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TVL

COOKERY NC II

Quarter II- Week 1-3



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After going through this module, you are expected to:

1. identify types, varieties, market forms, nutritive value, and composition of fish and seafood;
2. clean, gut and fillet fish correctly and efficiently;
3. cook seafood dishes using a variety of cooking methods;
4. present seafood dishes hygienically, logically and sequentially within the required timeframe; and
5. value the importance of safety and hygiene in preparing seafood dishes.

SEAFOOD DISHES

Overview:

Seafood is any form of sea life regarded as food by humans. This are distinct food dishes which use **seafood** (fish, **shellfish** or seaweed) as primary ingredients, and are ready to be served or eaten with any needed preparation or cooking completed.

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TASK 1: PRE-ASSESSMENT

TRUE OR FALSE

Directions: Write the word **FISH** if the sentence is true and **FILLET** if the statement is false.

| | |
|---|--|
| 1. Whole round fish are fresh fish caught and taken from the water. These are transported and marketed alive. | |
| 2. Seafood refers to all fresh and salt water fish, crustaceans and shellfish. | |
| 3. To maintain quality and ensure hygiene seafood should be defrosted in cold water. | |
| 4. Dressed Fish are whole or round fish with scales, fins, entrails and head are removed. | |
| 5. Steaks are ready-to-cook, cross-sectional slices of large fish. | |
| 6. Eating fish helps to lower the risk of coronary heart disease and stroke | |
| 7. In gutting a fish, you need to remove the guts, roe and gills – you should be able to pull them out easily | |
| 8. Some fish have little bones that run along the midline of the fillet and are nearly possible to see. | |
| 9. Preparing Bangus Garlic Steak requires lemon all the time. | |
| 10. Use butcher knife in filleting fish. | |

LESSON 3

SEAFOOD DISHES

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Seafood is any form of sea life regarded as food by humans. **This** are distinct food **dishes** which use **seafood** (fish, **shellfish** or seaweed) as primary ingredients, and are ready to be served or eaten with any needed preparation or cooking completed.

Seafood refers to all fresh and salt water **fish**, **crustaceans** and shellfish. Examples of common seafood include: **Fish**: Anchovy, bass, bluefish, carp, cat **fish**, char, cod, flounder, haddock, halibut, herring, orange roughy, mahi-mahi, sardines, salmon, trout and tuna

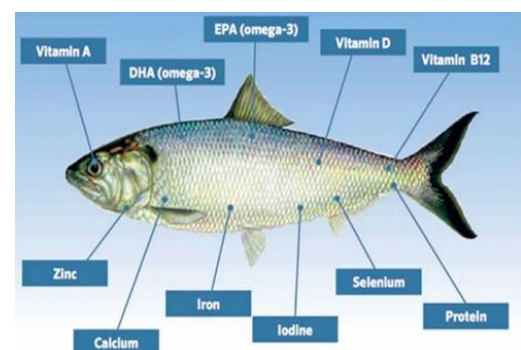
Market Forms of Fresh Fish

1. Whole Round- are fresh fish caught and taken from the water. These are transported and marketed alive.
2. Dressed Fish- whole or round fish with scales, fins, entrails and head are removed.
3. Fillets are the sides of the **fish** cut away from the backbone and are ready to cook. They are usually boneless, with no waste.
4. Butterfly Fillet- are two sides of the fish cut lengthwise away from the backbone
5. Steaks are ready-to-cook, cross-sectional slices of large **fish**.



Nutritional Value of Fish

The desire of people for fish should never dishearten us, because fish is a very nutrient rich food. Fish is a good source of protein, omega-3 fatty acids, vitamins and minerals. A portion of 150g of fish provides about 50 to 60 percent of an adult's daily protein requirement as stated in FAO's fisheries and aquaculture report 2018. Vitamins A, D, B12 and the minerals -iron, zinc, calcium, phosphorus, magnesium, selenium, and iodine are available in fish. The undervalued fish parts –the head, viscera and backbone – are high in micronutrients. Omega-3 fatty acids such as DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are found in all types of fish, but are especially high in fatty fish. Omega-3 fatty acids are vital for normal brain development in unborn babies and infants.



