

9

Fish and shellfish

This chapter covers the following NVQ units:

- Unit 2FP1 Prepare fish for basic dishes
- Unit 2FP2 Prepare shellfish for basic dishes
- Unit 2FC1 Cook and finish basic fish dishes
- Unit 2FC2 Cook and finish basic shellfish dishes

Working through this chapter could also provide evidence for the following Key Skills:

C1.1, C2.2, N1.1, N1.2, WO2.1, WO2.2, PS2.1, PS2.2, PS2.3

In this chapter you will learn how to:

Check the fish and shellfish for type, quality and quantity	2FC1 and 2FC2
Select tools and equipment for cooking and finishing	2FC1 and 2FC2
Cook the fish and shellfish	2FC1 and 2FC2
Garnish, sauce and present the dish	2FC1 and 2FC2
Make sure it meets dish requirements	2FC1 and 2FC2
Make sure the dish is held and served at the correct temperature	2FC1 and 2FC2
Safely store fish and shellfish not for immediate use	2FC1 and 2FC2

You will learn how to prepare and cook basic fish and shellfish dishes, including:

- sea bass with capers
- deep-fried cod in batter
- moules marinière.

Types of fish and shellfish

Types of fish

White flat fish

This category includes the following types of fish:

- dover sole
- brill
- halibut
- turbot
- lemon sole
- plaice.

White flat fish have white flesh and are flat. Turbot, brill and halibut are very large flat fish, but are readily available from suppliers and popular in many fine restaurants. The cuts of flat fish are different to those of round fish.



Figure 9.1 a Dover sole, b brill, c halibut, d turbot, e lemon sole, f plaice

White round fish

The following types of white round fish are included at NVQ Level 2:

- cod
- hake
- haddock
- monkfish
- whiting
- huss.

These round fish are relatively common in UK coastal waters. Like flat fish, their flesh is white but the cuts are different.



Figure 9.2 a cod, b hake, c haddock, d monkfish, e whiting

Oily fish

This category includes the following fish:

- mackerel
- salmon
- trout
- tuna
- herring
- sardines
- anchovies.

All oily fish are round and the flesh is darker than that of white fish. White fish contain oil, but only in their livers, whereas oily fish have oil throughout their bodies.



Figure 9.3 a mackerel, b salmon, c trout

Types of shellfish

Crustaceans

Crustaceans included in NVQ Level 2:

- prawns
- shrimp.

Other types of crustacean often used in cooking :

- crab
- lobster
- crayfish
- langoustine (Dublin bay prawn).

Definition

Crustaceans: soft-bodied creatures with legs and sometimes claws and whose exterior is a hard shell, e.g. crab.

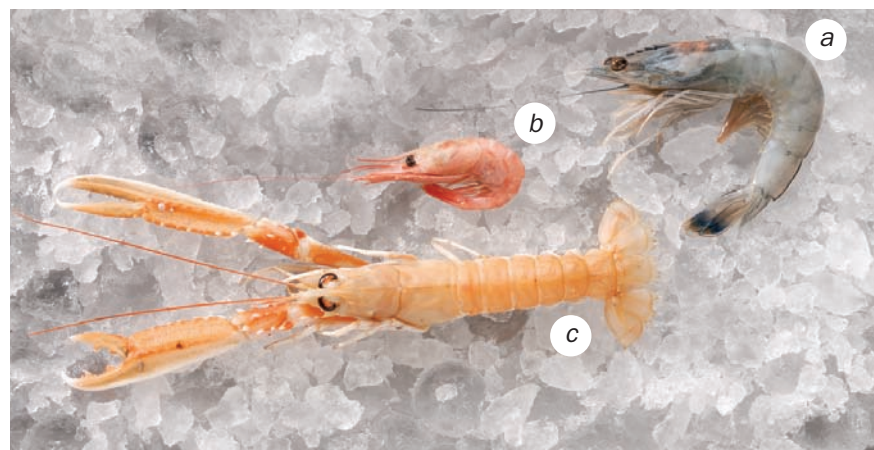


Figure 9.4 a tiger prawn, b shrimp, c langoustine

Molluscs

Molluscs included in NVQ Level 2:

- mussels
- cockles
- clams
- squids (a cephalopod).

