

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare and cook fish dishes
Code	109650L2
Range	This unit of competency is applicable to all catering food production practitioners. Fish is not only delicious when cooked properly, it is also one of the healthiest foods you can put on your plate. However, the essential factor is that the fish must not be overcooked. This UoC will concentrate on competences for preparing and cooking fish dishes.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing and cooking fish dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge and skills to clean, scales, gut and fillet fish • Possess basic knowledge in determination about freshness of fish • Possess basic knowledge of kitchen's occupational health and safety, including fire hazards • Possess basic knowledge of different methods of cooking fish, such as: <ul style="list-style-type: none"> ○ Steaming ○ Baking ○ Sautéing ○ Grilling ○ Poaching ○ Deep frying ○ Pan-frying ○ Sous-vide with herbed sauce ○ Baking in paper bag (en papillote) • Possess basic knowledge of different techniques to judge when fish is cooked, including: <ul style="list-style-type: none"> ○ Color of fish flesh changes from transparent to opaque or milky-white and flaky throughout the meat ○ Thermometer Test <p>2. Prepare and cook fish dishes:</p> <ul style="list-style-type: none"> • Comprehend the fish recipe • Prepare fish and ingredients for cooking, including: <ul style="list-style-type: none"> ○ Acquire the appropriate fish according to the recipe (right type and size) ○ Clean the fish (scaling, gutting and filleting may be required for completely fresh fish). Also, ensure all work area is cleaned; wastes are appropriately handled and disposed of afterwards. Fish should be stored properly if not for immediate use ○ Debone the fish, if required ○ Weight, measure and mix other ingredients to meet dish requirements • Cut, marinate and / or add other ingredients with the fish, for examples: <ul style="list-style-type: none"> ○ Batter ○ Wine, fish stock ○ Dip in beaten egg and coat with breading • Prepare cooking equipment (frying pan, steamer, oven, grill, deep fryer, paper bag, vacuum sealed bag, etc.) according to cooking method • Cook the fish to meet recipe requirements using appropriate cooking methods. Also, ensuring the fish is not over or under cooked by taking into considerations of various cooking factors, such as:

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	<ul style="list-style-type: none"> ○ Temperature ○ Duration ○ Size of the fish ● Fish is placed on serving plate and finished using appropriate finishing methods to meet dish requirements ● Wash, clean and store the cooking equipment according to the establishment procedures <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Follow the organization or kitchen rules to maintain cleanliness of equipment and environment ● Ensure high quality fishes are used. Any problems identified with the quality of the dish are reported promptly to the appropriate person
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> ● Prepare the fish and other ingredients to meet the requirement of the dish. ● Select the appropriate cooking method and well prepare the equipment to cook the fish according to the recipe. ● Judge when the fish is properly cooked according to the recipe requirement by applying appropriate techniques and taking various cooking factors into account
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