

Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 5: Prepare, cook and finish fish, shellfish and crustacean dishes

1. Explain the following fish preparation methods:

Pin boning

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Butterflying

- ---

Coating

- ---

Descaling

- ---

2. Describe the following cooking methods for fish, shellfish and crustacean dishes and give an example of a dish that can be cooked using the method of cookery:

Poaching

- ---

Sautéing

- ---

Sous vide

- ---

Stewing

- ---

3. Describe the following sauces that can be served with fish, shellfish and crustacean dishes:

Bercy sauce

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Beurre blanc sauce

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White wine sauce

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4. Describe two finishing checks that should be done before food is sent to the guest:

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