



Q2 Module 7 G12 Cookery-NCII EPAC

BS in Hospitality Management (ABE International Business College)



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**Grade
12**



TVL-HE

COOKERY NCII

QUARTER 2 – MODULE 7

STORE FISH AND SEAFOOD



I. INTRODUCTION:

This lesson provides practical advice to store and evaluate the quality and safety of seafood product when purchasing them in retail stores or markets.

II. MODULE CONTENT:

STORE SEAFOOD

Storing of Fish and Seafood

FREEZING YOUR SEAFOOD

Fresh Fish & Fillets can be frozen if necessary. The best practice is to rinse and dry the fish and then vacuum seal and freeze immediately upon receipt. Freezer bags are acceptable for short term storage – making sure to press all the air out to minimize the risk of freezer burn. Fish should be consumed no later than 6 months but is considered optimal at 2 weeks. For best results, fish should be thawed in refrigeration 1-2 days prior to use; never thaw at room temperature or in a microwave as it will significantly diminish quality. While some recommend running cold water over it to thaw it out, this is a practice that is usually done in a pinch (perhaps the one exception to this are frozen shrimp, which seem to withstand coming up to temperature this way without too much loss of quality). Some even say you can cook frozen fillets without thawing them first, but if you do so, take care as you will likely not get great results. We recommend that live shellfish should not be frozen (a typical home refrigerator is not cold enough to reliably do so). If you have bought a pre-packaged, frozen seafood item, place it immediately into the freezer and follow the package directions to thaw.

HANDLING LIVE LOBSTERS AND SHELLFISH

Live Lobsters – Immediately store in refrigeration upon receipt, covered in seaweed (usually included in shipment), damp towels or paper. Never store lobsters in fresh water or ice, it will kill them. Do not store in air tight plastic containers or bags as this can kill them as well. It is recommended that Live Lobsters should be cooked within 24 hours of receipt.

Check live shellfish (such as mussels) before and after preparation and discard those that do not open after cooking.

Mussels – Mussels ship live. Healthy mussels will be open slightly, to check if they are alive, simply tap on the shell and they should slowly close. Discard mussels that have broken or remain open after being tapped together. Store in refrigeration upon receipt, preferably in a mesh bag or bowl, covered in damp towels or paper (this keeps them from drying out). Again, never place them in fresh water or ice, or store in air tight plastic containers or bags. Do not eat any cooked mussels whose shells remain closed; discard them altogether before plating. Mussels are ideal when prepared the day of purchase/arrival, but can keep for a few days in the refrigerator.

Clams – Like mussels, clams are alive. Always discard clams that have broken or are open (note that soft shell clams (“steamers”) however do not close due to the protrusion of their “necks”- which are their siphons – to check their vitality, see if the siphon retracts when touched or check their odor). Store in refrigeration upon receipt, covered in damp towels or paper. Do not store in fresh water or ice. Do not store in air tight plastic containers or bags. Best when prepared the day of arrival.

Oysters – Product is alive. Discard oysters that have broken or remain open after pressing on their shell. Store in refrigeration upon receipt, covered in damp towels or paper, preferably, so they lie flat (this reduces the loss of their “liquor”). Like the other shellfish mentioned, never store oysters in fresh water or ice, or store them in closed, air tight plastic containers or bags. Although oysters are best when prepared the day of arrival, they will generally live up to 5 days in refrigeration.

There is a bit of a debate concerning soaking shellfish in salt water (often with cornmeal added) to help them purge any sand inside their shells. Some recommend it, but others denounce it as they believe the process can do more harm than good and will rapidly shorten the life of the shellfish. The fact is that most of the shellfish mentioned here – clams, mussels, and oysters – are farm raised and generally purged in advance, or are harvested from clean, sandy bottoms or ropes. Wild harvested clams and mussels may be the exception to the rule as many of them lie in muddier beds and are dredged to be harvested. Regardless, it is always recommended that shellfish are cleaned by scrubbing their shells under cold running water before preparing. This removes any external sand, mud, and grit that may remain after harvest.

FRESH FISH

1. On crushed ice – use drip pans to allow for drainage of melted ice. Change ice daily. Cover container or store in separate box away from other foods.
 - a. Whole fish should be drawn (that is viscera removed) as soon as possible because the entrails deteriorate quickly.
 - b. Cut fish (fillets, steaks, portions) should be wrapped or left in original moisture proof wrap.
2. Refrigerate at 30° to 34°F (-1° to 1°C)
3. Fish may be stored for 1 to 2 days. If it must be kept longer, you must wrap and freeze it immediately.
4. Check stored fish for freshness just before you use it. Even if it was fresh when received, it may not be fresh after few days in storage.

FROZEN FISH

1. Store at 0°F (-18°C) or colder
2. Keep well wrapped to prevent freezer burn
3. Maximum storage time: Fat fish – 2 months; Lean fish – 6 months;
4. Rotate stock – first in, first out.