Other types of mollusc used in cooking:

- oysters (a bivalve mollusc)
- scallops (a bivalve mollusc).

Quality of fish and shellfish

Fish and shellfish can be obtained fresh, canned, salted, pickled, vacuum-packed or frozen. It is best to purchase only fresh fish and shellfish. Once killed, fish and shellfish will deteriorate very quickly if not stored correctly. If you are unsure of the quality of the fish or shellfish, do not use it. Ask your supervisor for advice.

The quality points below can indicate freshness in all types of fish (whole, fresh or frozen):

- The eyes should be clear and raised, not sunken.
- It should not smell of ammonia or have an unpleasant smell.
- There should be slime on it and its skin should be moist.
- Its gills should be bright and pink.
- It should be firm in texture.
- It should have no external damage, e.g. cuts, damaged fins.
- The scales should be firmly attached and shiny.
- It should be kept at the correct temperature (-18 – -25°C for frozen, under 5°C for fresh).
- If frozen, there should be no evidence of freezer burn.
- Once thawed it should have firm flesh.

Listed below are quality points for shellfish, alive and frozen:

- It should be kept at the correct temperature (-18°C or below for frozen, under 5°C for fresh).
- There must be no freezer burn on the flesh or skin.
- Fresh shellfish should be alive.
- The open shells of mussels or clams will close if tapped. If they do not, discard them.
- It should have a fresh salty smell.

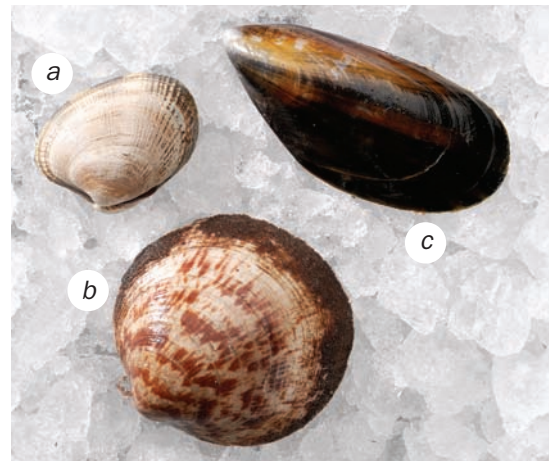


Figure 9.5 a parlourdes clams, b amande clams, c mussels

Definition

Molluscs: soft-bodied creatures contained in a hard shell, e.g. mussels.



Healthy eating

Fish is a healthy food source in its natural state. The addition of rich ingredients may make it unhealthier (e.g. cream sauces) but generally the flesh of fish is a healthy source of protein.



Did you know?

All fish and shellfish contain high levels of vitamins A, B and D.



Did you know?

Fish contains high levels of monosaturated fat, which has no impact on cholesterol levels.



- All claws and legs should be intact and not damaged.
- Live shellfish, e.g. lobster, should be lively not limp.
- There should not be too many barnacles on the shells.
- Shellfish should be a good weight in proportion to their size.



Find out!

Worksheet 26

Visit a fish market or supermarket and make a list of all the types of fish and shellfish. Categorise the fish into flat, round and oily. Categorise the shellfish into cephalopods, bivalves or univalves.

Video presentation



Watch *Quality points of fish* to see this.



Remember!

Any shellfish that has its shell open before preparation is probably dead.

Preparing fish and shellfish

Preparation methods

Washing

Washing fish and shellfish is important during the preparation phase. Washing should be carried out regularly during preparation as fresh fish can be quite messy and the washing process should be thorough. Fish and shellfish should be run under cold water. The reasons fish and shellfish should be washed:

- To wash any slime away from the skin before preparing.
- To wash away any liquid which may have built up while being stored.
- There may be blood or traces of scales or stomach contents after gutting and these must be removed.
- There may be impurities such as sand and other physical contamination that must be removed.
- The shells may have had barnacles removed, so washing will remove any loose debris.
- To keep them clean.

