



## Q2 Module 4-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 4**  
**Prepare and Cook Seafood  
Dishes (PC)**



## I. INTRODUCTION

Seafood is any form of sea life regarded as food by humans. Seafood includes fish and shellfish. Shellfish include various species of mollusks, crustaceans, and echinoderms. A wide variety of fish and seafood are available in the market from many different sources. There are so many methods for cooking seafood, most of them are fast and easy, making them the perfect choice for a quick and healthy meal. This lesson provides information about fish and shellfish, ways on preparing and cooking fish, along with some of the most popular seafood recipes, and presenting and storing seafood.

## II. MODULE CONTENT

### **Classifications of Seafood**

Fish products are divided into two categories

#### I. **Fin fish** – fish with fins and internal skeletons.

##### A. *Salt Water Fish*

##### 1. Flatfish

- a. Flounder
- b. Sole



##### 2. Round Fish

- a. Black sea bars
- b. Blue fish
- c. Cod fish
- d. Grouper



##### B. *Fresh Water Fish*

- a. Cat fish
- b. Eel
- c. Tilapia



#### II. **Shell Fish** – fish with external shells but no internal bone structure. They have hard outer shells.

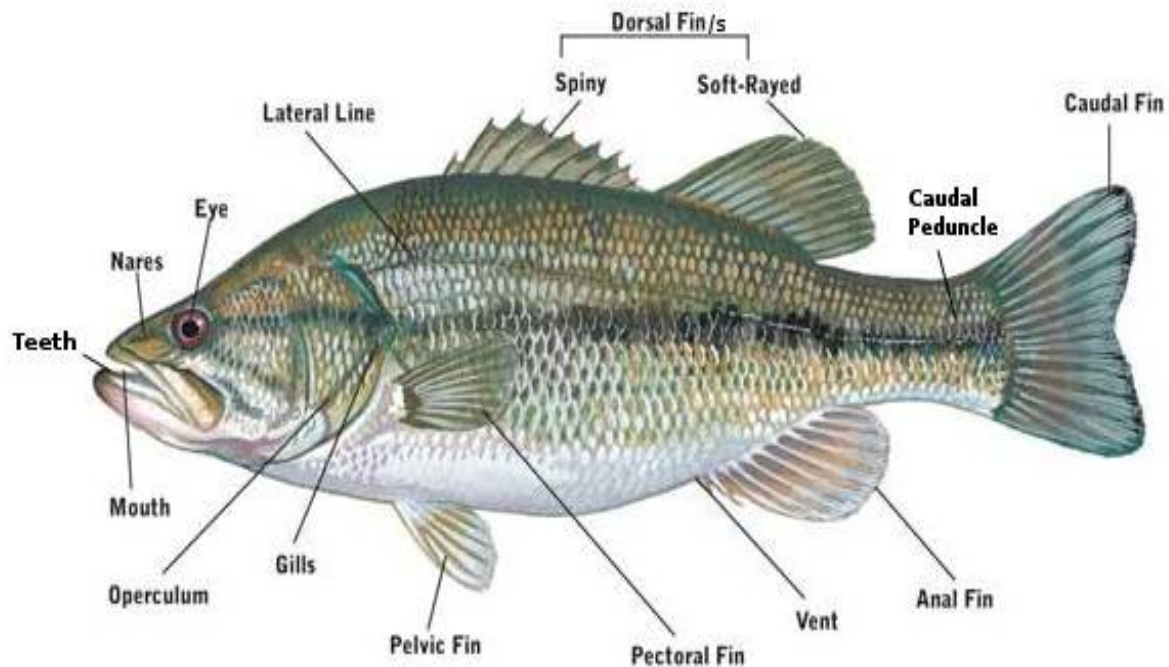
##### *Two Classifications of Shell Fish*

##### A. Mollusks – are soft sea animals

- 1. Bivalves – they have a pair of hinged shells (clams, oysters)
- 2. Univalves – they have a single shell (abalone)
- 3. Cephalopods – (octopus, squid)

- B. Crustaceans – are animals with segmented shells and jointed legs (shrimps, crabs)

## Parts of a Fish



### Composition and Structure:




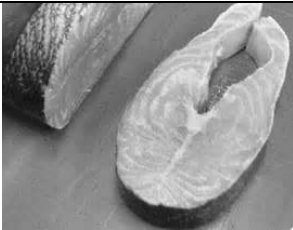



A fish is made up of water, protein, fats and small amount of minerals and vitamins. It has very little connective tissue. This means that:

1. Fish cooks very quickly, even at low heat.
2. Fish is naturally tender. High heat will result to toughening of protein.
3. Moist-heat methods are used not to create tenderness but to preserve moistness and provide variety.
4. Cooked fish must be handled very carefully.

