

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

Functional Area - Professional Skills for the Production Section

Title	Produce basic shellfish dishes
Code	109649L2
Range	This unit of competency is applicable to all catering food production practitioners. Shellfish is one of the tastiest and healthiest foods that are put on our plate. However, cooking shellfish can be tricky, since it needs to be heated sufficiently to destroy harmful organisms, but not too long to avoid toughening their flesh (shellfish can be overcooked in a matter of seconds). This UoC concerns competences in preparing and cooking common fresh shellfish (crustaceans and mollusks) in basic recipes.
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing basic shellfish dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of different types of shellfish, such as: <ul style="list-style-type: none"> <li>○ Crustaceans - shrimps, prawns, lobsters and crabs,</li> <li>○ Mollusks – abalone, scallops, oysters, mussels, octopus and squid</li> </ul> </li> <li>• Possess basic knowledge of suitable methods for cooking different types of shellfish. For example: <ul style="list-style-type: none"> <li>○ Steaming</li> <li>○ Boiling, poaching in court-bouillon</li> <li>○ Grilling, broiling, griddling, roasting, etc.</li> <li>○ Sauteing, pan-frying, etc.</li> <li>○ Deep frying, baking in paper bag (en papillote)</li> </ul> </li> <li>• Possess basic knowledge of basic techniques for cleaning shellfish, such as: <ul style="list-style-type: none"> <li>○ Soaking it in water to allow sand to be spited out</li> <li>○ Scrub the shell under a stream of water to clear dirt or mud</li> <li>○ Remove fibrous threads (beards), such as mussels</li> <li>○ Deveined shrimps or prawns and peel shells, if recipe required</li> </ul> </li> <li>• Possess basic knowledge of selecting and checking freshness of shellfish. For example: <ul style="list-style-type: none"> <li>○ Discard any bivalves with broken shells</li> <li>○ For alive shellfish, the shells should be closed</li> <li>○ If the shells are open, tap them, it should close up</li> </ul> </li> <li>• Possess basic skills in determining the exact cooking time required for different shellfish. For example: <ul style="list-style-type: none"> <li>○ Shrimp will become firm when touching and their flesh will turn into opaque</li> <li>○ Scallops will be firmed 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 / mussels' shells will open up</li> </ul> </li> <li>• Possess basic knowledge of kitchen's occupational health and safety, including fire hazards</li> </ul> <p>2. Produce basic shellfish dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the recipe</li> <li>• Select and prepare shellfish <ul style="list-style-type: none"> <li>○ Acquire the shellfish required by the recipe</li> <li>○ Determine the freshness of the shellfish</li> <li>○ Clean the shellfish</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>○ Use appropriate equipment to open and de-shell (extract the meat) the shellfish, such as; <ul style="list-style-type: none"> <li>▪ Knife</li> <li>▪ Oyster opener</li> <li>▪ Scissors for cutting off the hard shell</li> <li>▪ Timer for setting up the cooking time</li> <li>▪ Ice bath for chilling the cold shellfish</li> </ul> </li> <li>• Prepare other necessary ingredients</li> <li>• Determine appropriate cooking method and prepare cooking equipment for cooking of shellfish.</li> <li>• Cook the shellfish with other ingredients according to recipe</li> <li>• Using appropriate techniques to check and ensure the shellfishes are appropriately cooked without overcooking, including: <ul style="list-style-type: none"> <li>○ Time control</li> <li>○ Visual (change of color, opening of shell, etc.)</li> <li>○ Touch (firmness and texture of the flesh)</li> </ul> </li> <li>• Place shellfish on serving plate and garnish to present the dish to meet recipe requirement</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Follow the organization or kitchen 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>• Select, prepare and clean the shellfish according to the requirements of the recipe and complied with the establishment and hygiene standards</li> <li>• Select and apply the appropriate cooking method and use the appropriate equipment to produce the shellfish dish to a standard that complied with the recipe requirement, in terms of texture, taste and presentation</li> <li>• Judge when the shellfish is properly cooked according to the recipe's requirement</li> </ul>
Remark	