



Q2 Module 5 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 5

HANDLE FISH AND SEAFOOD



I. INTRODUCTION:

Fish and shellfish contain high quality protein and other essential nutrients and are an important part of a healthful diet. In fact, a well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and aid in children's proper growth and development.

As with any type of food it is important to handle seafood safely to reduce the risk of foodborne illness, often called "food poisoning." Follow these safe handling tips for buying, preparing, and storing fish and shellfish – and you and your family can safely enjoy the fine taste and good nutrition of seafood. ([Selecting and Serving Fresh and Frozen Seafood Safely | FDA](#))

II. MODULE CONTENT:

CHEKING FRESHNESS OF FISH

FIN FISH

1. Fresh and mild in odor
2. Eyes are clear, shiny and bulging.
3. Red and pink gills.
4. Texture of flesh is firm or elastic.
5. Shiny scales and tightly cling on skin.

SHELLFISH

1. Oysters, clams, mussels in the shell must be alive and tightly closes shells when jostled.
2. Live or shucked oysters must have a very mild, sweet smell.
3. Discard any mussels that are very light in weight or seem to be hollow.
4. Strong fishy odor or a brownish color is a sign of age or spoilage.
5. Live lobsters must be alive when cooked. The meat will be firm and the tail springs back when straightened.
6. Frozen shrimps should be solidly frozen when received.
7. Glazed shrimps should be shiny with no freezer burn.
8. All shrimps should smell fresh and sweet. A strong fishy or iodine smell indicates age or spoilage.
9. Live crabs should be kept alive until cooked.
10. Frozen crabmeat should be treated like any other frozen fish.

HANDLING AND STORAGE OF FISH

FRESH FISH

1. Store 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.
Whole fish should be drawn because entrails deteriorate rapidly.
Cut fish should be wrapped or left in original moisture-proof wrap.
2. In refrigerated box at 30° to 34°F (-1° to 1°C)

3. Fresh fish may be stored for 1 to 2 days. If kept longer, wrap and freeze immediately.
4. Check store fish for freshness just before using.

FROZEN FISH

1. Frozen products should be frozen, not thawed when received.
2. Items should be well wrapped, with no freezer burn.
3. Store at 0°F (-18°C or colder)
4. Maximum storage time
 - Fat fish – 2 months
 - Lean fish – 6 months
5. Rotate stock – first in, first out.

THAWING AND HANDLING FROZEN FISH

1. Thaw in refrigerator, never at room temperature. If pressed for time, keep in original moisture proof wrapper and thaw under cold running water.
2. Small pieces like fillets and steaks can be cooked from frozen state to prevent excessive drip loss. Large fish should be thawed for even cooking.
3. Fillets that are to be breaded can be partially thawed.
4. Handle thawed fish as fresh fish. Do not refreeze.
5. Breaded, battered and other frozen prepared fish items are mostly cooked from frozen state.

SHELLFISH

1. **Mussels**
 - Keep refrigerated (32°F to 35°F/0° to 2°C). and protect from light.
 - Store in original sack and keep sack damp.
2. **Scallops**
 - Shucked scallops can be cooked without further preparation.
 - Keep scallops covered and refrigerated (30°F to 34°F). Do not let them rest directly on ice or they will lose flavor and become watery.
3. **Lobsters**
 - Live lobsters are either live or cup up before cooking. Live lobsters are plunged head first into boiling water, then simmered for 5 – 6 minutes. If served hot, they are drained well and split in half, and claws are cracked.
 - Live lobsters can be kept in two ways.
 - Packed in moist seaweed, kept in a cool place in saltwater.
 - Cooked lobster meat must be covered and refrigerated at 30° to 34°F. It is very perishable and should be used in 1 – 2 days.
4. **Shrimps**
 - Kept frozen at 0°F (-18°C) or lower.
 - Thaw in refrigerator
 - Peeled shrimps should be wrapped before placing on ice.

- Shrimps to be served hot must be peeled and deveined before cooking.
- Shrimps to be served cold, must be peeled after cooking to preserve flavor.