A. Fat fish -- are those that are high in fat. (salmon, tuna, trout, mackerel)

B. Lean fish – are those that are low in fat. (sole, cod, red snapper, bass)

### ***Market Forms of Fish***

<b>Name</b>	<b>Definition</b>	<b>Picture</b>
<b>Whole or Round</b>	Completely intact, as caught	
<b>Drawn</b>	Viscera removed	
<b>Dressed</b>	Viscera, scales, head, tail and fins removed	
<b>Steaks</b>	cross-section slices, each containing a section of backbone.	
<b>Fillets</b>	boneless side of fish, with or without skin.	
<b>Butterflied Fillets</b>	both sides of a fish still joined, but with bones removed.	
<b>Stick or Tranches</b>	cross-section slices of fillets.	

# Characteristics and Market forms of Shellfish

## CHARACTERISTICS

### A. Mollusks

- ✚ Oysters have rough, irregular shells.
- ✚ Flesh of oyster is extremely soft and delicate and contains high percentage of water.
- ✚ Hard-shell clams - can be eaten raw.
- ✚ Soft-shell clams are called steamers. The usual way to cook is to steam.
- ✚ The shells of mussels are not as heavy as clamshells, yellow to orange in color and firm but tender when cooked.
- ✚ Scallops are creamy white in color and have a sweet flavor.
- ✚ Squid is somewhat chewy and are cut up or either fried quickly.

### B. Crustaceans

- ✚ The lobster shell is dark green or bluish green but turns red when cooked.
- ✚ Live lobster must be alive when cooked.

## MARKET FORMS

### A. Mollusks

- ✚ Live in the shell
- ✚ Shucked – fresh or frozen
- ✚ Canned


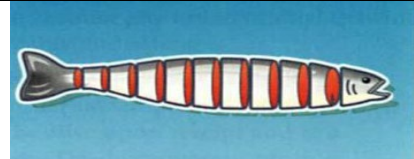
### B. Crustaceans

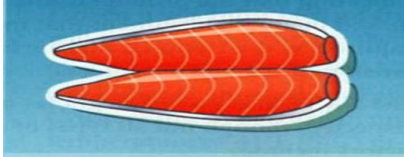
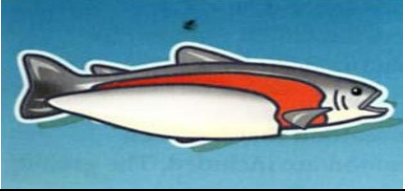