Shelling

Shelling means removing the shell to leave the soft edible flesh of the mollusc or crustacean. While shellfish can be cooked with their shells intact, some dishes require the shell to be removed. Oysters must have their shells opened before being served raw. Scallops may have the shell removed.

How to shell a prawn

Prawns may be shelled before or after cooking. The process in both cases is the same.



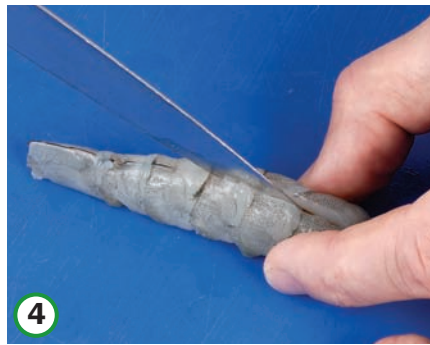
1 Pull the head from the prawn. Put it in a separate bowl.



2 Starting from the underside, peel away the shell in a rolling motion. The body will separate from the shell.



3 The tail section will require a gentle pull to extract it from the shell.



4 Make a shallow cut along the back of the prawn to expose the intestinal tract.



5 Grasp the intestinal tract between your thumb and the blade of a paring knife. Gently extract ensuring the entire tract is removed.



6 Rinse the prawns and put them in a clean bowl until required.

Video presentation



You could now watch *Prepare prawns* to see this being done.

How to prepare mussels



1 Purge mussels in a container of cold water for several hours.



2 Mussels must only be used if they are perfectly fresh. Check each one by tapping it against the side of the sink.



3 The shell of a fresh mussel should be closed or should close when tapped to indicate it is still alive. Discard any that do not close.



4 Wash under cold running water while scraping with a small paring knife to remove barnacles.



5 Remove the byssus threads by pulling with your fingers or use your thumb and the paring knife.

Video presentation

You may wish to watch *Prepare mussels* to see this being done.

How to remove a mollusc from its shell

Shellfish open their shells when cooked. Removing a mollusc is simple. Use either your hands or a small knife to pull the mollusc from its attachment.

Cuts

Numerous cuts can be taken from flat and round fish. The table below identifies these.









Cut	Description of cut	Appearance
Fillet	This is flesh which is free from skin and bone. It is usually the whole fillet and will therefore vary in size. A plaice fillet will be much smaller than that of a salmon.	
Supreme	A piece of fillet that has been cut across a large fillet at an angle. This cut is usually reserved for larger types of fish such as cod or salmon.	
Goujon	A strip cut from a large fillet. A goujon is usually coated in breadcrumbs before cooking.	
Paupiette	A flattened piece of filleted fish, which is then stuffed and rolled.	
Delice	A neatly folded and trimmed flat fish fillet.	
Medallion	Similar to a supreme but trimmed further to form a round or oval shape. (Monkfish is often cut into medallions.)	
Darne	A slice cut across the bone from a round fish.	
Tronçon	A finger shaped cut from a flat fish across its body width. The thickness will vary depending on the type of flat fish.	

Figure 9.6 Different cuts of fish

Try this!

Look at the table above. Cover up the writing. Can you identify the photographs of the different cuts?

Worksheet 27

Video presentation



For guidance on how to make these cuts watch: *Prepare a whole halibut and cut tronçons; Prepare a whole cod and cut darnes; Cut supremes of salmon; Prepare paupiettes of plaice; Prepare delices of plaice; Cut goujons of plaice.*

Trimming

Trimming fish means to remove the fins, gills, eyes, head and scales. Gills, eyes and fins are usually removed by cutting them out or off using kitchen scissors. Kitchen scissors are used as they are robust and sturdy.

Shellfish (e.g. mussels) have byssus threads (threadlike attachments) hanging from their shells. They use these to attach themselves to rocks or other static structures. Use a knife to pull away these strings, and wash the shellfish again.

