

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

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

Accept any suitable response

1. Explain the following fish preparation methods

Pin Boning

- Is where a fillet of fish that has had the fine pin bones removed. Pin bones are the fine, tiny bones found in the centre of a fish fillet; if you slide your finger from head to tail down the flesh-side of a fillet you can feel the ends of the bones. The best way to remove the bones is to grip the end of each bone with a pair of tweezers and draw it out of the fillet.

Butterflying

- Both large and small fillets of fish, whole fish and some shellfish and crustacean can be butterflied for more even and quick cooking. When butterflying whole fish it removes most, but not all of the bones in a fish, and it creates a larger cavity for stuffing, and stuffing is the primary reason to butterfly a fish. Butterflying, is also known as splitting or kiting a fish.

Coating

- Coating is a process in which foods are pulled through dry ingredients, such as flour, in order to coat the food before cooking. Flour can be used alone as a coating, but it is more often combined with other dry ingredients such as herbs, spices, salt, or breadcrumbs to create a seasoned coating on the food that becomes brown and crispy after it is cooked. There are several reasons for dredging: the coating applied to the food acts as a barrier that keeps the food from sticking to the pan as it cooks; it enables the exterior of the food to become crisp and darken evenly without burning; and it prevents the texture of the food from becoming tough.

Descaling

- Is removing the scales from a whole fish before cooking, this process is also referred to as scaling. Some fish have a layer of tough scales that need to be

removed before cooking. This can be done using a specialist fish scaler or a knife, it is quite a messy job so if possible do it in a sink or in a polythene bag or alternatively ask the fishmonger to descale the fish.

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

Poaching

- Poaching is a good technique for cooking lean fish like tilapia, cod, sole, haddock, snapper, or halibut as well as fatty fish like salmon or trout. Poaching allows for a delicate fish to be cooked thoroughly and to add flavour and moisture to a dish. Cod can be poached in a white wine and fish stock and served with a tomato and chilli salsa and green herb salad.

Sautéing

- Often used for shellfish, it can be used to add colour and flavour to crustacean such as lobster and prawns. Dishes such as Dublin Bay prawns with garlic and white wine with crispy pancetta provide a balance of flavours.

Sous vide

- Very slow cooking method which works well with fish and shellfish. Scallops are especially good using this technique as they are very delicate. Scallops should be placed in a bag with lemon and pepper and cooked for 30 minutes at 50°C. The liquor should then be poured in a saucepan and lemon and orange juice added, reduced and cream added to form a sauce. Another fish that works really well with this technique is salmon. Cooked with lemon and dill and served as a *darne* or steak

Stewing

- Is suitable for cheaper fish species such as black bream, mackerel or mullet, especially when they are cooked in an aromatic liquid. Popular stewed fish dishes include the traditional provençal French fish stew *bouillabaisse*.

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

Bercy sauce

Named after a district in the east of Paris, is a finished sauce for fish and seafood dishes. It's made by reducing white wine and chopped shallots and then simmering in a basic fish velouté.

Beurre blanc sauce

Is a simple butter-based emulsified sauce that's great with fish or seafood.

White wine sauce

One of the most basic sauces for fish and seafood dishes.

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

- **Glazing** – similar to saucing, there are many different variations of glazing a final finished dish, but a classic glazed fish can be made with a sauce that has been finished with a sabayon and very quickly placed under a very hot grill for colour. Alternatively, salmon can be finished with a sticky honey, ginger and soy glaze, brushed over the fish before service.
- **Portioning** – it is important to ensure that the correct portions are served to the guest, ensuring that it is not too small or not too large. The portion should represent the dish and any accompaniments being served.
- **Temperature** – the best procedure for checking doneness is to use a cooking thermometer, checking to make sure the fish has reached an internal temperature of 63°C. To cook fish that are slightly translucent in the centre, remove the fish from the heat when they reach an internal temperature of 57°C–60°C. The fish will continue cooking with the retained heat if they are covered and left to stand a few minutes prior to serving.
- **Appearance** – guests will eat with their eyes, so it is important that the final served dish is correct garnished, sauced and looks appealing to the eye.
- **Saucing** – classic sauces, like the hollandaise sauce, beurre blanc, Bercy sauce and others, can be served with fish and seafood dishes, including pan-seared sea scallops, sautéed tilapia, grilled salmon and more.
- **Garnishing** – the most common garnish for seafood is lemon as the flavour works well with fish. It can be served as wedges, slices, peeled slices for meunière or

lemon halves wrapped in muslin cloth. Cooked or smoked seafood is often served with fresh herbs, micro leaves, cherry tomatoes and avocado. For cooked seafood fried parsley or other herbs are very popular and grilled lime halves or slices can add subtle flavour.

- **Correct seasoning** – very important when cooking and finishing to ensure that dish has been correctly seasoned. Fish, due to the nature of their flesh, contain minimal natural fats which help to improve flavour, so it is important to ensure that dishes are seasoned correctly to bring out the natural flavourings of the dish.