

	Unit ID: 534
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Apply advanced food preparation techniques to prepare and cook specialised fish and seafood dishes
Level: 4	Credits: 8

Purpose

This unit standard specifies the competency required to apply advanced food preparation techniques to prepare and cook specialised fish and seafood dishes. People credited with this unit standard are able to: select and store fish and seafood; prepare and cook specialised fish and seafood dishes; and present specialised fish and seafood dishes.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.

4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.

5. Glossary

- For the purposes of this unit standard, *advanced techniques* refers to the preparation of complicated food items which may involve non-standard recipes and may require extreme care and deft touches in preparation and/or cooking. In some cases, the food item will be 'to order' for a special occasion.
- *Menu items* to be produced from fish and seafood may include but are not limited to classical and contemporary dishes of varying cultural and ethnic origins. Recipes used may be significant variations of existing recipes.
- *Fish* may be fresh, frozen, smoked, or preserved, from ocean or freshwater, and may include flat fish, round fish, fillets, whitefish and oily fish.
- *Seafood* may include shellfish, mollusks, crustaceans, octopus and squid.
- *Raw* refers to items such as sushi, sashimi, marinated raw fish, gravled salmon.

For credit, the preparation, cooking and presentation of one fish and one seafood dish are required, using two different methods of cooking as per dish requirements. One raw dish using fish must also be prepared.

- The term *establishment requirements* or procedures refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.
- *Safe working practices* include day to day observation of safety policies and procedures, legislative requirements and professional requirements.
- *Specifications* refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.

6. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.

7. Regulations and legislation relevant to this unit standard include the following:

- Labour Act No 11 2007 as amended
- Tobacco Products Control Act No 1 of 2010
- The Social Security Act 1994
- The Employee Compensation Amendment Act 5 of 1995
- Public Health Amendment Act 45 of 1976
- The International Health Regulation Act 28 of 1974
- Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Select and store fish and seafood

Range

Fish cuts include but are not limited to whole fish, fillet, goujon, steaks, délice, fillet, suprême and medallion.

Features influencing the selection of fresh and frozen fish includes but is not limited to smell, appearance, eyes bright and not sunken, firm and resilient flesh, scales lying flat, flesh moist and plentiful, smooth and moist skin.

Features influencing the selection of seafood includes but is not limited to closed shells, absence of water in shell, appropriate smell, shells and limbs intact, appropriate colour.

Performance Criteria

- 1.1 Fish and seafood are selected according to quality, seasonal availability, price and the requirements for specific menu items.
- 1.2 The best supplier for quality, price and service is selected according to establishment requirements.
- 1.3 Low cost cuts and fish products are selected when and where appropriate.
- 1.4 Frozen fish and seafood are thawed correctly to ensure maximum quality, hygiene and nutrition.
- 1.5 Yields are estimated accurately for various types of dishes in line with establishment procedures.
- 1.6 Where applicable, date stamps and codes are checked to ensure quality control in line with relevant food safety and establishment requirements.
- 1.7 Wastage is minimised through appropriate purchase and storage techniques.

- 1.8 Live seafood, where used, is maintained and killed in a humane manner and in line with relevant legislative and establishment requirements.
- 1.9 Fish and seafood are handled and stored hygienically and correctly in line with relevant food safety and establishment requirements.

Element 2: Prepare and cook specialised fish and seafood dishes

Range

Quality characteristics of cooked fish and seafood dish requirements include but are not limited to flavour, aroma, degree of cooking, appearance, texture.

Performance Criteria

- 2.1 Suitable knives and equipment are selected and used for fish and seafood preparation and cooking.
- 2.2 Appropriate recipes for cooked and raw are identified or created in line with guest and establishment requirements.
- 2.3 Fish is cleaned, gutted, filleted or cut correctly and efficiently according to recipe requirements and establishment standards.
- 2.4 Seafood is cleaned and prepared correctly in accordance with recipe requirements and establishment standards.
- 2.5 Yields are estimated accurately for the menu item being prepared and cooked.
- 2.6 Mise en place is prepared and ingredients assembled for preparation of the baked item.
- 2.7 Suitable marinades are prepared and used where appropriate.
- 2.8 Fish and seafood are cooked to recipe specifications and establishment standards.
- 2.9 Raw fish is prepared to recipe specifications and establishment procedures.
- 2.10 Fish and seafood by-products are used appropriately for a variety of dishes and menu items in line with establishment procedures.
- 2.11 Leftovers are used to minimise waste and maintain and optimise quality in line with establishment procedures.

Element 3: Present specialised fish and seafood dishes

Range

Presentation of fish and seafood for service includes but is not limited to palatability, visual appearance, harmony of ingredients, comparative size between dish and garnish, quality and taste.

Finishes include but are not limited to basic garnishing, accompaniments, sauces and portioning.

Performance Criteria

- 3.1 Fish and seafood dishes are portioned, plated and presented for service in line with establishment procedures.
- 3.2 Suitable sauces and dips are prepared as required to accompany menu items.
- 3.3 Finishes are applied according to recipe requirements and establishment standards.
- 3.4 Service is carried out according to establishment methods and standards.

Registration Data

Subfield:	Hospitality and Tourism
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