |  |
| 10. How to minimise and correct common faults in complex fish dishes. |  |  |
| 11. The appropriate finishing methods for a range of complex fish dishes. |  |  |
| 12. The current trends and methodologies in relation to cooking and finishing complex fish dishes. |  |  |
| 13. The correct temperatures for holding and serving complex fish dishes. |  |  |
| 14. How to store complex fish dishes not for immediate use. |  |  |
| 15. Healthy eating options when cooking and finishing complex fish dishes. |  |  |

#### Supplementary evidence

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