



Hospitality and Catering

Producing fish dishes

Lesson 1

Become proficient in preparing, cooking and serving various fish dishes for the hospitality and catering industry.





Learning Objectives

- Classify the types of fish
- Describe what flat fishes are
- Identify what oily fishes are
- Summaries what round fish are
- Explain what quality checks are performed on fresh fish
- State what equipment is required for preparing and cooking fish
- Recognise hygiene requirements when handling fish





Learning Objectives

- Summarise how to store fish correctly
- Explain the different methods of cooking fish
- Identify the correct cooking temperatures of fish
- State how to garnish a fish
- Describe the different sauces used to accompany fish
- Explain how to produce a healthy fish dish
- Understand the requirements of hot holding of fish for service





Types of fish

Fish that can be eaten is split into 3 main groups:

- Round
- Oily
- Flat





Flat fish

Flat fish lie on the bottom of the sea-bed for protection, hence they are flat. The flesh is tender and white. All flat fish are caught wild.





Sole

This is a small flat fish and usually 1 fish is 1 portion with 4 fillets. It has a mild sweet flavour and delicate to eat.





Plaice

Another small fish with very sweet and mild flavour. The flesh is tender and delicate to eat.





Turbot

This is a large flat-fish and its flesh can be cut into several portions. It is high in vitamins and minerals. The flesh is meatier than other flat fish and will require longer cooking.





Oily fish

Contain high levels of natural oils including omega 3 fatty acid which are beneficial for human health. Typically caught wild but now many types are farmed.

- Salmon
- Trout
- Herring





Oily fish

- Salmon
- Trout
- Herring





Salmon

Flesh is a light pink colour, high in natural oils with a mild flavour.

It can be caught fresh but is usually farmed because of its popularity.





Trout

A small fish compared to salmon, with a mild flavour and delicate flesh. Usually, 1 trout is one portion, and it is mostly farmed.





Herrings

A small fish which is caught fresh and usually canned. It has high levels of vitamin D and other fatty acids which are good for health.





Round fish

Round fish are round in the centre of their body. Most fish caught around the UK are round fish. The flesh is meaty in texture.





Round fish

Cod

Bass

Red Mullet





Cod

Cod is lean with a mild flavour. It has large flakes when cooked. The flesh has a high moisture content and is usually coated before cooking.





Bass

This fish does not have a strong fishy smell or flavours and its flesh is sweet with high fat and meaty consistency.

It is caught wild and also farmed.





Red mullet

It has red colour skin, with meaty texture and high in protein, omega 3 and vitamins. Its flavour is stronger than other white fish.





Checking the quality of fresh fish

Fish that is delivered fresh can be up to 2-3 days old. It is important to check all fish for quality and send back any that are not fresh.

Ring the supplier

Inform supervisor





Checking the quality of fresh fish

Ring the supplier and complain about quality and standard.

Inform supervisor about any problems.





Clear bright eyes

Eyes should not be dull or sunken into the head.





Bright red gills

Gills are on the side of the head and used for breathing. The brighter red they are the fresher the fish.





Scales

Scales protect a fish and should be firmly attached to the skin. Most deliveries will have scales removed if you buy pre – portioned fish.





Skin and flesh

The flesh should feel firm and bounce back if pressed with a finger.

If the fish is being bought whole the skin should be shiny and covered with a thin sticky film.





Tails and fins

The tail should be stiff and firm.

The fins should be whole and firm, if the fins are misshaped, this maybe a sign the fish has been farmed.





Fresh smell

All fish should smell fresh and not turn the stomach or make you react to the smell.





Revision Activity 1

List how you can tell if a fish is fresh?