BENEFITS OF EATING FISH

- Helping to avoid heart diseases and hypertension
- Helping to lower the risk of coronary heart disease and stroke
- Reducing the tendency for increased blood clotting
- Decreasing the risk of cancer
- Benefitting the immune system
- Boosting brain health.

HOW TO SCALE FISH

1. Remove the fish from your cooler and lay it down with its head facing your non-dominant hand. Firmly grab the head with your non-dominant hand and use your dominant hand to remove the scales with a scaling tool or butter knife. Use short, quick strokes until the fish's body is smooth.
2. Flip the fish over and scale the other side.
3. Rinse off the lingering scales with water. Make sure the water pressure isn't too high, or else you might damage that delicate fish meat.



HOW TO GUT A FISH

1. Remove the scales by rubbing up both sides of the fish with the back of a knife
2. Make an incision in the belly of the fish at the tail end and cut through the skin to the head
3. Remove the guts, roe and gills – you should be able to pull them out easily
4. Rinse the inside of the fish with cold running water until the water runs clear
5. Pat the fish dry with kitchen paper and cut off the fins



HOW TO FILLET A FISH

1. Rinse the fish under running water and pat dry.
2. Turn the knife parallel to the board and cut along the spine from head to tail removing the belly flap with the fillet.
3. Finish removing the fillet by cutting the way through the skin at the tail. Repeat steps 1 through 3 on the other side of the fish.
4. Remove the rib bones and belly flap by cutting the under top of the rib bones to the bottom of the fillet at a 45-degree angle.
5. Finally, check for pin bones. Some fish have little bones that run along the midline of the fillet and are nearly impossible to see.



TASK 2: MARKET FORMS OF FISH

Directions: Draw and name the market forms of fresh fish.

E SEAFOOD DISHES RECIPE



BANGUS BELLY STEAK

Cooking Tools Needed:

- Plate
- Chopping Board
- Knife
- Measuring Cups
- Measuring Spoon
- Frying Pan
- Turner

Ingredients:

- belly of 2 milkfish, sliced
- 1 medium yellow onion, sliced
- Juice of 1 lemon
- 3 cloves garlic, crushed
- Salt and pepper to taste
- 1 teaspoon chopped flat leaf parsley
- ¼ cup soy sauce
- ¼ cup water
- ½ cup cooking oil

Preparation

1. Heat the oil in a pan.
2. Once the oil turns hot, fry the sliced milkfish belly until the color turns medium brown. Flip the fish to fry the other side.
3. Remove the fish from the pan after frying. Discard most of the cooking oil from the pan leaving around 1 tablespoon of oil.
4. On the same pan with little oil, cook the garlic until it turns light brown.
5. Pour-in the soy sauce, water, and lemon juice. Stir.
6. Add the fried fish. Cover and cook for 3 minutes.
7. Add the onion, salt, and pepper. Stir. cover and cook for 2 to 5 minutes. You may add water if needed.
8. Transfer to a serving plate.
9. Top with chopped parsley.
10. Serve. Share and enjoy!



NILASING NA TILAPIA

Cooking Tools Needed

- Plate
- Bowls
- Chopping Board
- Measuring Spoon
- Tongs
- Knife
- Frying Pan
- Turner

Ingredients:

- 1 piece tilapia scales and innards removed
- 1 tablespoon coarse sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- ¼ cup cornstarch
- ½ cup all-purpose flour
- ¾ cup cooking wine
- 1 ½ cups cooking oil

Preparation

1. Season both sides of the tilapia with salt, ground black pepper, and garlic powder. Rub all over the fish including the cavity.
2. Arrange a fish in a deep plate. Pour the cooking wine on the tilapia. Marinate each side for 15 minutes.
3. Combine the cornstarch and flour in a resealable bag. Shake well. Put the marinated tilapia in the bag and shake until it is coated with flour and cornstarch mixture. Set aside.
4. Heat oil in a pan. Once the oil gets hot, gently fry one side of the tilapia in medium heat until it turns golden brown and crisp. Turn the fish over to cook the opposite side.
5. Remove the tilapia from the pan and put in a plate lined with paper towel.
6. Serve. Share and enjoy!

