



Q2 Module 6 G12 Cookery-NCII EAPC

BS in Hospitality Management (ABE International Business College)



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**Grade
12**



TVL-HE

COOKERY NCII

QUARTER 2 – MODULE 6

COOKING TECHNIQUES FOR FISH AND SHELLFISH



I. INTRODUCTION:

Here, you will learn about the following:

- Principles of cooking fish and seafood dishes (dry heat and moist heat cookery)
- Variety of shellfish and fish dishes

II. MODULE CONTENT:

COOKING TECHNIQUES FOR FISH AND SHELLFISH

Fishes are very delicate and are easily overcooked. During cooking, a test for doneness must be observed.

1. The fish just separates into flakes
2. If bone is present, the flesh separates from the bone, and the bone is no longer pink
3. The flesh becomes opaque (usually white)

Lean fish

- Lean fish has almost no fat, so it easily becomes dry. It is best served with sauces to enhance moistness and gives richness.
- Poaching is the moist heat method suited
- Fish should be basted with butter or oil if broiled or baked.
- Lean fish maybe fried or sautéed to gain palatability from added fat.

Fat fish

- The fat in fish, enables them to tolerate more heat without becoming dry.
- Fat fish can be cooked by poaching.
- Fat fish are well suited to broiling and baking. The dry heat methods eliminate excessive oiliness.
- Large fat fish like salmon, and mackerel may be cooked in fat, but care should be taken to avoid excessive greasiness.

Shellfish

- Cook oyster just enough to heat thoroughly to keep it juicy and plump.
- Clams become tough and rubbery if overcooked
- Shrimps like other shellfish, become tough and rubbery when cooked at high temperature.

Steps in Scaling Whole Fish

Once your work area and fish are ready, you can begin the actual scaling process.

- Lay your fish flat on the board or hold it steady in the water.
- Hold the fish down firmly with your hand near its head.
- Begin to rake the scales from the tail towards the head. They should start coming off in clumps.
- Be sure to remove the scales on both sides of the fish, as well as scales near the fins, the collar and the tail.
- When you think you have gotten most of the scales, rinse the fish off again with water. This will wash away any loose scales and help you to identify any remaining scales that need to be removed.

Steps in Filleting a Fish

- First, cut behind the head while angling the knife toward the front of the fish. There is a lot of good flesh on the top side where the fillet extends under the bony plate of the skull and angling the knife will ensure you don't waste it. Cut down to the bone and follow the line through to just behind the fins.
- Turn the fish and run the knife just clear of the fins with a slight downward angle. When you feel the knife is down to the bone reduce the angle and follow the bone until you come up against the backbone.
- Peel the fillet back and run the knife over the backbone severing the small lateral fish bones in the process. Stop at this point.
- Turn the fish over and repeat the procedure.
- Repeat the second cut near the dorsal fin with the knife angled slightly down.
- Continue this along the length of the fish.
- Reverse the direction of the filleting knife and follow the bones by "feeling them" with the fillet knife until the fish backbone is reached.
- Peel the fillet back and cut around the backbone and through the small lateral bones. Run the fillet knife right through to the skin on the underside of the fish.
- Cut over the belly flap either through or over the belly bones. It can be easily cut through here with the razor-sharp filleting knife.
- Cut any remaining attached sinew or skin.
- Remove the first fillet.
- Flip the fish back to the original side and cut the bones around the gut cavity.
- Release the rest of the fillet from the backbone.

Guidelines for Baking Fish

1. Fat fishes are best for baking because they are less likely to dry out.
2. Lean fishes may be baked but care should be taken not to overcook it. Basting with butter or oil helps prevent drying.
3. Baking temperature is 350°F to 400°F.
4. Served baked fish with a sauce or seasoned butter to enhance moistness and improve palatability.

Guidelines for Broiling or Grilling Fish

1. Overcooking should be avoided in cooking fish.
2. Select the appropriate fish for broiling or grilling.
3. Fat fish and lean fish should be coated with fat before broiling to reduce drying.
4. Lean fish may be dredged in flour before dipping in oil or melted butter. The flour helps form a flavorful browned crust.
5. To prevent splitting during cooking, score the skin with a sharp knife. For small fillets, scoring may not be necessary.
6. Broil fish to order and serve immediately.
7. Broiled fish may be garnished lightly with paprika if more color is desired.
8. Thick cuts should be turned once during broiling in order to cook evenly. Thin pieces may be arranged on an oiled pan and broiled on one side only. Lobsters are also broiled without turning.