SHELL-FISH (OYSTER)

1. Keep live oysters in a cold, wet place in the cartons or sacks.
2. Store fresh shucked oysters in original container in refrigerator at 30° to 34°F (-1° to 1°C). They will keep up to 1 week.
3. Keep frozen oysters in freezer at 0°F (-18°C). or colder, until ready for use.

LOBSTER AND SHRIMPS

1. Store at 0°F (-18°C or colder).
2. Fresh or thawed shrimp in shell are stored on crushed ice, like whole fish.
3. Peeled shrimp lose soluble nutrients and flavor when stored unwrapped on ice. They should be wrapped before placing on ice or covered and simply refrigerated.
4. Packed in moist seaweed or in moist, heavy paper, kept in a cool place.

Storage Tips

- Be sure fish is cleaned properly before storing.
- When storing in a refrigerator, be sure the temperature is 40°F or less.
- Do not allow cooked fish to sit at room temperature for more than 2 hours.
- DO NOT REFREEZE FISH THAT HAS BEEN THAWED.
- Be sure all packages are marked with the content and the date it was frozen.
- Wrapping individual pieces of fish in plastic wrap or foil and then placing in a freezer bag will allow you to take out only the number servings you need to prepare.
- Freeze fresh fish as soon as possible to maintain the best quality.
- Store frozen fish in a freezer unit to obtain maximum storage time.
- Thaw frozen fish in the refrigerator or in cold water, changing every 30 minutes.
- NEVER thaw fish at room temperature.

III. ACTIVITIES

Match Column A with Column B. Write the letter of the correct letter of your answer in your answer sheet. Items in column B may be answered twice or more.

Column A

1. Removed viscera first before storing
2. Wrapped to prevent freezer burns
3. Kept in cold, wet cartons
4. Packed in moist seaweed
5. First in, first out
6. Wrapped before freezing
7. Left in original moisture proof wrapped
8. Refrigerate at 30° to 34°F (-1° to 1°C)
9. Store at 0°F (-18°C or colder)
10. Stored for 1 to 2 days

Column B

- A. fresh fish
- B. frozen fish
- C. lobster and shrimp
- D. shellfish
- E. all of the above

IV. SUMMATIVE ASSESSMENT

(Answer the following using a clean sheet of paper. Attach your paper in this booklet in returning to your teacher)

1. IS IT A FACT OR BLUFF?

Directions: Write the word FACT if the statement is correct. Write the word BLUFF if wrong and underline the word/s that makes the statement incorrect. Write your answer in your answer sheet. (10 pts)

- A. Fish should be consumed no later than 12 months but is considered optimal at 2 weeks.
- B. If you have bought a pre-packaged, frozen seafood item, do not place it immediately into the freezer and follow the package directions to thaw.
- C. Never store lobsters in fresh water or ice, it will kill them.
- D. Healthy mussels will be full open, to check if they are alive, simply tap on the shell and they should slowly close.
- E. Mussels are ideal when prepared the day of purchase/arrival, but can keep for a few days in the refrigerator.
- F. Do not allow cooked fish to sit at room temperature for more than 2 hours.
- G. Discard oysters that have broken or remain open after pressing on their shell.
- H. Fish may be stored for 1 to 2 days. If it must be kept longer, you must wrap and freeze it after 3 hours.
- I. Store frozen fish in a chiller unit to obtain maximum storage time.
- J. Be sure all packages are marked with the content and the date it was frozen.

2. NAME ME

Directions: Enumerate five (5) kinds of fish/shellfish that can be found in your locality. Identify them as Salt or Fresh water fish and give the steps on how to store them. Copy the following table in your answer sheet as your guide. (5 pts)

Name of the fish/shellfish	Salt or Fresh water fish	Storing process
1.		
2.		
3.		
4.		
5.		

3. PERFORMANCE TASK (10 PTS)

Directions: Perform experimental fish cookery. Make your own recipe and prepare, cook and present the product. Explain how to properly store your output. Your performance will be evaluated using the given rubric. (20 pts.)

KEY TO CORRECTIONS

ACTIVITIES

1.
 1. Frozen
 2. Roasting
 3. Blanching
 4. Boiling
 5. Sauces
 6. Stir-frying
 7. Griddling
 8. Fresh
 9. Canned
 10. Dried

1. Performance task

SCORING RUBRIC	
20	Can perform the skill without supervision and with initiative and adaptability to problem situations.
15	Can perform the skill satisfactorily without assistance or supervision.
10	Can perform the skill satisfactorily but requires some assistance and/or supervision.
5	Can perform parts of the skill satisfactorily, but requires considerable assistance and/or supervision

References:

Department of Education, Technical Vocational Livelihood Education – Cookery
Module 2 Manual First Edition, 2016

[How to Store & Care for your Seafood | How to Ensure the Quality Lasts \(brownetrading.com\)](http://brownetrading.com)

[Fish Handling, Safety & Storage - How To Cooking Tips - RecipeTips.com](http://RecipeTips.com)

ANSWER SHEET

NAME _____ GRADE/SEC. _____

SUBJ.TEACHER _____ SCORE _____