How to remove the scales from a fish

Here we use a medium-sized serrated knife which is suitable for the removal of scales from a large fish such as salmon. A filleting knife would be more suitable for a smaller fish, e.g. herring or trout. Fishmongers sometimes use a special type of wire brush.



1 Lay the fish on a blue chopping board. Cut off the fins using fish scissors.



2 Scrape the knife blade against the scales of the fish in the opposite direction to that in which they lie. Ensure you hold the fish firmly by the tail to prevent accidents. This scraping motion will lift the scales and any surplus slime from the fish's body. Wash the fillet.

Video presentation



Watch *Trim a whole salmon* for more information.

Filleting

Filleting is a complex knife skill, which is an essential part of preparing fish. Filleting is the removal of the flesh from the bones and skin.

The equipment and tools used for filleting fish are:

- a blue chopping board, secured to a flat work surface
- suitable filleting knife with a sharp, flexible blade
- container for waste products
- tray for the fillets.

You may also need:

- tweezers to remove pin bones (small bones) left in the fillet
- kitchen scissors which can be used to trim away fins.

The process for filleting a flat fish is different from that of filleting a round one. Usually the preferred knife to use is a 7-inch blade which is flexible to aid the filleting process. If the flat fish is large (e.g. a turbot), a knife with a sturdy blade would be needed for safety.



Figure 9.7 The tools required for filleting fish

How to fillet a flat fish



1 Lay the fish flat on the chopping board. Cut around the head with the point of the knife until you reach the lateral line.



2 Cut down the central lateral line until the knife reaches the rib bones. Then cut along the lateral line as far as the tail.



3 Bending the flexible blade, sweep the knife smoothly against the bones to remove the flesh. Cutting motions will leave flesh on the bone and affect the presentation of the fillet.



4 Cut the fillet away from the fins and place it on a tray. Turn the fish round and remove the other fillet in the same manner.



5 Trim up the fillet to remove the fins.

How to fillet a round fish

The fish must already be gutted and trimmed.



Lay the fish flat on the chopping board. Use a knife which has at least a 7-inch flexible blade and is sharp. Cut behind the fins and gills to give access to the backbone.



Cut along the backbone of the fish around the rib cage. Lift the fillet off the bones as you are cutting.



Continue to cut, lifting the fillet off the bones.



Place the fillet on the chopping board. Run your fingers along the flesh to locate any pin bones and remove them using tweezers.

Repeat the process on the other side of the fish.

Try this!

Close your book and write down the five steps you should follow to fillet a flat fish.

Worksheet 28

Video presentation



Watch *Fillet a salmon* to see this in action.

Skinning

While skin is usually edible on fish, some dish requirements mean that it needs to be removed. This is quite difficult. When skinning, you must not damage the flesh of the fish, so specific knife techniques are needed.

Skinning usually occurs once the fillets of the fish have been removed. The exception is a whole flat fish. In this case the whole skin is removed by making an incision at the tail and then pulling the skin from the flesh to the head.

The equipment needed for skinning is:

- a blue chopping board
- a flexible filleting knife
- salt or a clean cloth
- a container for waste products
- a tray to place the skinned fillets on.

How to skin a fillet

To provide grip when you grasp the tail end of the fillet either dip your fingers in some salt before you begin or use a cloth to hold the tail.



Place the fillet on the chopping board. Cut into the end of the tail section until the knife is touching or lying on the skin at an angle of 45°.



Take a firm hold of the tail skin and keep a firm grip on the knife. Use a sawing action, moving both the skin and knife at the same time. You will see the fillet come away from the skin and the angle of the knife will mean that no flesh will remain on the skin.



Trim any untidy pieces of fillet away to leave a neat, clean skinned fillet.

Video presentation

Watch a skilled chef at work in *Skin a salmon fillet*.



Preparing a whole fish

Fish such as trout, salmon, sole and plaice can be prepared whole ready for cooking.

