



UNIT 228 (2FC2)

COOK AND FINISH BASIC SHELLFISH DISHS

Shellfish is a broad term that includes a whole range of ingredients, from langoustines and lobsters to whelks and winkles. Rich in minerals and bursting with fantastic flavours, shellfish are generally quick and easy to cook. You can use them to create a multitude of dishes, including the ever-popular prawn cocktail and mussels marinara. This unit will introduce you to some of the techniques for creating basic shellfish dishes.

UNIT 228 (LEVEL 2 UNIT, 4 CREDITS)

COOK AND FINISH BASIC SHELLFISH DISHES

This unit is about the techniques and methods you'll need to know to cook and finish basic shellfish dishes.

Among the shellfish covered in the unit are prawns, shrimps, mussels, cockles and clams.

This unit has four learning outcomes:

1. Be able to cook basic shellfish dishes
2. Understand how to cook basic shellfish dishes
3. Be able to finish basic shellfish dishes
4. Understand how to finish basic shellfish dishes.



*Did you know?
'soft-shell' crabs
are crabs that
have just shed
their hard
shell. A new shell
forms four days
after moulting.*

**KNOW YOUR...
SHELLFISH GARNISHES
AND ACCOMPANIMENTS***Hollandaise
sauce**Lemon slices*

Useful words

BOILING

The most common method of cooking shellfish. Care should be taken not to overcook shellfish as the meat will become tough.

CLAM CHOWDER

A thick soup or broth made with clams and cream, onions and sometimes celery, traditionally served hot with crackers.

FRYING

To cook in hot oil. Some shellfish are coated in a batter or breadcrumbs before being deep-fried to give a crunchy outer texture. Shellfish can also be shallow- or stir-fried – cooked in a small amount of oil or butter in an open pan.

GARNISH

The finishing touch to a dish, that adds flavour and improves presentation. Traditional shellfish garnishes are parsley, lemon slices and tartare sauce. Some shellfish are traditionally served with brown bread.

GRILLING

To cook under or over direct heat. Many shellfish can be cooked under a grill or on a barbecue. Care should be taken not to let them dry out.

PRAWN BROCHETTE

A dish made of prawns and vegetables grilled on a skewer.

SAUCING

To cover food in a dressing to add flavour and retain moisture. Common sauces to use with shellfish are tartare sauce, mayonnaise, mornay sauce and butter sauce.

*Tartare sauce**Parsley**Brown bread
and butter*

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**COOK AND FINISH
BASIC SHELLFISH DISHES**

Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

No	Method	Summary of evidence, or portfolio reference	Assessor initials
1			
2			
3			
4			

Photocopy if required

*Assessment method key: **O** Observation; **PD** Professional discussion; **Q** Questioning; **WP** Work product; **WT** Witness testimony; **Oth** Other



**HINTS AND TIPS
SKEWERED
PRAWNS**

Grilling small shellfish, such as prawns, is more easily done if they're threaded on to a skewer.

What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers **must** be observed

	1	2	3	4
1 Check the shellfish meets dish requirements	●	●	●	●
2 Choose and use tools and equipment correctly	●	●	●	●
3 Combine shellfish with other ingredients	●	●	●	●
4 Cook shellfish to meet requirements of the dish.	●	●	●	●

What you must cover

(OUTCOME 1)

You must show that you have covered **ALL** of the following:

1 2 3 4

Shellfish

All must be covered. At least **two** of these must be observed by your assessor.

1 prawns	●	●	●	●
2 shrimps	●	●	●	●
3 mussels, cockles and clams	●	●	●	●

Cooking by

All must be covered. At least **two** of these must be observed by your assessor. (You are only required to be observed on one from frying, either deep or shallow.)

1 boiling	●	●	●	●
2 frying	●	●	●	●
deep	●	●	●	●
shallow	●	●	●	●
3 grilling	●	●	●	●

'Every now and then a dish comes along that totally changes the way you look at food. This is especially apparent in such a resourceful ingredient as shellfish.'

Andrew Turner, Executive Chef, The Landau

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COOK AND FINISH BASIC SHELLFISH DISHES

What you must do

(OUTCOME 3)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

For assessment criteria 6, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.

Circled numbers

must be observed

	1	2	3	4
5 Garnish and present the dish to meet requirements	●	●	●	●
6 Make sure the dish is at the correct temperature for holding and serving	●	●	●	●
7 Make sure dish has correct flavour, colour, consistency and quantity	●	●	●	●
8 Safely store any cooked shellfish not for immediate use.	●	●	●	●



Did you know?

Mussels are considered to be Belgium's national dish. One Brussels restaurant, Chez Léon, serves one tonne of them every day.



Baked scallops

Sweet, succulent scallops are covered in a light cheese sauce and baked in their shells.

What you must know

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

(OUTCOME 2)

To understand how to cook basic shellfish dishes you need to:

- K1** Describe how to check that shellfish meets dish requirement
- K2** State what quality points to look for in shellfish
- K3** Describe what to do if there are any problems with the shellfish or other ingredients
- K4** State the correct tools and equipment to carry out different cooking methods
- K5** State why it is important to use the correct tools, equipment and techniques
- K6** Describe how to carry out different cooking methods
- K7** State the correct temperatures for cooking various shellfish
- K8** State why it is important to use the correct cooking techniques
- K9** State healthy eating options when cooking with shellfish.

(OUTCOME 4)

To understand how to finish basic shellfish dishes you need to:

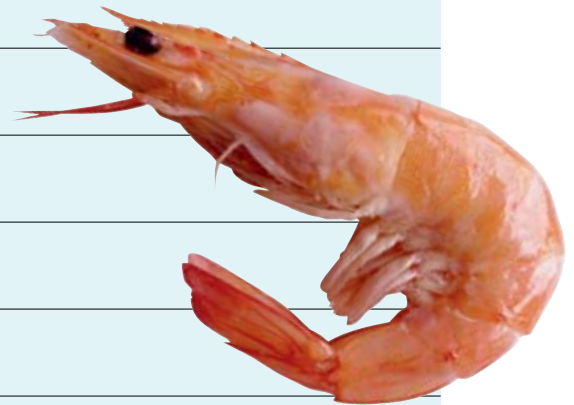
- K10** Describe how to carry out different finishing methods
- K11** Describe how to ensure that a shellfish dish has the correct colour, consistency and flavour
- K12** State the correct temperatures for holding and serving shellfish dishes
- K13** State healthy eating options when finishing shellfish.



Prawn cocktail
A classic starter –
juicy prawns in Marie
Rose sauce, served
on a bed of leaves.

Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.



EXPERT ADVICE **PRAWNS AND SHRIMPS**

Simplicity is the secret to successfully cooking shellfish. Their delicate flavours and textures can easily be ruined by overcooking and too many other ingredients. Here's some useful advice for cooking prawns and shrimps:

- If you're using frozen prawns, make sure they're fully defrosted before cooking them.
- Cooking prawns with the shell on gives them more flavour and helps the flesh stay succulent.
- Grilling prawns will enhance their flavour, but it's easy to overcook them on the grill. As soon as the shells have turned pink and the flesh is no longer clear, they're done.