Guidelines for Sautéing and Pan-frying Fish and Shellfish

1. Lean fish are suited to sautéing because of the added fat.
2. Fat fish can be sautéed with care so as not to become greasy.
3. Breading the fish with flour or starchy products forms a crust that browns attractively, enhances flavor, helps hold the fish and prevent sticking.
4. Use fat, enough to cover the bottom of the pan.
5. Be sure the pan is hot before adding fish. Small items are sautéed over high heat, larger items require lower heat to cook evenly.
6. Very large fish may be browned in fat, and finished in an oven, uncovered.
7. Brown the most attractive side – the presentation side.
8. Handle fish carefully during and after cooking to avoid breaking the fish.
9. Sauté or fry to order and serve immediately.

Guidelines in Deep-Frying

1. Lean fish, both whole or small portions, and shellfish like shrimps, clams and oysters are best for deep-frying.
2. Fish to be fried is breaded or buttered to prevent sticking from frying pan. The batter also provides a crisp, flavorful, and attractive coating.
3. Frozen breaded fish can be fried without thawing.
4. Fried fish is usually served with lemon or cold sauce such as tartar, remoulade or cocktail sauce on the side.
5. The oil used should be enough to submerge the food item during frying.

PLATE/PRESENT SEAFOOD DISHES

Part of serving any kind of food is presentation. You don't have to be a trained chef to learn the basics of plating, which is the art of presenting food in an attractive way. The following topics and activities will help you learn the fundamentals of plating and perform it for better understanding.

Fundamentals of Plating

A. Balance – select foods and garnishes that offer variety and contrast

- color – two or three colors on a plate
- shapes – variety of shapes
- textures – variety of textures
- flavors

B. Portion size

- match portion sizes and plates – select plates large enough to hold all the items without crowding
- balance the portion sizes of the items on the plate – don't let the main item get lost with excessive garnish arrangement on the plate

C. Serve hot food hot, on hot plates

- Serve cold food cold, on cold plates

Examples of Garnishes or Accompaniment for Plating

- Bouquetiere - bouquet of vegetables
- Jardinière - garden vegetables
- Clamart – peas
- Crecy – carrots
- Doria - cucumbers (cooked in butter)
- DuBarry – cauliflower
- Fermiere - carrots, turnips, onions and celery cut into uniform slices
- Forestiere – mushrooms
- Lyonnaise – onions
- Nicoise - tomatoes concasse cooked with garlic

Serving Baked Fish

- Serve baked fish with a sauce or seasoned butter to enhance moistness and improves palatability. Serving with lemon also enhances the fish.
- For service, the fish is removed from the dish, the liquid is strained, degreased, reduced and finished by adding butter, cream or velouté sauce.

Guidelines to Attractive Plating

- Keep food off the rim of the plate.
- Arrange the items for the convenience of the customer.
- Keep space between items. Each item should have its own identity.
- Maintain unity. Create a center of attention and relate everything to it.
- Make every component count.
- Add gravy or sauce attractively.
- Keep it simple.

III. ACTIVITIES

A. Read the statements and arrange them according in order by writing letter “A” for the first step and so on. Write your answer in your answer sheet (13 pts.)

1. Remove the first fillet.
2. Release the rest of the fillet from the backbone.
3. Flip the fish back to the original side and cut the bones around the gut cavity.
4. First, cut behind the head while angling the knife toward the front of the fish.
There is a lot of good flesh on the top side where the fillet extends under the bony plate of the skull and angling the knife will ensure you don't waste it. Cut down to the bone and follow the line through to just behind the fins.
5. Turn the fish and run the knife just clear of the fins with a slight downward angle. When you feel the knife is down to the bone reduce the angle and follow the bone until you come up against the backbone.
6. Peel the fillet back and run the knife over the backbone severing the small lateral fish bones in the process. Stop at this point.
7. Turn the fish over and repeat the procedure.
8. Repeat the second cut near the dorsal fin with the knife angled slightly down.