Cooking Skills Needed

- Frying
- Cutting
- Slicing
- Marinating



GARLIC BUTTER SHRIMP

Cooking Tools Needed

- Plate
- Bowls
- Chopping Board
- Measuring Spoon
- Tongs
- Knife
- Pan

Ingredients:

- 2 lbs shrimp cleaned
- 2 tablespoons parsley chopped
- 1/4 cup butter
- 1 head garlic crushed
- 1 cup lemon lime soda
- 1 teaspoon lemon juice
- salt and pepper to taste

Preparation:

1. Marinate the shrimp in lemon soda for about 10 minutes
2. Melt the butter in a pan.
3. Add the garlic. Cook in low heat until the color turns light brown
4. Put-in the shrimp. Adjust heat to high. Stir-fry until shrimp turns orange.
5. Season with ground black pepper, salt, and lemon juice. Stir.
6. Add parsley. Cook for 30 seconds.
7. Serve hot. Share and Enjoy!

TASK 3: BE YOUR OWN MASTER CHEF



Directions: Choose any of the recipe on page 5-7 and prepare them according to the procedures. Discuss the way on how you clean, gut or fillet them. Get the most out of available resources and alternatives at home. Find out how well did you perform by accomplishing the **Scoring Rubric** honestly. Ask your parents to assess you by the **Performance Task Rubrics** below.

Note: You can do any of the following in accomplishing your task.

- Ask your parents to take a video/picture while you are preparing and send them to your teacher's FB Messenger.
- Look for poultry or game recipe from the recipe books or magazines and copy them on a bond paper.
- Write your experience in the preparation of poultry/game dishes.
- On a sheet of bond paper, ask your guardian to write a reflection on the palatability and your cooking preparations. Compile them in your Portfolio.

| SCORING RUBRICS | |
|-----------------|--|
| SCORE | PERFORMANCE LEVELS |
| | 10 – Very Satisfactorily performed the skill without supervision and with initiative and adaptability to problem situations. |
| | 7 - Satisfactorily performed the skill without assistance or supervision. |
| | 4 - Satisfactorily performed the skill but requires some assistance and/or supervision |
| | 2- Can perform parts of the skill satisfactorily but requires extensive assistance and/or supervision. |
| | TOTAL SCORE |

| CRITERIA | PERFORMANCE INDICATORS | POINTS | EARNED POINTS |
|-----------------------|---|--------|---------------|
| Execution and Output | All assigned food items are produced within the allotted time. | 10 | |
| | Mise en place and cooking methods are correctly applied in producing what is asked. | 20 | |
| | Final output is palatable in texture and taste and has visual appeal. | 40 | |
| Safety and Sanitation | Proper personal hygiene and food handling guidelines are observed all throughout. | 20 | |
| Teamwork | Collaboration among members is evident in their output. | 10 | |
| TOTAL | | 100 | |

TASK 4: POST-TEST

- I. **Directions:** Without looking at your notes, arrange the steps of filleting fish chronologically. Write numbers 1 to 5 to complete the task.

- ____ Finally, check for pin bones. Some fish have little bones that run along the midline of the fillet and are nearly impossible to see.
- ____ Rinse the fish under running water and pat dry.
- ____ Turn the knife parallel to the board and cut along the spine from head to tail removing the belly flap with the fillet.
- ____ Finish removing the fillet by cutting the way through the skin at the tail. Repeat steps 1 through 3 on the other side of the fish.
- ____ Remove the rib bones and belly flap by cutting the under top of the rib bones to the bottom of the fillet at a 45-degree angle.

- II. **Directions:** List down the ingredients for Garlic Butter Shrimp, write a price list for each item required for only one serving. Ask your guardian to assist you.

References:

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