

**Specification of Competency Standards**  
**for the Catering Industry**  
**Unit of Competency**

Functional Area - Professional Skills for the Production Section

Title	Produce general seafood dishes
Code	108436L2
Range	This unit of competency is applicable to all catering food production practitioners. Due to the misconception that seafood is difficult to cook, it is mainly consumed in restaurants. This UoC concerns competence for producing general seafood. The seafood can be either fresh or frozen which the practitioner needs to ensure it's safe to use.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general seafood dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of different categories of seafood, such as: fish, crustaceans, molluscs (bivalve), gastropod, cephalopod molluscs</li> <li>• Possess basic knowledge of the common cooking methods for seafood. Including: <ul style="list-style-type: none"> <li>○ Steaming, boiling</li> <li>○ Grilling</li> <li>○ Deep fry</li> </ul> </li> <li>• Possess basic knowledge of techniques for cleaning seafood, such as: <ul style="list-style-type: none"> <li>○ Descale and gut fishes</li> <li>○ Scrub the shell under a stream of water to clear dirt or mud</li> <li>○ Remove fibrous threads (beards) from molluscs and removal of sands</li> <li>○ Devein shrimps or prawns and peel shells as recipe required</li> </ul> </li> <li>• Possess knowledge of selecting and checking seafood. For examples: <ul style="list-style-type: none"> <li>○ Fresh molluscs shells should be closed. Tap open shells, it should close up automatically</li> <li>○ Fish gills should be bright red in color. Flesh should be firm and shiny in appearance</li> <li>○ Frozen seafood products should be free of any sign of freezer burn</li> <li>○ Able to understand package labels</li> </ul> </li> <li>• Possess basic skills in determining when seafood is cooked. For examples: <ul style="list-style-type: none"> <li>○ Shrimps will be firm when touched and their flesh will turn opaque</li> <li>○ Scallops will firm up and become opaque throughout</li> <li>○ Whole oyster meats will become slightly opaque</li> <li>○ Lobster shell will turn from green or blue to scarlet</li> <li>○ Clams and mussels shell will open</li> <li>○ Fish is translucent when raw and turns opaque when cooked and flakes easily when poked with fork</li> </ul> </li> <li>• Possess basic knowledge of defrosting seafood</li> <li>• Possess basic knowledge of food hygiene and food safety</li> </ul> <p>2. Produce general seafood dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the seafood recipe</li> <li>• Select and prepare seafood for cooking <ul style="list-style-type: none"> <li>○ Acquire good quality seafood as specified by the recipe, in term of freshness and, suitable size..., etc.)</li> <li>○ Defrost the frozen seafood properly</li> <li>○ Perform cleaning of the seafood (fillet the fish, if required by the recipe)</li> <li>○ Prepare other ingredients (flavoring, garnish and dressing)</li> <li>○ Marinate and seasoning if required by the recipes</li> </ul> </li> </ul>

**Specification of Competency Standards**  
**for the Catering Industry**  
**Unit of Competency**

Functional Area - Professional Skills for the Production Section

	<ul style="list-style-type: none"> <li>• Determine appropriate cooking method and prepare cooking equipment</li> <li>• Cook the seafood with required ingredients according to recipe</li> <li>• Using appropriate techniques to evaluate the seafood is appropriately cooked without overcooking, including: <ul style="list-style-type: none"> <li>○ Time control</li> <li>○ Visual checking (change of color, opening of shell, etc.)</li> <li>○ Test by touching (firmness and texture of the flesh)</li> </ul> </li> <li>• Place seafood on serving plate and garnish to present the dish to meet recipe requirements</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Follow the organisation's or kitchen's rules to maintain cleanliness of equipment and environment</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Acquire the appropriate seafood. Clean and portion (or whole) according to the requirements of the recipe and comply with the establishment's hygiene standards</li> <li>• Apply the appropriate cooking method and use the appropriate equipment to produce the seafood dish to a standard that complied with the recipe requirements, in terms of look, taste and presentation</li> <li>• Determine when the seafood is properly cooked according to the requirement of the recipe</li> </ul>
Remark	Please also refer to 108429L2 and 108430L2