5. Crabs

- Live crabs should be kept alive until cooked.
- Frozen crabmeat is very perishable when thawed. It must be treated like any other frozen fish.

III. ACTIVITIES

- A. Read the statements/ questions and choose your answer inside the box. Write your answer in your answer sheet. (10 pts.)

Mussels	Scallops	Lobsters	Shrimps	Crabs
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1. They are plunged head first into boiling water, then simmered for 5 – 6 minutes. If served hot, they are drained well and split in half, and claws are cracked. It works by intensifying flavors and causing natural sugars to center. caramelize, creating a crisp outer coating and a tender.
2. Keep them covered and refrigerated (30°F to 34°F). Do not let them rest directly on ice or they will lose flavor and become watery.
3. They should be wrapped before placing on ice.
4. If served hot, they must be peeled and deveined before cooking.
5. Store in original sack and keep sack damp.
6. When shucked, they can be cooked without further preparation.
7. Its frozen meat is very perishable when thawed. It must be treated like any other frozen fish.
8. If live, they should be kept alive until cooked.
9. Keep refrigerated (32°F to 35°F/0° to 2°C). and protect from light.
10. This seafood should be thawed inside the refrigerator.

IV. SUMMATIVE ASSESSMENT

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

1. FACT OR BLUFF!

Directions: Read and analyze the statements. Write FACT if its correct and BLUFF if wrong. Write your answers in the answer sheet.

- A. Oysters, clams, mussels in the shell must be dead and tightly closes shells when jostled.
- B. Live or shucked oysters must not have a very mild, sweet smell.
- C. Discard any mussels that are very light in weight or seem to be hollow.
- D. Strong fishy odor or a brownish color is a sign of age or spoilage.

- E. Live lobsters must not be alive when cooked. The meat will be firm and the tail springs back when straightened.
- F. Frozen shrimps should not be solidly frozen when received.
- G. Glazed shrimps should be shiny with no freezer burn.
- H. All shrimps should smell fresh and sweet. A strong fishy or iodine smell indicates age or spoilage.
- I. Live crabs should be kept dead until cooked.
- J. Frozen crabmeat should not be treated like any other frozen fish.

2. FILL ME!

Directions: From the given statements, fill/write the missing word/s. Write your answers in your answer sheet. (5 points)

- A. Frozen products should be _____, not _____ when received.
- B. Items should be well _____, with no _____ burn.
- C. Store at ____ °F (-18°C or colder)
- D. Maximum storage time
 - Fat fish – ____ months
 - Lean fish – ____ months
- E. Rotate stock – _____, _____.

3. VISIT ME!

Follow the instructions below:

- Visit at least 2 markets or supermarkets in your community and list down the fishes and seafood that they are selling. Note down their characteristics.
- Identify the kind and market forms of the fishes and other seafood products available in the market visited.
- Create a documentation of the market forms, each with a picture and a short description.

Your output will be rated using the given rubric.

SCORE CRITERIA	
5	Done creatively and neatly showing much relevance to the given topic
4	Done creatively and neat enough with relevance to the given topic
3	Done creatively and neat enough but no relevance to the given topic
2	Done simply and neat enough but not so relevant to the given topic
1	Done poorly with erasures and irrelevant to the given topic

KEY TO CORRECTIONS

ACTIVITIES

1.
 1. Lobsters
 2. Scallops
 3. Shrimps
 4. Shrimps
 5. Mussels
 6. Scallops
 7. Crabs
 8. Crabs
 9. Mussels
 10. Shrimps

3. RUBRIC

SCORE CRITERIA	
5	Done creatively and neatly showing much relevance to the given topic
4	Done creatively and neat enough with relevance to the given topic
3	Done creatively and neat enough but no relevance to the given topic
2	Done simply and neat enough but not so relevant to the given topic
1	Done poorly with erasures and irrelevant to the given topic

References:

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

ANSWER SHEET

NAME _____ GRADE/SEC _____
SUBJ.TEACHER _____ SCORE _____