- ✚ Live
- ✚ Cooked meat, fresh or frozen

## III. ACTIVITIES – Use your notebook or clean sheet of paper for your answers here.

### 1. WHAT AM I?

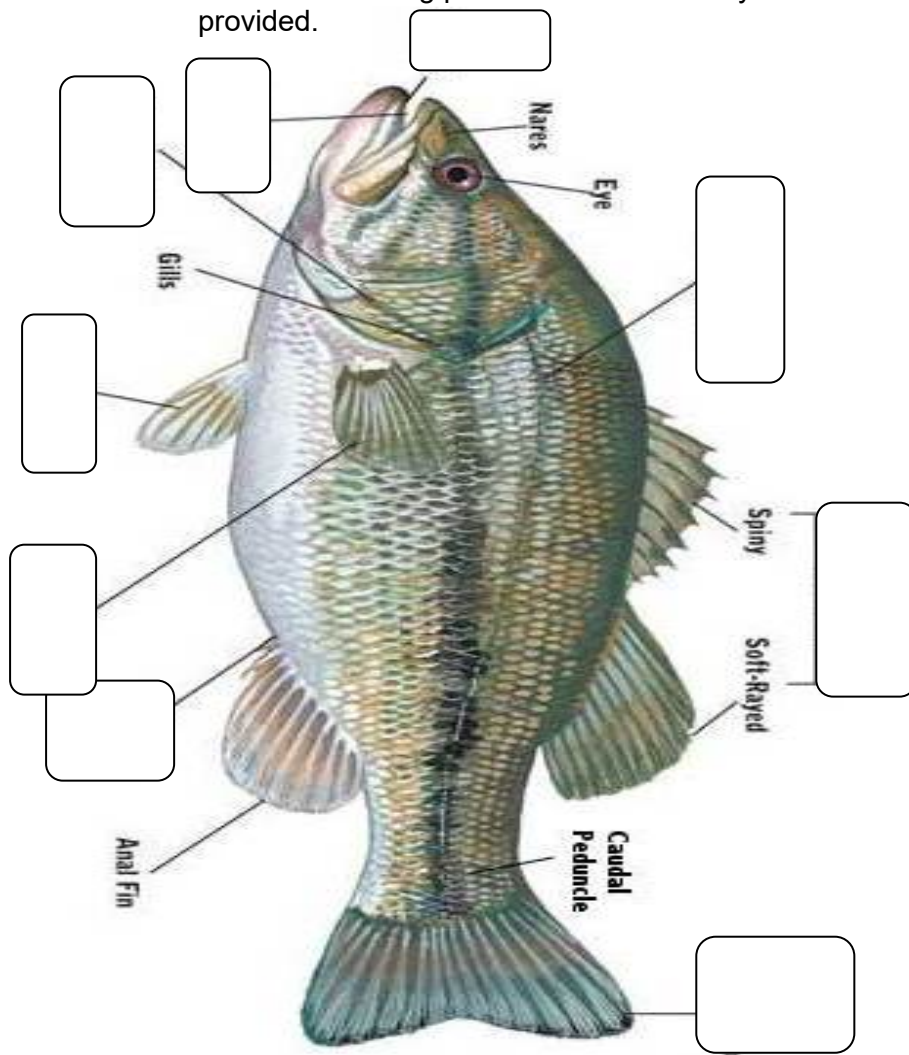
Direction: Identify the market forms of fish.

Picture	Name
	1.
	2.

		3.
		4.
		5.

## I. NAME ME!

Directions: Name the missing parts of the fish. Write your answer in the box provided.











**IV. SUMMATIVE EVALUATION** – Use the ANSWER SHEET attached in this module in writing your answers.

**1. IDENTIFY ME!**

Direction: Identify the market forms of shellfish. Write “**M**” if it is a mollusk and “**C**” for crustacean. Write your answer on the space provided.

	Mollusk or Crustacean?
	1.
	2.
	3.
	4.
	5.
	6.
	7.



		8.
		9.
		10.




## 2. ARRANGE ME!

Directions: Arrange the jumbled letters to reveal the word that is being described.

WORDS	DESCRIPTION
LHELS SHIF 1. _____	Fish with external shells but no internal bone structure. They have hard outer shells.
IFN SHIF 2. _____	Fish with fins and internal skeletons.
SATARUCCENS 3. _____	These are animals with segmented shells and jointed legs
KOLLUMSS 4. _____	They are called the soft sea animals.
LANE SHIF 5. _____	Fish that are low in fat.

## 3. LET'S DO IT!

Directions: Follow the guidelines below.

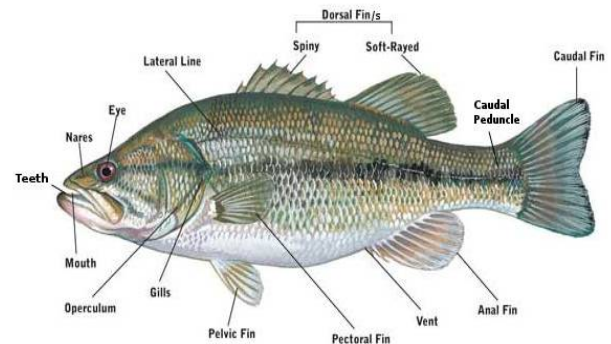
-  List down the fishes and seafood that are available in your market or community. Note down their characteristics.
-  Identify the kind and market forms of the fishes and other seafood products available in your market.
-  Use a separate sheet of paper for you output.