How to prepare a whole round fish

- 1 Remove the eyes and gills.
- 2 Gut the fish (removing innards).
- 3 Remove the scales and trim the fins.
- 4 Wash thoroughly.

How to prepare a whole flat fish

- 1 Remove the eyes and gills.
- 2 Gut the fish.
- 3 Remove the skin (see skinning on page 232).
- 4 Wash thoroughly.

Coating

This is when the fish – either whole or in portions – is covered in an outer coating of batter, flour, egg and breadcrumbs or seasoned flour.

The purpose of this coating is:

- to enhance the appearance of the fish dish
- to meet recipe requirements
- to protect the delicate flesh inside.

Some fish dishes that are coated are:

- cod in batter – the fish is coated in batter
- plaice meunière – the fish is coated in flour
- goujons of plaice – the fish is coated in flour, egg and breadcrumbs.

Batter is a mix of eggs, flour and liquid which can be water or milk, or even beer. When deep-fried batter forms a crispy coating around the fish. When cooked it is usually golden brown.

Flour is usually seasoned and when fried it provides a golden coating. The flesh can still be seen.

Flour, eggs and breadcrumbs provide a golden crispy coating when shallow- or deep-fried.

Video presentation



Coat goujons of plaice (pane l'anglaise) shows you how to coat goujons in seasoned flour, beaten egg and breadcrumbs.

Marinating

Marinating is a technique used to flavour fish. It can be done by combining a cooked or uncooked liquid or paste with the fish in a dish. The liquid or paste is called a marinade. It contains ingredients which will alter and enhance the flavour of the fish which is being marinated.

The fish can be left in the marinade for short or long periods. The fish should be covered completely by the liquid or paste.

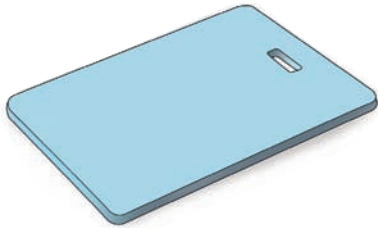
If a whole fish is used (e.g. trout), incisions can be cut into the body of the fish to allow the flavour of the marinade to merge into the fish.

Did you know?

Marinade ingredients can include yoghurt, olive oil, garlic, curry pastes, lemon juice, and fresh herbs. The combination of these ingredients makes excellent barbecue dishes.

Tools and equipment

The tools and equipment relevant to the preparation of fish and shellfish at NVQ Level 2:



- Blue chopping board



- Filleting knife



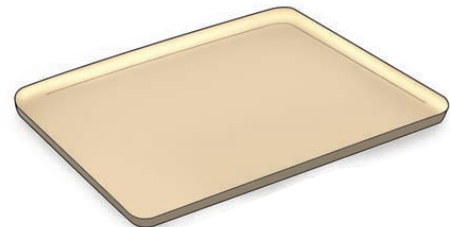
- Oyster knife to open oysters



- Kitchen scissors for trimming fins and gills



- Tweezers for removing small pin bones from fillets



- Plastic trays to lay fish on



- Salt to use when grasping fish for skinning

Storage

The storage of fish and shellfish before preparation is very important, as these food types are high-risk and can cause serious food poisoning if not handled correctly.

Storage before use

Fresh fish must be stored in a refrigerator at below 5°C. It will remain fresher longer if stored on ice.

Fresh shellfish must be stored in a cold room or refrigerator, covered with a damp cloth. Tanks will prolong the life of the shellfish, but generally it should be used on the day it is purchased or received for best quality.

Frozen fish and shellfish must be wrapped correctly and frozen at -18°C or below. Defrosting fish and shellfish should be done in a controlled way, by putting the items into a fridge inside a container. This is because leaving these items out at room temperature may cause harmful bacteria to multiply rapidly.

Storage once prepared

Shellfish should really be prepared and cooked immediately; however, this is not always possible. Once any fish or shellfish has been prepared, if it is not required for immediate use it must be put back into a refrigerator, covered and labelled with the date on it.

