



UNIT 221 (2FP2)

PREPARE SHELLFISH FOR BASIC DISHES

As well as being super tasty, shellfish provide protein, vitamins and minerals, are low in fat and a wonderful source of the Omega-3 fatty acid. Better still, shellfish are the food with which to impress. Some types are associated with luxury and decadence and oysters are said to be an aphrodisiac. With more than 20 species available in the UK, there's no excuse not to get shellfish spot on.

UNIT 221 (LEVEL 2 UNIT, 3 CREDITS)

PREPARE SHELLFISH FOR BASIC DISHES

This unit is about how to prepare a range of different kinds of shellfish for use in basic dishes.

As well as learning how to check the shellfish is of good enough quality, you'll find out about several different preparation methods, including trimming, shelling, washing, coating and cutting.

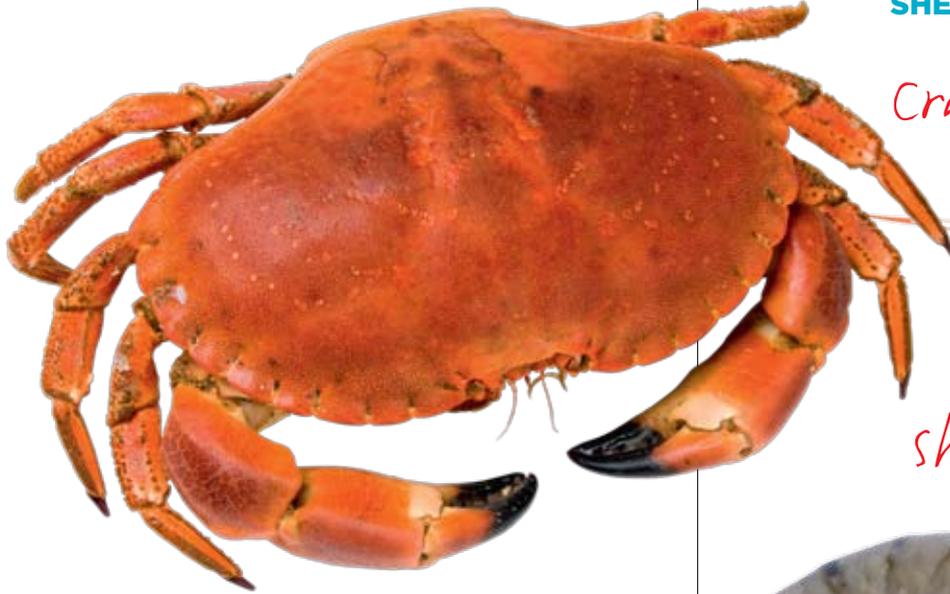
Among the shellfish covered in the unit are prawns, shrimps, mussels, cockles and clams.

This unit has two learning outcomes:

1. Be able to prepare shellfish for basic dishes
2. Understand how to prepare shellfish for basic dishes.



shelling prawns
if you're buying shell-on prawns, double the weight needed for shell-off prawns to get the right amount.

**KNOW YOUR...
SHELLFISH***Crabs**shrimps**Prawns*

Useful words

BIVALVE

Shellfish with shells that hinge open, such as clams, scallops, mussels, oysters and cockles.

CLAMS

Shellfish with a two-part shell (bivalve) that closes together very tightly. There are many varieties, including razor clams, and small clams such as cherrystones, which can be eaten raw.

COCKLES

Small, burrowing shellfish often sold in the UK as a snack seasoned with vinegar and pepper.

CRUSTACEAN

Soft-bodied creatures with legs and sometimes claws, and whose exterior is a hard shell.

MUSSELS

A shellfish with a dark-coloured shell that hinges open in two parts. Popular with chips in France.

PRAWNS

Small shellfish with a curved tail. Often used in stir-fries, curries and on barbecues. Smaller prawns are sometimes called shrimps.

TRIMMING

Removing hanging threads from the shells of some shellfish, such as mussels.

UNIVALVE

Shellfish with only one shell, usually spiral shaped, such as whelks and limpets.

*Cockles**Mussels**Clams*

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**PREPARE SHELLFISH
FOR BASIC 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

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 requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Choose and use the correct tools and equipment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Prepare the shellfish to meet dish requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Safely store any prepared shellfish not for immediate use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you know?

The delicious Colchester oysters were one of the main reasons the Romans invaded Britain in 43AD.



HINTS AND TIPS SEA FRESH

Shellfish are best if they're bought live. This helps to ensure maximum freshness and prevent contamination from pollutants that the shellfish may have absorbed.

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 prawn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 shrimps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 mussels, cockles and clams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Prepare by

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

1 trimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 shelling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 washing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 coating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 cutting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**PREPARE SHELLFISH
FOR BASIC DISHES****HINTS AND TIPS
ALIVE ALIVE-O**

If an uncooked mussel is open, tap the shell.

If it closes up, the mussel is still alive.

If it doesn't, throw it away – it's dead.

**EXPERT ADVICE
MEDICAL RESEARCH COUNCIL**

Contrary to popular opinion that some shellfish raise cholesterol, the amount of saturated fat in the diet has a greater effect in raising blood cholesterol than the amount of cholesterol consumed.

The Medical Research Council's collaborative centre for Human Nutrition Research notes that:

- Dietary advice should focus on the type of fat.
- Individuals with high blood cholesterol often mistakenly avoid foods that are rich in cholesterol such as shellfish and eggs, whereas the key issue is to decrease saturated fatty acids.

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 prepare shellfish for basic dishes you need to:

- K1** Describe how to check shellfish meets requirements
- K2** Describe what qualities to look for in fresh shellfish: prawns, shrimps, mussels, cockles and clams
- K3** Describe what to do if there are problems with the shellfish
- K4** State the correct tools and equipment required to carry out different preparation methods
- K5** Describe how to carry out different preparation methods correctly
- K6** State the importance of using the correct tools, equipment and techniques correctly
- K7** Describe what quality points to look for in prepared shellfish
- K8** State how to store prepared shellfish correctly
- K9** State healthy eating options when preparing shellfish.

Notes and feedback

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

'Food is for eating,
and good food is
to be enjoyed... I
think food is,
actually, very
beautiful in itself.'
Delia Smith,
cookery writer