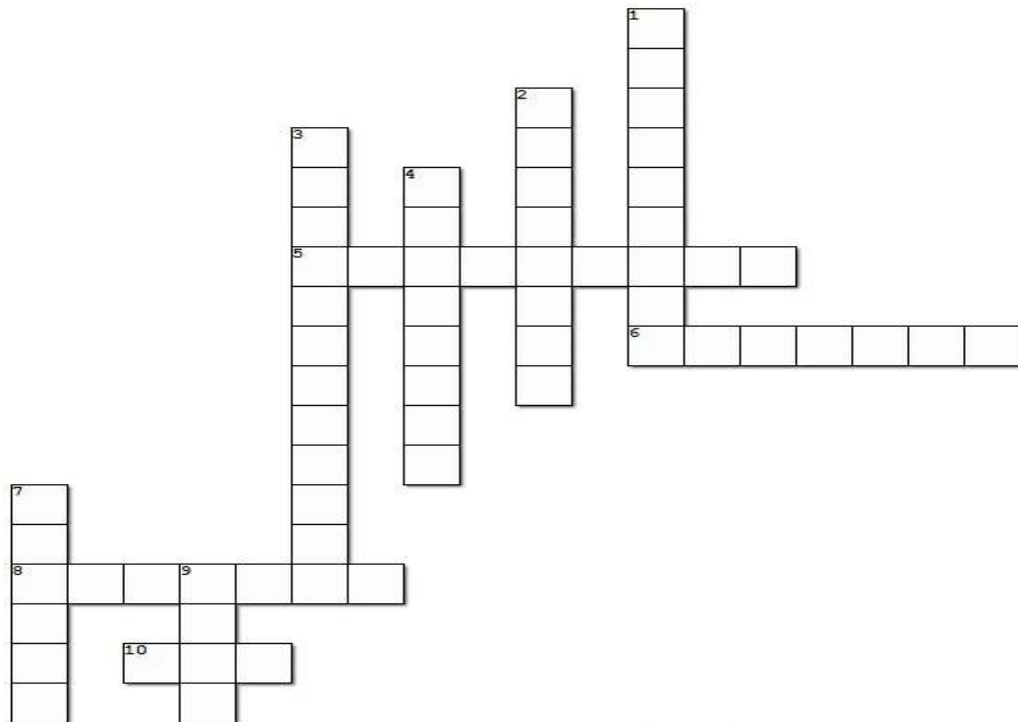
9. Continue this along the length of the fish.
10. Reverse the direction of the filleting knife and follow the bones by “feeling them” with the fillet knife until the fish backbone is reached.
11. Peel the fillet back and cut around the backbone and through the small lateral bones. Run the fillet knife right through to the skin on the underside of the fish.
12. Cut over the belly flap either through or over the belly bones. It can be easily cut through here with the razor-sharp filleting knife.
13. Cut any remaining attached sinew or skin

IV. SUMMATIVE ASSESSMENT

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

1. COMPLETE ME!

Directions: Complete the cross-word puzzle below. Write your answers in your answer sheet. (10 pts)



Vertical

1. This is to cut a piece of fish from the bones.
2. The process of cooking food over fire or hot coals, usually on a metal frame
3. It is the act of giving or showing something, or the way in which something is given or shown
4. To fry food in a deep pan in which the food is completely covered by oil
7. These are very delicate and are easily overcooked. During cooking, a test for doneness must be observed.
9. A type of fish that has almost no fat.

Horizontal

- 5. An example of these are clams, mussels etc.
 - 6. It means to decorate food with a small amount of different food
 - 8. It is the process of removing the scales from the fish.
 - 10. The fat in fish, enables them to tolerate more heat without becoming dry.
- 2. EXPLAIN TO ME:**

Directions: Briefly explain the relationships of the following in food preparation. Write your answers on the space provided.

- 1. Balance - _____

- 2. Portion size - _____

- 3. Serving hot food on hot plates - _____

- 4. Serving cold foods on cold plates - _____

- 5. Garnishes - _____

3. Let's do it!

From the cooking techniques and plating guidelines for fish and shellfish, choose one (1) and perform and present. Make a documentation of your output.

Your work will be evaluated using a scoring rubric.

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

KEY TO CORRECTIONS

ACTIVITIES

1.

1. K
2. M
3. L
4. A
5. B
6. C
7. D
8. E
9. F
10. G
11. H
12. I
13. J

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References:

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

ANSWER SHEET

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