Cooking and finishing basic fish and shellfish dishes

It is important to note that most shellfish dishes are washed, cooked and then prepared.

Cooking methods

Boiling

Boiling is the most common method of cooking shellfish. Fish are not usually boiled – poaching is the more appropriate technique.

Moules marinière

mussels, washed and scraped	1kg
fish stock	200ml
dry white wine	100ml
onion, finely diced	50g
lemon juice	a squeeze
salt and cayenne pepper	to taste
beurre manie	30g
chopped parsley	to garnish
Cooking time	25–35 minutes
Serves	2

Method

- 1 Put mussels, stock, wine, onion, lemon juice, and seasoning in a pan. Cover with a lid and bring to the boil.
- 2 Cook for a few minutes, then remove the shellfish. All the shells should be open. Discard any which are closed.
- 3 Bring the liquor to the boil.
- 4 Add the **beurre manie** in small pieces to thicken the liquid.
- 5 Serve the sauce over the mussels. Sprinkle with parsley.

Definition

Beurre manie: Equal quantities of plain flour and butter mixed together to form a paste and added to a boiling liquid in small quantities as a thickening agent.



Steaming

All types of fish and shellfish are suitable for steaming. Steamed fish is often eaten by people on diets or people who are unwell because it ensures maximum nutritional content.

Poaching

Poaching is a common cooking method for fish. The amount of liquid used is dependant on the size of the fish cut or the shellfish to be cooked. A whole salmon will clearly need more liquid than a salmon dorne.

The equipment used to poach fish should be a heavy-based pan with a lid, or a lipped tray, which will hold liquid. If using a tray, place buttered greaseproof paper over the food to keep the fish moist and prevent it from drying out.

All poaching is started on the top of a stove, but some poached fish can be finished in an oven.

Did you know?

Fish and shellfish can be cooked in their natural state. However, many dishes combine other ingredients, e.g. soups, chowders, curries, stews and casseroles. The nutritional value may alter if different ingredients are added, e.g. calorific content may increase if fish and shellfish are mixed with dairy items.



Fish stock or a court bouillon (see Chapter 11) is usually the appropriate liquor used to poach fish and this fish stock takes 30 minutes to prepare and cook.

When poaching fish or shellfish, bring the liquid to the boil and then simmer gently. The liquid may form part of a sauce to accompany the dish.

There are two types of poaching: deep poaching and shallow poaching.

Deep poaching is when a whole fish or cut is totally immersed in a special pan called a fish kettle (see Figure 9.9). The skin is left on to protect the flesh of the fish but it is removed later on. The liquid in which the fish or shellfish is poached is more acidic than when poaching in the conventional manner.

Shallow poaching is when the fish or cut is placed in a tray or pan. Liquid, either stock or milk, is added but does not cover the whole fish or cut. The liquid is brought to the boil the dish may be finished in the oven.

Before putting the dish in the oven, a cartouche (buttered piece of greaseproof paper) is placed over the fish to keep the steam in and to keep the fish moist during cooking.

Frying

Deep-frying

Fish or shellfish are usually coated in a batter (fish and chips) or breadcrumbs (scampi or goujons) before being deep-fried. These coatings provide a crisp texture to fish and shellfish and protect them from being damaged by the hot oil. Coatings include batters and breadcrumbs.

Batters consist of flour, eggs and baking powder or yeast mixed with water, milk or beer. The yeast or baking powder **aerates** the batter and makes it lighter.

Breadcrumbs – the fish is coated in flour and dipped in egg wash (beaten egg) before being passed through fresh breadcrumbs. The coating is sealed by the hot oil, keeping the fish or shellfish (scampi) moist. Breadcrumbs colour very quickly, so the temperature has to be checked carefully. Breadcrumbed fish can be deep-fried and then finished in the oven.

Video presentation



See how to poach salmon in court bouillon in *Poach a salmon fillet*.