## KEY TO CORRECTIONS for ACTIVITIES

### I. WHAT AM I?

1. DRESSED
2. STEAK
3. BUTTERFLIED FILLET
4. FILLETS
5. DRAWN

### II. NAME ME!



### References:

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

[https://www.google.com/search?q=market+forms+of+fish&hl=en&sxsrf=ALeKk0152Oqdhaj3LQLRb4MWYzVm8Z0zzw:1605311705451&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiPztOP3IDtAhUmGaYKHbX0DMoQ\\_AUoAXoECBkQAw&biw=1366&bih=657#imgsrc=7GXCpL1YkbsDIM](https://www.google.com/search?q=market+forms+of+fish&hl=en&sxsrf=ALeKk0152Oqdhaj3LQLRb4MWYzVm8Z0zzw:1605311705451&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiPztOP3IDtAhUmGaYKHbX0DMoQ_AUoAXoECBkQAw&biw=1366&bih=657#imgsrc=7GXCpL1YkbsDIM)

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[https://www.google.com/search?q=mollusks+examples&tbm=isch&ved=2ahUKEwjs\\_qLr4oDtAhWTx4sBHe9JCcgQ2-cCegQIABAA&oq=Mollusk&gs\\_lcp=CgNpbWcQARgBMgUIABCxAzICCAAYAggAMgIIADICCAAyAggAMgIIADICCAAyAggAMgIIADoECAAQZoHCAAQsQMqq1CpvkFYm89BYK7IQWgAcAB4AIAB0wGIAZ8HkgEFMC42LjGYAQCgAAQgAQnd3Mtd2l6LWltZ8ABAQ&scient=img&ei=5COvX-z8C5OPr7wP75OlwAw&bih=657&biw=1366&hl=en#imgsrc=NHYw2gDV0WXUHM](https://www.google.com/search?q=mollusks+examples&tbm=isch&ved=2ahUKEwjs_qLr4oDtAhWTx4sBHe9JCcgQ2-cCegQIABAA&oq=Mollusk&gs_lcp=CgNpbWcQARgBMgUIABCxAzICCAAYAggAMgIIADICCAAyAggAMgIIADICCAAyAggAMgIIADoECAAQZoHCAAQsQMqq1CpvkFYm89BYK7IQWgAcAB4AIAB0wGIAZ8HkgEFMC42LjGYAQCgAAQgAQnd3Mtd2l6LWltZ8ABAQ&scient=img&ei=5COvX-z8C5OPr7wP75OlwAw&bih=657&biw=1366&hl=en#imgsrc=NHYw2gDV0WXUHM)

[https://www.google.com/search?q=crustaceansexamples&tbm=isch&ved=2ahUKEwi4qZDx5oDtAhVrxYsBHTEzDW8Q2-cCegQIABAA&oq=crustaceansexamples&gs\\_lcp=CgNpbWcQAziGCAAQBxAeMgYIABAHEB4yCAgAEAgQBxAeOgIIAFCN6QtY5foLYPj9C2gAcAB4AIABhQGIAf8JkgEEMC4xMZgBAKABAaoBC2d3cy13aXotaW1nwAEB&scient=img&ei=liivX7iQDeuKr7wPt-a2-AY&bih=657&biw=1366&hl=en#imgsrc=dXBi0NDT6hMsYM](https://www.google.com/search?q=crustaceansexamples&tbm=isch&ved=2ahUKEwi4qZDx5oDtAhVrxYsBHTEzDW8Q2-cCegQIABAA&oq=crustaceansexamples&gs_lcp=CgNpbWcQAziGCAAQBxAeMgYIABAHEB4yCAgAEAgQBxAeOgIIAFCN6QtY5foLYPj9C2gAcAB4AIABhQGIAf8JkgEEMC4xMZgBAKABAaoBC2d3cy13aXotaW1nwAEB&scient=img&ei=liivX7iQDeuKr7wPt-a2-AY&bih=657&biw=1366&hl=en#imgsrc=dXBi0NDT6hMsYM)

## ANSWER SHEET

NAME \_\_\_\_\_ SCORE \_\_\_\_\_  
SUBJ.TEACHER \_\_\_\_\_ GRADE/SEC \_\_\_\_\_