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.
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.
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.
# 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.

<table>
<thead>
<tr>
<th>No</th>
<th>Method</th>
<th>Summary of evidence, or portfolio reference</th>
<th>Assessor initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Circled numbers</th>
<th>1</th>
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</thead>
<tbody>
<tr>
<td><strong>1</strong> Check the shellfish meets requirements</td>
<td>⬜</td>
<td>⬜</td>
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<tr>
<td><strong>2</strong> Choose and use the correct tools and equipment</td>
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<tr>
<td><strong>3</strong> Prepare the shellfish to meet dish requirements</td>
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<td><strong>4</strong> Safely store any prepared shellfish not for immediate use.</td>
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</table>

**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.

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Did you know?

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

---

What you must cover

**(OUTCOME 1)**

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

<table>
<thead>
<tr>
<th>1</th>
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<tbody>
<tr>
<td><strong>Shellfish</strong></td>
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<tr>
<td>All must be covered. At least <strong>two</strong> of these must be observed by your assessor.</td>
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<tr>
<td><strong>1</strong> prawn</td>
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<td>⬜</td>
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<td><strong>2</strong> shrimps</td>
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<td>⬜</td>
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</tr>
<tr>
<td><strong>3</strong> mussels, cockles and clams</td>
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</table>

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<tr>
<td><strong>Prepare by</strong></td>
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<tr>
<td>All must be covered. At least <strong>three</strong> of these must be observed by your assessor.</td>
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<tr>
<td><strong>1</strong> trimming</td>
<td>⬜</td>
<td>⬜</td>
<td>⬜</td>
</tr>
<tr>
<td><strong>2</strong> shelling</td>
<td>⬜</td>
<td>⬜</td>
<td>⬜</td>
</tr>
<tr>
<td><strong>3</strong> washing</td>
<td>⬜</td>
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<td><strong>4</strong> coating</td>
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<tr>
<td><strong>5</strong> cutting</td>
<td>⬜</td>
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</tbody>
</table>
UNIT 221 (2FP2)
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.

(OU TCOM E 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