Figure 9.8 A fish kettle is the perfect tool for deep poaching a whole fish

Chef's tip



Whole fish should be placed in cold court bouillon to cook. Fish cuts should be placed in hot court bouillon, as the heat seals the outer part of the cut, trapping the juices inside immediately.

Definition



Aerate: to introduce air into a mixture or liquid, making the texture lighter.

All fish can be deep-fried, as can many types of shellfish, e.g. cod, plaice, scampi (langoustines) and prawns (coated). Hot oil cooks the fish quickly. However, if the oil is too cool it will take longer to cook the fish and more fat will be absorbed. A thermostatically controlled deep fat fryer is required to deep-fry fish.

Deep-fried cod in batter

cod fillets	250g
seasoned flour	50g
vegetable/corn oil	to fill friture two-thirds
frying batter	75ml
salt and pepper	to taste
lemon wedges	2
parsley sprigs	
Cooking temperature	180°C
Serves	2

Method

- 1 Pass the fillets through the seasoned flour and shake off any excess.
- 2 Heat the oil.
- 3 Place the floured fillets in the frying batter. Allow a few seconds for any excess to run off and then place into hot oil.
- 4 Cook until golden brown in colour.
- 5 Drain off excess oil from the battered fillet, add salt and pepper to taste and serve with lemon wedges and a deep-fried parsley sprig.

Shallow-frying

Shallow-frying can make a fish or shellfish dish more appealing and also add colour to the product. Plaice coated in seasoned flour with the addition of a nut butter sauce (beurre noisette) is a traditional recipe for shallow-frying.

Fish and shellfish can be shallow-fried in pieces (medallions) as steaks, darnes, troncons, and even whole (trout). The length of cooking time will vary. A whole trout will take significantly longer to cook than monkfish medallions.

Some fish dishes require no coating on the fish. Shellfish such as prawns may be shallow-fried with just the addition of some chilli or garlic.

Video presentation



Watch *Deep fry goujons* to see a chef cook this dish and use a deep fat fryer safely.



Remember!



Safety when deep-frying is crucial as fat fires can cause major damage. Always have a fire blanket in the area in case of fire and never use a friture or industrial fat fryer if you have not been trained.

Chef's tip



When shallow-frying always lay the fillets in the pan presentation-side down first as the oil is cleaner and free of any impurities, apply colour, then turn over to avoid over-handling.

Fish such as sea bass should be placed skin-side down first and cooked until crisp and golden.

To shallow-fry fish you will need:

- a fish slice or palette knife and other utensils such as tongs to turn the fillets or shellfish
- trays and wires to place the cooked fish or shellfish on.

Grilling

Overcooking fish or shellfish by grilling will make them dry. Your skill and experience is required to identify when the fish is cooked. (Firm flesh, correct core temperature, correct colour, crispy skin are all signs.)

Cooking times will vary depending on the type and thickness of the fish cut.

Grilled sea bass with capers

sea bass	4 fillets, each about 175g
salt and pepper	to taste
melted butter	25g
chopped parsley	15g
tiny capers	55g
shallot, finely chopped	1
garlic clove, sliced	1
grain mustard	2 teaspoons
lemon juice	¼ lemon
Cooking time	12–15 minutes
Serves	4

Method

- 1 Lightly oil a suitable tray for grilling.
- 2 Season the flesh side of the fish then lay the fillets skin-side up on the tray.
- 3 Brush the fish with melted butter.
- 4 Place the fish under a heated grill for about four minutes until just done (depending on the thickness of the fish flesh).
- 5 Place all the remaining ingredients into a pan and gently warm through.
- 6 Check the seasoning then pour the capers mixture over the cooked fillet and serve.

Most fish are suitable for grilling, as are crustaceans like prawns. Other shellfish like cockles, whelks and mussels are not usually grilled.

Some fish cuts that have been coated in breadcrumbs may also be grilled. Dip the fish in melted butter and breadcrumbs rather than flour, egg and breadcrumbs.

To grill whole fish and large fillets, score or make incisions on the skin side of the fish to enable the heat to penetrate the whole fish. Trout is a good example of a whole fish suitable for grilling.

Baking

Baking tends to dry out the fish, so various methods are used to keep the fish moist:

- Wrap the fish in foil.
- Place the fish or cut into a greaseproof bag (en papillote).
- Stuff the inside of the fish so moisture steams through the fish.
- Wrap pastry around the fish (en crouste).
- Bake the fish in a sauce.
- Combine steam and dry heat in a combination oven.

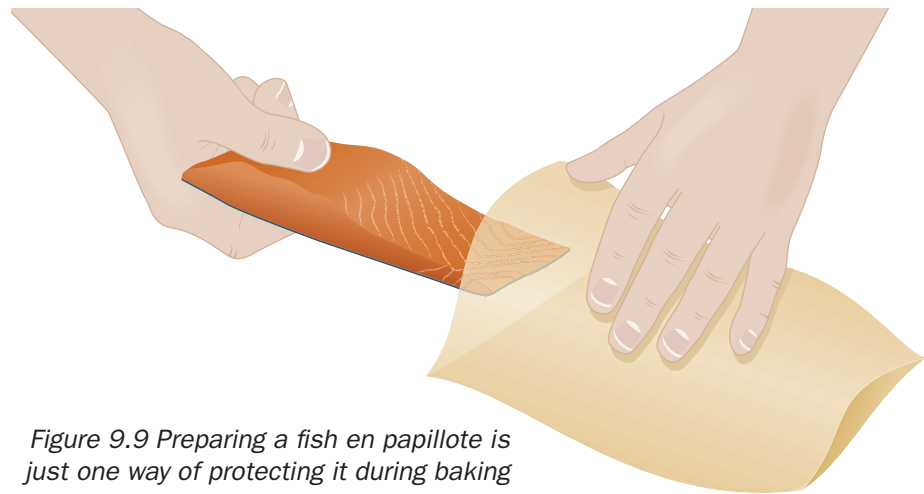


Figure 9.9 Preparing a fish en papillote is just one way of protecting it during baking

Try this!

As Asian foods are becoming more and more popular, try cooking fish with spices. Marinate some white cod fillets or other white fish with tandoori paste and natural yoghurt for 60 minutes and then bake in an oven. Served with rice and a salad it makes for a great alternative fish dish at a barbecue or a dinner.

Remember!



When handling hot equipment:

- wear protective clothing
- have a dry oven cloth to hold hot equipment
- have ready utensils such as tongs, palette knife or a slice to agitate and move the item.

Remember!



Always use a dry cloth when handling trays from the oven to reduce the risk of burning yourself.

Serving

Fish and shellfish are high-risk foods. They must be cooked to a temperature of 63°C or above (except for oysters which are eaten raw).

Once cooked and held at service temperature of 63°C, fish will dry out quickly. Therefore it is important to cook and serve fish and shellfish as required or to order.

Garnishes for fish and shellfish are specific to the dish requirement. Garnishes are used to make the finished dish look more appealing. Accompaniments are other sauces or foods used to enhance the finished dish, or are simply good to eat with the cooked fish. Some traditional garnishes and accompaniments for fish and shellfish:

- Tomato sauce (accompaniment)
- Lemon slices or wedges (garnish)
- Parsley chopped or deep-fried (garnish)
- Tartare sauce (accompaniment)
- Brown bread and butter (accompaniment)
- Hollandaise sauce (accompaniment)
- Beurre noisette (accompaniment).

Try this!

Worksheet 29

Using your book, the Internet and any other resources complete the crossword.

Test yourself!

- 1 Name three different types of shellfish.
- 2 What are the categories of fish?
- 3 What equipment is used to trim the fins of fish?
- 4 What equipment is required to fillet a round fish?
- 5 List three quality points to look out for when selecting fresh fish for preparation.
- 6 What equipment is used to poach a whole salmon?
- 7 What cooking methods are applicable to shellfish?
- 8 List some traditional accompaniments and garnishes for fish and shellfish.
- 9 What should you do if any problems occur while cooking fish or shellfish?